

CONVERSION CHART

3 teaspoons = 1 tablespoon
1 tablespoon = 1/2 oz
4 tablespoons = 1/4 cup
5 1/3 tablespoons = 1/3 cup
16 tablespoons = 1 cup

1 cup = 1/2 pint = 8 oz
2 cups = 1 pint = 16 oz
4 cups = 1 quart = 32 oz
2 pints = 1 quart
4 quarts = 1 gallon

SUBSTITUTION CHART

1 tsp baking powder = 1/4 tsp baking soda (Add 1 tbsp vinegar to milk or replace milk with buttermilk or yogurt.)
1 cup bread crumbs = 3/4 cup cracker crumbs
1 oz. baking chocolate = 3 tbsp cocoa powder + 1 tbsp oil or butter
1 garlic clove = 1/8 tsp garlic powder
1 1/2 tsp cornstarch = 1 tbsp flour (for thickening sauces)
1 tsp lemon juice = 1/2 tsp vinegar
1 cup sour / buttermilk = 1 cup lukewarm milk + 1 tbsp vinegar

SATISFACTORY (NOT IDEAL) SUBSTITUTIONS

rice = bulgar = barley
milk = yogurt + water
sour cream = yogurt = blended cottage cheese
ricotta = cottage cheese
hot sauce = tomatoes, onions, and peppers
brown sugar = white sugar + molasses
tomato juice = juice from canned tomatoes or water and tomato sauce
nuts = oatmeal or cereal