

## **Baking Ingredient Substitutions**, by Anne Marie Helmenstine, Ph.D.



Do you need to replace one ingredient with another in a recipe? Apply a bit of cooking chemistry to save your project.

This is a table of ingredient substitutions that you can make when baking. Changing the ingredient may affect the taste and texture of your recipe slightly (but this list should help prevent major differences).

**Baking Powder, Single-Acting** (1 t.) -  $\frac{1}{4}$  t. baking soda +  $\frac{1}{2}$  t. cream of tartar +  $\frac{1}{4}$  t. cornstarch.

**Baking Powder, Double-Acting** (1 t.) -  $\frac{1}{4}$  t. baking soda +  $\frac{1}{2}$  t. cream of tartar +  $\frac{1}{4}$  t. cornstarch.  
Use 1 t. for every 1 cup of flour.

**Baking Soda** (1 t.) - 4 t. double-acting baking powder.

**Buttermilk** (1 c.) - 1 T. lemon juice or vinegar + enough milk to make 1 c. Let mixture stand 5-10 minutes.

**Cake Flour** (1 c.) -  $\frac{3}{4}$  c. all-purpose flour + 2 T. cornstarch. Sift well.

**Chocolate, Bittersweet or Semi-Sweet** (1 oz.) -  $\frac{1}{2}$  oz. unsweetened chocolate + 1 T. sugar.

**Chocolate, Unsweetened** (1 oz.) - 3 T. cocoa powder + 1 T. unsalted butter, shortening, or vegetable oil.

**Cocoa Powder, Dutch-Processed** (3 T.) - 1 oz. unsweetened chocolate +  $\frac{1}{8}$  t. baking soda.  
Reduce fat in recipe by 1 tablespoon.

**Cocoa Powder** (1 oz.) - 1 oz. unsweetened chocolate. Reduce fat in recipe by 1 tablespoon.

**Coffee, Strong** ( $\frac{1}{4}$  c.) - 2 T. instant coffee in 3 T. hot water.

**Corn Syrup, Dark** (1 c.) -  $\frac{3}{4}$  c. light corn syrup +  $\frac{1}{4}$  c. light molasses.

**Corn Syrup, Light** (1 c.) - 1 c. white sugar. Increase the liquid in the recipe by  $\frac{1}{4}$  c.

**Cornstarch** (1 T.) - 2 T. all-purpose flour, potato starch, or tapioca starch.

**Cream Of Tartar** ( $\frac{1}{2}$  t.) -  $\frac{1}{2}$  t. white vinegar or lemon juice.

**Cream, Half-And-Half** (1 c.) - 2 T. melted unsalted butter + milk to make 1 cup.

**Cream, Heavy, NOT FOR WHIPPING** (1 c.) -  $\frac{2}{3}$  c. whole milk +  $\frac{1}{3}$  c. melted unsalted butter.

**Flour, Self-Rising** (1 c.) - 1 c. all-purpose flour +  $1\frac{1}{2}$  t. baking powder +  $\frac{1}{4}$  t. salt.

**Flour, Whole Wheat** (1 c.) - 2 T. wheat germ + flour to make 1 cup.

**Honey** (1 c.) - 3/4 c. light or dark corn syrup + 1/2 c. sugar.

**Lard** (1 c.) - 1 c. solid vegetable shortening, or 1 c. + 1 T. unsalted butter.

**Marshmallow Cream** (2.5 oz.) - 8 large marshmallows or 1 c. miniature marshmallows.

**Milk, Sweetened Condensed** - (14 oz. can) - 1 c. dry milk powder + 3/4 c. sugar + 3 T. melted unsalted butter + 1/2 c. boiling water.

**Milk, Evaporated Whole** (1 c.) - 1 c. half & half.

**Milk, Whole** (1 c.) - 1 c. skim milk + 2 T. melted butter.

**Molasses** (1 c.) - 1 c. dark corn syrup.

**Sour Cream** (1 c.) - 1 c. plain yogurt, or 1 T. lemon juice or vinegar + whole milk to make 1 cup.

**Tapioca, Instant or Quick-Cooking** (1 T.) - 1 1/2 T. flour, or tapioca starch.

**Vinegar** (1/4 c.) - 1/3 c. lemon juice.

**Yogurt, Plain** (1 c.) - 1 c. sour cream.

*<https://www.thoughtco.com/baking-ingredient-substitutions>*