

## *Valley Bible Church – Cooking Measures*

### **Substitutions**

- For** 1 T. cornstarch **you can use** 2 T. flour OR 1 1/2 T. quick cooking tapioca
- For** 1 C. cake flour you can use 1C. less 2 T. all-purpose flour
- For** 1 C. all-purpose flour **you can use** 1 C. plus 2 T. cake flour
- For** 1 square chocolate **you can use** 3 T. cocoa and 1 T. fat
- For** 1 C. melted shortening **you can use** 1 C. salad oil (may not be substituted **For** solid shortening)
- For** 1 C. milk **you can use** 1/2 C evaporated milk and 1/2 C. water
- For** 1 C. sour milk or buttermilk **you can use** 1 T. lemon juice or vinegar and enough sweet milk to measure 1 C.
- For** 1 C. heavy cream **you can use** 2/3 C. milk and 1/3 C. butter
- For** 1 C. heavy cream, whipped **you can use** 2/3 C. well-chilled evaporated milk, whipped
- For** Sweetened condensed milk there is NO substitution
- For** 1 egg 2 T. **you can use** dried whole egg and 2 T. water
- For** 1 tsp. baking powder **you can use** 1/4 tsp. baking soda and 1 tsp. cream of tartar OR 1/4 tsp. baking soda and 1/2 C. sour milk, buttermilk or molasses; reduce other liquid 1/2 C.
- For** 1 C. sugar **you can use** 1C. honey; reduce other liquid 1/4 C.; reduce baking temperature 25(
- For** 1 C. miniature marshmallows **you can use** about 10 large marshmallows, cut up
- For** 1 medium onion (2 1/2 dia.) **you can use** 2 T. instant minced onion OR 1 tsp. onion powder OR 2 tsp. onion salt; reduce salt 1 tsp.
- For** 1 garlic clove **you can use** 1/8 tsp. garlic powder OR 1/4 tsp. garlic salt; reduce salt 1/8 tsp.
- For** 1 T. fresh herbs **you can use** 1 tsp. dried herbs OR 1/4 tsp. herb salt; reduce salt 1/4 tsp.