

Measurement and Substitutions 3

ingredient	quantity	Substitute
Baking powder	1 teaspoon	1/4 tsp. baking soda plus ½ tsp. cream of Tarter
Catsup or chili sauce	1 cup	1 c. tomatoes sauce plus ½ c. sugar) and 2 tbs. vinegar (use for cooking)
Chocolate	1 square (1 oz)	3 or 4 tbs. cocoa plus 1 tbs. butter
Cornstarch	1 tablespoon	2 tbs. flour or 2 tsp. cook tapioca
Cracker crumbs	¾ cup	1 c. bread crumbs
Dates	1 lb	1½ c. dates, pitted and cut
Dry mustard	1 teaspoon	1 tbs. prepared mustard
Flour (self-rising)	1cup	1 c. flour (all-purpose), ½ tsp. salt and 1 tsp. baking powder
Herbs, fresh	1 tablespoon	1 tsp. dried herbs
Milk, sour	1 cup	1 tbs. lemon juice or vinegar plus sweet milk to make 1 c. (let stand 5 minutes)
Whole Milk	1 cup	½ c. evaporated milk plus 1/2 c. water
Mini marshmallows	10	1 lg. marshmallows
Onion, fresh	1 small	1 tbs. instant minced onion, dehydrated
Sugar, brown	½ cup	2 tbs. molasses in ½ c. granulated sugar
Power sugar	1 cup	1 c. granulated sugar plus 1 tsp. cornstarch
Tomato juice	1 cup	½ c. tomato sauce plus ½ c. water

Note: when substituting cocoa for chocolate in cakes, the amount of flour must be reduced. Brown and white sugars can be interchanged.

Courtesy of www.asundaydinner.com