

## Common substitutions & abbreviations

Ingredient	Amount	Substitute
<b>Baking Powder, Double-Acting</b>	1 teaspoon	1/4 teaspoon baking soda plus 5/8 teaspoon cream of tartar
<b>Buttermilk or Sour Milk</b>	1 cup	1 tablespoon lemon juice or vinegar plus enough regular milk to make 1 cup (allow to stand 5 minutes)
<b>Chocolate, unsweetened</b>	1 ounce	3 tablespoons cocoa plus 1 tablespoon butter or regular margarine or vegetable oil
<b>*Cornstarch (for thickening)</b>	1 tablespoon	<ul style="list-style-type: none"> <li>• 2 tablespoons flour</li> <li>• 4 to 6 teaspoons quick-cooking tapioca</li> </ul>
<b>Cream of Tartar</b>	1/2 teaspoon	1 1/2 teaspoons lemon juice or vinegar
<b>*Flour, all-purpose, for baking</b>	1 cup	1/2 cup whole wheat flour plus 1/2 cup all-purpose flour
<b>*Flour, all-purpose, for thickening</b>	1 tablespoon	<ul style="list-style-type: none"> <li>• 1/2 tablespoon cornstarch, potato starch, rice starch or arrowroot</li> <li>• 1 1/2 tablespoons whole wheat flour</li> <li>• 1 tablespoon granular tapioca</li> <li>• 2 to 3 teaspoons quick-cooking tapioca</li> </ul>
<b>Ginger, ground</b>	1/8 teaspoon	<ul style="list-style-type: none"> <li>• 1 tablespoon fresh grated ginger</li> </ul>
<b>*Herbs, fresh</b>	1 tablespoon, minced	<ul style="list-style-type: none"> <li>• 1 teaspoon dried leaf herbs</li> <li>• 1/2 teaspoon ground dried herbs</li> </ul>
<b>Lemon juice (for acid)</b>	1 teaspoon	1/2 teaspoon vinegar
<b>Mayonnaise (for use in salads and salad dressings)</b>	Any amount	An equal amount of <ul style="list-style-type: none"> <li>• sour cream</li> <li>• yogurt</li> <li>• cottage cheese pureed in a blender</li> </ul>
<b>Mushrooms</b>	1 pound fresh	3 ounces dried mushrooms
<b>Mustard, dry</b>	1 teaspoon	<ul style="list-style-type: none"> <li>• 1 tablespoon prepared mustard</li> <li>• 1/2 teaspoon mustard seeds</li> </ul>
<b>Tomatoes, 15-ounce can (whole or diced)</b>		3 fresh medium tomatoes
<b>Tomatoes, fresh</b>	2 cups, chopped	<ul style="list-style-type: none"> <li>• 15-ounce can</li> </ul>
<b>Wine, red</b>	Any amount	same amount of grape juice or cranberry juice
<b>Wine, white</b>	Any amount	Equal amount of apple juice or white grape juice
<b>Yogurt</b>	Any amount	Equal amount <ul style="list-style-type: none"> <li>• buttermilk</li> <li>• cup cottage cheese blended till smooth</li> <li>• sour cream</li> </ul>

Abbreviation	Meaning
<b>C or c</b>	cup
<b>lb</b>	pound
<b>oz</b>	ounce
<b>T</b>	tablespoon
<b>t</b>	teaspoon
<b>Tbsp</b>	tablespoon
<b>Ts [rare]</b>	tablespoons
<b>tsp</b>	teaspoon