

THE ULTIMATE INGREDIENT SUBSTITUTIONS CHEAT SHEET



HEAVY CREAM

There's no substitution for heavy cream if you're intending to whip it, but if it's used in a different manner (in a sauce or batter, for example), substitute 2 parts whole milk to 1 part melted unsalted butter.

HALF & HALF

Substitute 3 parts whole milk to 1 part heavy cream.

BUTTERMILK

Mix together 1 cup milk and 1 tablespoon lemon juice, and let sit for 10 minutes or until thick and slightly curdled.



SOUR CREAM

Substitute equal parts full-fat Greek yogurt.

GREEK YOGURT

Add regular (plain) yogurt to a cheesecloth-lined colander set over a bowl, cover with plastic wrap, and refrigerate until thickened.

PLAIN YOGURT

Whisk water into Greek yogurt until thinned sufficiently.



UNSALTED BUTTER

For every 8 tablespoons unsalted butter called for in a recipe, substitute 8 tablespoons salted butter, reducing the salt in the recipe by 1/4 teaspoon.

LIGHT BROWN SUGAR

With a whisk (and a little elbow grease) or in the bowl of a stand mixer, thoroughly combine 1 cup granulated sugar and 1 tablespoon unsulfured molasses.



DARK BROWN SUGAR

Same method as for light brown sugar, adding an extra tablespoon molasses.

ACTIVE DRY YEAST

For 1 ounce active dry yeast, substitute 3/4 ounce instant yeast.

BAKING POWDER

For 1 teaspoon baking powder, substitute 1/4 teaspoon baking soda, 1/4 teaspoon cornstarch, and 1/2 teaspoon cream of tartar.

CAKE FLOUR

Sift together 2 tablespoons cornstarch and 1 cup all-purpose flour.



ALL-PURPOSE FLOUR

Sift together equal parts bread and cake flour.

SELF-RISING FLOUR

Sift together 1 1/2 teaspoons baking powder, 1 teaspoon kosher salt, and 1 cup all-purpose flour.

ALMOND MEAL/FLOUR

Blitz raw almonds in a food processor or blender until finely ground (be careful to stop before it breaks down into almond butter).



BEANS

3/4 cup dried beans yields 1 1/2 cups cooked beans, which is the equivalent of 1 (15-ounce) can.

WHITE WINE

(FOR DEGLAZING A PAN, NOT DRINKING)
Substitute equal parts dry vermouth.

WHITE WINE OR CHAMPAGNE VINEGAR:

Substitute twice as much lemon or lime juice.

SHERRY VINEGAR

Substitute equal parts cider vinegar.



MEYER LEMON JUICE

Mix equal parts lemon and orange juice

LEMON JUICE

Substitute equal parts lime juice (lime juice is more floral). Or, use half the volume in white wine or champagne vinegar (the flavor is different – don't try this with cocktails – but the acidity level will be about the same).

LIME JUICE

Substitute equal parts lemon juice (lemon juice is less floral). Or, use half the volume in white wine or champagne vinegar (the flavor is different – don't try this with cocktails – but the acidity level will be about the same).



FRESH HERBS

Fresh herbs: For 1 tablespoon chopped fresh herbs, substitute 1 teaspoon dried (a ratio of 3 to 1).