



The Winterville Center for Community and Culture

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2020 Winterville Community Cookbook Fundraiser BONUS!

Ingredient Substitution Chart

Missing a particular ingredient? No problem — try a substitution suggested below. Your substitute may slightly alter the taste of your original recipe.

Missing Ingredient:	Substitute With:
Baking Mix (2 cups)	Mix 1 3/4 cups all-purpose flour, 2 1/2 tsp baking powder, 3/4 tsp salt and 1/3 cup shortening
Baking powder (1 teaspoon)	1/2 teaspoon cream of tartar plus 1/4 teaspoon baking soda
Barbeque Sauce (1 cup)	3/4 cup ketchup, 2 tablespoons mustard and 2 tablespoons brown sugar
Beer	Nonalcoholic beer, apple cider or beef broth
Biscuit Mix (2 1/4 cups)	2 cups flour sifted, 1 tbsp baking powder, 1 tsp salt, 1/4 cup shortening
Bread crumbs, fine, dry (1/4 cup)	substitute 3/4 cup soft bread crumbs, or 1/4 cup cracker crumbs, or 1/4 cup cornflake crumbs, or 2/3 cup rolled oats
Butter (1 cup)	An equal amount of oil can be substituted for a similar portion of melted butter if the recipe specifies using melted butter. 1 cup margarine OR 1 1/3 cup whipped butter (for sauteing) OR 1 cup hydrogenated fat plus 1/2 tsp salt OR 7/8 cup oil plus 1/2 tsp salt OR 7/8 cup lard plus 1/2 tsp salt OR 7/8 cup vegetable shortening (for baking) OR 7/8 cup oil OR 3/4 cup olive oil OR 8 tsp (1 envelope) butter buds, 1/2 cup liquid, 1/2 cup butter
Bread Crumbs	Finely crushed cracker crumbs, corn flakes or quick-cooking or old-fashioned oats. 1/3 cup dry - 1 slice bread 3/4 cup soft - 1 slice bread 1 cup soft - 2 slices bread OR 3/4 cup cracker crumbs OR 1 1/3 cups oatmeal (uncooked)
Buttermilk (1 cup)	Mix 1 tbsp white vinegar or lemon juice with 1 cup milk, let stand 5 minutes OR 1 cup whole milk, 1 3/4 tsp cream of tartar OR 1 cup water, 1/4 cup buttermilk powder OR 3/4 cup of plain yogurt and 1/4 cup of milk



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	1 cup plain yogurt (for baking) OR 1 cup sour cream (for baking)
Capers	Chopped green olives
Carob Powder (1 tablespoon)	1 tbsp cocoa powder
Cheeses	Cheese, farmer use Cottage cheese, dry or drained Cheese, goat use Feta cheese Cheese, mascarpone use Cream cheese Cheese, parmigiana Reggiano use Domestic Parmesan, Grana Padano, aged Asiago, Pecorino Romano Cheese, ricotta use Cottage cheese Cheese, Romano use Parmesan cheese Cheese, sharp cheddar (1 cup) use 1 cup cheddar (mild), 1/8 tsp dry mustard, 1/4 tsp Worcestershire sauce Cottage cheese use Ricotta or farmer cheese Cream Cheese use part skim milk ricotta cheese or low-fat cottage cheese beaten until smooth
Celery (1/2 cup, 1 rib)	1/4 cup dried celery flakes OR 1/2 cup green pepper or fennel bulb
Chili Sauce (1 cup)	1 cup tomato sauce, ¼ cup brown sugar, 2 tablespoons vinegar, ¼ teaspoon cinnamon, dash of ground cloves and dash of allspice OR 1 cup catsup, 1/4 tsp cinnamon, dashes of ground cloves and allspice
Chocolate, semisweet (1 oz.)	3 tablespoons semisweet chocolate pieces; or 1-ounce unsweetened chocolate plus 1 tablespoon sugar
Chocolate, sweet baking (such as German's Sweet chocolate, 4 ounces)	substitute 1/4 cup unsweetened cocoa powder plus 1/3 cup sugar and 3 tablespoons shortening
Chocolate, unsweetened (1 ounce)	3 tablespoons unsweetened cocoa powder plus 1 tablespoon cooking oil or shortening, melted 3 tablespoons cocoa plus 1 tablespoon butter or regular margarine or vegetable oil
Cocktail Sauce (1 1/4 cups)	1 cup ketchup or chili sauce, 3 tbsp horseradish, 1 tbsp lemon juice, 2 tsp
Cooking oil (1/2 cup)	½ cup plain applesauce (for baking only)
Cornstarch (for thickening, 1 tablespoon)	Arrowroot or 2 tablespoons all-purpose flour
Coconut (1 tbsp grated, dry)	1 1/2 tbsp fresh, grated
Coconut Cream (1 cup)	1 cup cream
Coconut Milk (1 cup)	1 cup milk
Cornmeal, self-rising (1 cup)	1 cup plain cornmeal, 1 tsp baking powder, 1/2 tsp salt
Corn syrup (1 cup)	1 cup granulated sugar plus 1/4 cup water. OR



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	<p>1 1/4 cups light brown sugar, 1/3 cup liquid OR 1 cup honey, 1 cup dark 1 cup light corn syrup OR 3/4 cup light corn syrup plus 1/4 cup molasses OR 1 cup maple-flavored syrup</p>
<p>Cream</p>	<p>Cream, half and half (1 cup) 7/8 cup whole milk plus 1/2 tbsp butter OR 3 tbsp oil plus milk to equal 1 cup OR 1 cup evaporated milk OR 3/4 cup whole milk plus 1/4 cup heavy cream OR 2/3 cup skim or low-fat milk plus 1/3 cup heavy cream</p> <p>Heavy cream (1 cup) use 3/4 cup whole milk plus 1/3 cup butter OR 2 cups whipped dessert topping OR 1 cup evaporated milk OR 2/3 cup buttermilk plus 1/3 cup oil</p> <p>Cream, light for cooking (1 cup) use 1/2 cup heavy cream, 1/2 cup whole milk OR 7/8 cup sweet milk plus 3 tbsp butter OR 1 tbsp melted butter plus enough milk to make 1 cup OR 7/8 cup whole milk, 3 tbsp butter OR 1 cup undiluted evaporated milk</p> <p>Cream, soured (1 cup) 7/8 cup sour milk plus 3 tbsp butter OR 7/8 cup buttermilk plus 3 tbsp butter</p> <p>Cream, whipped, sweetened (1 cup) use 4 oz whipped topping OR 1 1/4 oz dessert topping mix, prepared OR 13 oz. can evaporated milk chilled for 12 hours plus 1 tsp lemon juice. Whip until stiff. OR 1/2 cup ice-cold water and 1/2 cup nonfat dry milk. Beat until stiff. Add 1/2 cup sugar while beating. Add 2 tbsp lemon juice and beat until mixed.</p> <p>Cream, whipping (1 cup) 2/3 cup evaporated milk, 4 tsp lemon juice or vinegar OR 1/2 cup nonfat dry milk, 1/3 cup water, 1 tbsp lemon juice</p> <p>Crème fraiche (1 cup) use 1/2 cup sour cream plus 1/2 cup heavy cream</p> <p>Half and Half (1 cup) use 7/8 cup whole milk, 1 1/2 tsp butter OR 1/2 cup whole milk, 1/2 cup light cream OR</p>



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	<p>3/4 cup whole milk, 1/4 cup heavy cream OR 2/3 cup low-fat or skim milk, 1/3 cup heavy cream</p> <p>Milk, condensed, sweetened (1 cup) use 1 cup nonfat dry milk, 1/2 cup boiling water, 2/3 cup sugar, 3 tbsp melted butter (process in blender until smooth) OR 1 cup evaporated milk plus 1 1/4 cup of sugar cooked over low heat until sugar is dissolved.</p> <p>Milk, evaporated (1 can, 12 oz) 12 oz cream OR Whip until smooth: 1 cup nonfat dry milk, 1 3/4 cups warm water. Keep refrigerated.</p> <p>Milk, regular or low-fat (1 cup) use 1/2 cup evaporated milk plus 1/2 cup water OR nonfat dry milk prepared as directed on package</p> <p>Milk, skim (1 cup) - 3/4 cup water, 1/3 cup nonfat dry milk Milk, sour (1 cup) - 1 cup sweet milk plus 1 tbsp vinegar or lemon juice</p> <p>Milk, sweet (1 cup) use 1/2 cup evaporated milk plus 1/2 cup water OR 1 cup reconstituted nonfat dry milk plus 2 tsp butter</p> <p>Milk, whole (1 cup) - 1/2 cup evaporated milk, 1/2 cup water OR 1 cup nonfat milk, 2 1/2 tsp butter OR 1 cup skim milk, 1 tbsp melted butter OR 7/8 cup skim milk, 1/8 cup heavy cream OR 5/8 cup skim milk, 3/8 cup half and half OR 2/3 cup 1% milk, 1/3 cup half and half OR 3/4 cup 2% milk, 1/4 cup half and half OR 1 cup water, 4 tbsp dry whole milk OR 1 cup water plus 1 1/2 tsp butter (in baking) OR 1 cup reconstituted nonfat dry milk plus 2 1/2 tsp butter</p> <p>Sour Cream (1 cup) use 1 cup plain whole yogurt, 3 tbsp melted butter OR 3/4 cup buttermilk plus 1/4 cup oil OR 3/4 cup milk, 3/4 tsp lemon juice and 1/3 cup butter or margarine OR 1/2 cup cottage cheese and 1/2 cup. of plain yogurt.</p> <p>Sour Cream, for baking (1 cup) use 3/4 cup sour milk or buttermilk, 1/3 cup butter OR</p>
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	<p>1 cup plain yogurt, 1 tsp baking soda OR 1 tbsp lemon juice, 7/8 cup plus 1 tbsp evaporated milk</p> <p>Sour Cream, for dips (1 1/4 cups) use 1 cup cottage cheese, 1/4 cup plain yogurt or buttermilk (blend in processor) OR 1 cup cottage cheese, 1 tbsp lemon juice, 1/4 cup milk or water, 1/8 tsp salt (blend in processor) OR 8 oz cream cheese, 1/4 cup milk (blend in processor)</p>
Cream of Tartar (1/2 tsp)	1 1/2 tsp lemon juice or vinegar
Dates, chopped	<p>Dried currants OR Chopped figs OR Chopped prunes OR Chopped raisins</p>
Egg (whole egg)	<p>2 egg whites, or 2 egg yolks; ¼ cup frozen egg substitute, thawed; Reconstituted powdered eggs; follow package directions; 2 tablespoons mayonnaise (suitable for use in cake batter); ½ teaspoon baking powder plus 1 tablespoon vinegar plus 1 tablespoon liquid (for baking use only)</p>
Flour (1 cup)	<p>½ cup whole wheat flour plus ½ cup all-purpose flour Flour, corn use All-purpose flour Flour, gluten (13 tbsp) 1 cup all-purpose flour Flour, masa harina use Cornmeal Flour, pastry (1 cup) use 7/8 cup all-purpose flour Flour, potato (1 tbsp) 2 tbsp all-purpose flour OR 1 tbsp cornstarch Flour, rice (7/8 cup) 1 cup all-purpose flour Flour, rye (1 1/4 cup) 1 cup all-purpose flour Flour, self-rising (1 cup) 1 cup all-purpose flour + 1 1/2 tsp baking powder and 1/2 tsp salt Flour, whole wheat, coarse (1 cup) use 7/8 cup all-purpose flour Flour, whole wheat, fine use All-purpose flour</p>
Flour for thickening (1 tablespoon)	<p>1/2 tbsp cornstarch, potato starch, rice starch, or arrowroot starch OR 1 tbsp granular tapioca OR 2 tsp quick-cooking tapioca OR 1/2 tbsp arrowroot OR 1 egg, 2 egg whites, or 2 egg yolks OR 1 tbsp corn flour OR 7/8 tbsp rice flour OR 2 tbsp browned flour OR 1 1/2 tbsp whole wheat flour OR 1/2 tbsp whole wheat flour plus 1/2 tbsp all-purpose flour</p>



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Flour, cake for 1 cup	1 cup minus 2 tbsp all-purpose flour, sifted OR 1 cup all-purpose flour sifted 3 times, then measured to make 1 cup OR 7/8 cup all-purpose flour plus 2 tbsp cornstarch
Flour, self-rising (1 cup)	1 cup minus 2 teaspoons all-purpose flour plus 1 ½ teaspoons baking powder
Fruit liqueur (1 tablespoon)	1 tablespoon fruit juice
Half-and-half or light cream (1 cup)	1 tablespoon melted butter plus enough whole milk to make 1 cup
Heavy cream, whipped (1 cup)	2 cups whipped dessert topping
Honey for 1 cup	1 1/4 cups granulated sugar plus 1/4 cup water
Jicama, chopped	Chopped water chestnuts or tart apple
Ketchup (for use in cooking, 1 cup)	1 cup tomato sauce, ½ cup sugar, and 2 tablespoons vinegar
Leeks (1/2 cup)	1/2 cup onions, green onions, or shallots
Lemon Zest (1 tsp fresh grated lemon peel)	½ teaspoon lemon extract OR Bottled lemon or lime juice OR white vinegar
Marshmallows, miniature (1 cup)	10 large marshmallows
Margarine (1 cup)	1 cup butter or 1 cup shortening plus 1/4 teaspoon salt
Marzipan (2 1/2 cups)	2 cups almond paste, 1 cup powdered sugar, 2 tbsp corn syrup
Mascarpone cheese (8 ounces)	8 ounces regular cream cheese
Mayonnaise (1 cup for use in salads and salad dressings)	1 cup sour cream 1 cup yogurt 1 cup cottage cheese pureed in a blender Use any of the above for part of the mayonnaise
Milk (1 cup)	1/2 cup evaporated milk plus 1/2 cup water, or 1 cup water plus 1/3 cup nonfat dry milk powder
Molasses (1 cup)	1 cup honey OR 3/4 cup sugar, 1/4 cup water
Onion Soup Mix, dry (2 tbsp)	1 tbsp instant minced onion, 1 beef bouillon cube
Orange (1 medium)	6-8 tbsp juice
Orange Peel (fresh, grated) 1 tsp	1 tsp dried orange peel OR 1/2 tsp orange extract OR 2 tbsp orange juice (for flavoring)
Pancake Syrup	1/2 cup brown sugar plus 1 1/2 cup water plus 2 1/2 tsp cornstarch. Cook until slightly thickened.



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Pasta (4 cups substituting one for another)	8 ounces of uncooked elbow macaroni, medium shells, rotini, twists, spirals, wagon wheels, bow ties, mostaccioli, penne, radiatore, rigatoni, spaghetti, angel hair, linguine, vermicelli and fettuccine all produce about 4 cups cooked pasta Use about twice as much uncooked egg noodles to provide 4 cups cooked pasta. Approximately 8 ounces uncooked egg noodles equal 2 ½ cups cooked noodles.
Pimento	2 tbsp chopped 3 tbsp red bell pepper, chopped
Raisins	Currants, dried cherries, dried cranberries, chopped dates or chopped prunes
Red Pepper Sauce (3 or 4 drops)	1/8 tsp ground red pepper (cayenne)
Rice (1 cup regular, uncooked; 1 cup uncooked converted)	1 cup uncooked brown rice OR 1 cup uncooked wild rice OR 1 cup cooked OR 1 cup cooked bulgur wheat OR 1 cup cooked pearl barley
Rum	1-part rum extract plus 3 parts water. i.e., ¼ cup rum, substitute 1 tablespoon rum extract plus 3 tablespoons water.
Sesame Oil (1 tbsp)	1 1/2 tsp sesame seeds sautéed in 1/2 tsp vegetable oil
Salami	Pepperoni
Shallots, chopped	Green onions (white part only) OR Onions, dash crushed garlic
Shortening (1 cup)	1 cup minus 2 tbsp lard OR 1 1/8 cups butter or margarine (decrease salt by 1/2 tsp)
Shortening, melted (1 cup)	1 cup cooking oil (cooking oil should not be substituted if recipe does not call for melted shortening)
Sour cream, dairy (1 cup)	1 cup plain yogurt
Sugar, granulated (1 cup)	1 cup packed brown sugar or 2 cups stirred powdered sugar
Sugar, Confectioners' or Powdered (1 cup)	1 cup granulated sugar plus 1 tablespoon cornstarch; process in a food processor using the metal blade attachment until it's well blended and powdery.
Sugar, brown (1 cup)	1 cup granulated sugar plus 1 tbsp molasses or dark corn syrup
Sugar, brown, dark (1 cup)	1 cup granulated sugar plus 2 tbsp molasses or dark corn syrup
Sugar, superfine	Grind granulated white sugar in a blender or food processor
Stock Base, instant	2 tsp 1 bouillon cube OR 4 tsp dissolved in 1 1/4 cup water OR 1 can (10 1/2 oz) condensed, undiluted bouillon or consommé
Tabasco Sauce (4 drops)	1/8 tsp cayenne OR 1/4 tsp black pepper
Tartar Sauce (1/2 cup)	6 tbsp mayonnaise, 2 tbsp pickle relish



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Tomatoes	Tomato Juice (1 cup) use 1/2 cup tomato sauce plus 1/2 cup water Tomato Paste (1/2 cup) use 1 cup tomato sauce cooked uncovered to reduce to 1/2 cup Tomato Sauce (2 cups) use 3/4 cup tomato paste plus 1 cup water Tomato Soup (2 cups) use 1 cup tomato sauce plus 1/4 cup water Tomatoes (1 can) use 2 1/2 cups chopped, peeled fresh tomatoes, simmered about 10 minutes Tomatoes, chopped 16 oz can 3 fresh medium tomatoes OR 16 oz can stewed tomatoes
Tomatillo	Fresh green tomatoes plus a little lemon juice
Tomato Juice (1 cup)	1 1/2 cup tomato sauce plus 1/2 cup water
Truffles (1 oz)	1 oz shiitake mushrooms
Vegetable Oil	Olive oil
Vanilla Bean (2-inch Piece)	1 tsp pure vanilla extract
Vinegars	Vinegar, Balsamic use Sherry or cider vinegar Vinegar use Lemon juice Vinegar, Chinese use Balsamic vinegar Vinegar, Red Wine (for salad dressing) 4 tbsp 3 tbsp cider vinegar, 1 tbsp red wine Vinegar, Sherry use Balsamic vinegar Vinegar, Rice
Whipping cream (1 cup unwhipped)	2 cups whipped cream;
Wine, red	The same amount of grape juice, cranberry juice, Nonalcoholic wine, apple cider, beef broth, tomato juice or water
Wine, Rice	Dry sherry
Wine, white	Nonalcoholic wine, white grape juice, apple juice, apple cider, chicken broth, or water
Worcestershire Sauce (1 tsp)	1 tsp bottled steak sauce OR 1 tbsp soy sauce, 4 drops tabasco sauce, 1/8 tsp lemon juice, dash sugar
Yeast, compressed (1 cake)	1 package (1/4 ounce) active dry yeast
Yeast, regular or quick active dry (2 1/4 tsp)	1 pkg (.6 oz) compressed cake yeast



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