



From  
**KEITH'S**  
Kitchen

*Conversion Chart*

**Commonly Used Substitutions**

<b>Ingredient</b>	<b>Quantity</b>	<b>Substitute</b>
Baking Powder	1 tsp. double acting	¼ tsp. baking soda + ½ cup buttermilk or
Baking Powder	1 tsp. double acting	¼ tsp baking soda + ½ tsp cream of tartar
Butter	1 cup	1 cup margarine or
Butter	1 cup	⅞ cup lard + 1 tsp salt
Chocolate	1 ounce	3 Tbsp cocoa + 1 Tbsp shortening
Corn Starch (for thickening)	1 Tbsp.	2 Tbsp flour
Cream	1 cup	½ cup butter + ¾ cup milk
Egg	1 whole	2 egg yolks
Flour	1 cup all-purpose	1 cup + 2 Tbsp cake flour
Flour	1 cup cake flour	⅞ cup all purpose flour
Flour	1 cup self-rising	1 cup flour (omit baking powder & salt)
Garlic	1 small clove	⅛ tsp garlic powder
Herbs	1 Tbsp. fresh	1 tsp dried
Honey	1 cup	1 ¼ cups sugar + ¼ cup liquid
Milk, fresh whole	1 cup	1 cup reconstituted dry milk + 2 tsp butter
Milk, whole	1 cup	½ cup evaporated milk + ½ cup water
Milk, sour	1 cup	1 Tbsp lemon juice or vinegar + sweet milk to make 1 cup
Minced Dry Onion (hydrated)	1 Tbsp. instant	1 small fresh onion
Molasses	1 cup	1 cup honey
Mustard, prepared	1 Tbsp.	1 tsp dry mustard
Ricotta Cheese	1 cup	1 cup cottage cheese + 1 Tbsp skim milk
Sour Cream	1 cup	1 cup yogurt
Sugar, Brown	1 cup	¾ cup granulated sugar + ¼ cup molasses
Sugar, Powdered	1½ cups	1 cup granulated sugar
Yogurt	1 cup	1 cup buttermilk