

No Buttermilk? No Problem, Just Sour the Milk

Tallahassee Democrat

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## INGREDIENT SUBSTITUTIONS

If you are in the middle of preparing a dish and realize you are missing an ingredient, don't panic – you may have a substitute on hand! Keep this list handy for a quick reference:

**Baking powder (one teaspoon):** 1/4 teaspoon baking soda plus 5/8 teaspoon cream of tartar

**Baking soda (one teaspoon):** there is no substitute for baking soda

**Beef or chicken broth (one 14.5 ounce can):** two teaspoons instant beef or chicken bouillon granules with water to equal amount of broth needed

**Bouillon cube (one):** one tablespoon soy sauce

**Dry bread crumbs (one cup):** 1/4 cup cracker crumbs, corn meal OR one cup soft bread crumbs

**Butter (one cup):** 7/8 to one cup shortening plus 1/2 teaspoon salt OR one cup margarine

**Catsup or chili sauce (one cup):** one cup tomato sauce plus 1/2 cup sugar and two tablespoons vinegar (for cooking use only)

**Chocolate, unsweetened (one ounce):** three tablespoons cocoa powder plus one tablespoon butter, margarine, or oil

**Cornstarch (one tablespoon):** two tablespoons all-purpose flour OR two tablespoons quick cooking tapioca

**Egg (one whole):** 1/2 teaspoon baking powder plus one tablespoon vinegar plus one tablespoon liquid (for baking use only) OR two tablespoons mayonnaise (may be suitable for cake batter) OR reconstituted powdered eggs (follow package directions). If you seldom use eggs, keep powdered eggs on hand.

**Flour, all-purpose (one tablespoon):** 1/2 tablespoon cornstarch or quick cooking tapioca (for thickening)

**Flour, self-rising (one cup):** one cup minus two teaspoons all-purpose flour plus 1-1/2 teaspoons baking powder and 1/2 teaspoon salt

**Garlic (one small clove):** 1/8 teaspoon garlic powder

**Herbs (one tablespoon fresh):** one teaspoon dried herbs

**Milk, buttermilk (one cup):** one cup yogurt OR one cup sour milk (make sour milk by putting one tablespoon vinegar or lemon juice in a measuring cup and add milk to one cup mark)

**Onion (one small):** one tablespoon dry minced onion, rehydrated

**Prepared mustard (one tablespoon):** one teaspoon dried mustard

**Sour cream (one cup):** one cup yogurt

**Tomato juice (one cup):** 1/2 cup tomato sauce plus 1/2 cup water

**Tomato sauce (one 15 ounce can):** one 6 ounce can tomato paste and 1 cup water

**Tomatoes (one 16 ounce can):** three fresh medium tomatoes, cut up

**Yogurt (one cup):** one cup buttermilk OR sour milk

Sources: *Ingredient Substitutions*, University of Georgia Cooperative Extension,  
<http://www.fcs.uga.edu/pubs/PDF/FDNS-NE-109.pdf>

*FOOD REFLECTIONS Newsletter*, University of Nebraska Cooperative Extension in Lancaster County,  
<http://food.unl.edu/web/fnh/ingredient-substitutions>

If you have a question, write to Judy Corbus, Family and Consumer Sciences Extension Agent, University of Florida/IFAS Washington and Holmes Counties Extension, 1424 Jackson Avenue, Suite A, Chipley, FL 32428; or call the Extension Office, (850) 638-6265, (TDD, via University of Florida, 352-846-1046) between 8 a.m. to noon or 1 to 5 p.m. weekdays.

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