

## Assorted Baking Ingredients

Food	Amount	Substitute
Baker's Ammonia (Hartshorn)	1 tsp	1 tsp baking powder (when using in cookie recipes)
Baking Mix	2 cups	Mix 1 3/4 cups all-purpose flour, 2 1/2 tsp baking powder, 3/4 tsp salt and 1/3 cup shortening
Baking Powder	1 tsp	1/4 tsp baking soda plus 1/2 tsp cream of tartar
Baking Powder	1 tsp	1/4 tsp baking soda plus 1/2 cup sour milk, buttermilk, or plain yogurt
Baking Powder	1 tsp	1/4 tsp baking soda plus 1/2 tsp vinegar or lemon juice used with sweet milk to make 1/2 cup
Baking Powder	1 tsp	1/4 teaspoon baking soda plus 1/4 to 1/2 cup molasses (decrease liquid in recipe by 1-2 tbsps)
Baking Powder	1 tsp	1 tsp Baker's Ammonia (or Hartshorn)
Biscuit Mix	2 1/4 cups	2 cups flour sifted, 1 tbsp baking powder, 1 tsp salt, 1/4 cup shortening
Cake Flour	1 cup	1 cup minus 2 tbsps all-purpose flour, sifted
Cake Flour	1 cup	1 cup all-purpose flour sifted 3 times, then measured to make 1 cup
Cake Flour	1 cup	7/8 cup all-purpose flour plus 2 tbsps cornstarch
Carob Powder	1 tbsps	1 tbsps cocoa powder
Chocolate	1 square unsweetened	3 tbsps unsweetened baking cocoa plus 1 tbsps butter, vegetable shortening or margarine
Chocolate	1 square unsweetened	3 tbsps carob powder plus 2 tbsps water
Chocolate	1 oz semisweet baking or bitter-sweet	1 oz unsweetened baking chocolate plus 1 tbsps sugar
Chocolate	1 cup semisweet chips	6 oz semisweet baking chocolate, chopped
Cocoa	1/4 cup or 4 tbsps	1 oz (square) chocolate (decrease fat called for in recipe by 1/2 tbsps)
Coconut	1 tbsps grated, dry	1 1/2 tbsps fresh, grated
Coconut Cream	1 cup	1 cup cream
Coconut Milk	1 cup	1 cup milk
Cornmeal, self-rising	1 cup	1 cup plain cornmeal, 1 tsp baking powder, 1/2 tsp salt
Cornstarch	1 tbsps	2 tbsps all-purpose flour
Cornstarch	1 tbsps	2 tbsps tapioca
Cornstarch	1 tbsps	2 1/2 tbsps arrowroot
Corn Syrup	1 cup light	Mix 1 cup granulated sugar with 1/4 cup liquid used in recipe
Corn Syrup	1 cup light	1 1/4 cups light brown sugar, 1/3 cup liquid
Corn Syrup	1 cup light	1 cup honey
Corn Syrup	1 cup dark	1 cup light corn syrup
Corn Syrup	1 cup dark	3/4 cup light corn syrup plus 1/4 cup molasses
Corn Syrup	1 cup dark	1 cup maple-flavored syrup
Cream of Tartar	1/2 tsp	1 1/2 tsp lemon juice or vinegar



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Food	Amount	Substitute
Flour, all-purpose	1 tbsp (for thickening)	1/2 tbsp cornstarch, potato starch, rice starch, or arrowroot starch
Flour, all-purpose	1 tbsp (for thickening)	1 tbsp granular tapioca
Flour, all-purpose	1 tbsp (for thickening)	2 tsp quick-cooking tapioca
Flour, all-purpose	1 tbsp (for thickening)	1/2 tbsp arrowroot
Flour, all-purpose	1 tbsp (for thickening)	1 egg, 2 egg whites, or 2 egg yolks
Flour, all-purpose	1 tbsp (for thickening)	1 tbsp corn flour
Flour, all-purpose	1 tbsp (for thickening)	7/8 tbsp rice flour
Flour, all-purpose	1 tbsp (for thickening)	2 tbsp browned flour
Flour, all-purpose	1 tbsp (for thickening)	1 1/2 tbsp whole wheat flour
Flour, all-purpose	1 tbsp (for thickening)	1/2 tbsp whole wheat flour plus 1/2 tbsp all-purpose flour
Flour, cake	1 cup sifted	1 cup minus 2 tbsp all-purpose flour, sifted
Flour, cake	1 cup sifted	1 cup all-purpose flour sifted 3 times, then measured to make 1 cup
Flour, cake	1 cup sifted	7/8 cup all-purpose flour plus 2 tbsp cornstarch
Flour, corn	equal amount	All-purpose flour
Flour, gluten	13 tbsp	1 cup all-purpose flour
Flour, masa harina	equal amount	Cornmeal
Flour, pastry	1 cup	7/8 cup all-purpose flour
Flour, potato	1 tbsp	2 tbsp all-purpose flour
Flour, potato	1 tbsp	1 tbsp cornstarch
Flour, rice	7/8 cup	1 cup all-purpose flour
Flour, rye	1 1/4 cup	1 cup all-purpose flour
Flour, self-rising	1 cup	1 cup all-purpose flour plus 1 1/2 tsp baking powder and 1/2 tsp salt
Flour, whole wheat, coarse	1 cup	7/8 cup all-purpose flour
Flour, whole wheat, fine	equal amount	All-purpose flour
Marshmallow	1 regular	10 mini marshmallows
Marshmallow Creme	1 jar	Melt 16 ounces of marshmallows and 3 1/2 tbsp corn syrup in a double boiler
Marshmallows, miniature	1 cup	10 large marshmallows
Marzipan	2 1/2 cups	2 cups almond paste, 1 cup powdered sugar, 2 tbsp corn syrup
Molasses	1 cup	1/2 cup honey (flavor will be milder)    3/4 cup sugar, 1/4 cup water
Onion Soup Mix, dry	2 tbsp	1 tbsp instant minced onion, 1 beef bouillon cube



## Assorted Baking Ingredients

Food	Amount	Substitute
Sugar, brown	1 cup	1 cup granulated sugar plus 1 tbsp molasses or dark corn syrup
Sugar, brown, dark	1 cup	1 cup granulated sugar plus 2 tbsp molasses or dark corn syrup
Sugar, confectioners' or powdered	1 cup	3/4 cup granulated sugar    1 cup granulated sugar and 1 tsp of cornstarch finely ground in blender.
Sugar, cube	equal amount	1/2 tsp granulated sugar
Sugar, granulated	1 cup	1 cup light brown sugar (packed)
Sugar, granulated	1 cup	2 cups powdered sugar
Sugar, granulated	1 cup	3/4 cup honey (reduce liquid in recipe by 1/4 cup)
Sugar, granulated	1 cup	1 3/4 cups confectioners' sugar (not for baking)
Sugar, superfine	equal amount	Grind granulated white sugar in a blender or food processor
Sugar, white	1 cup	1 cup Sugar Twin or Sprinkle Sweet
Sugar, white	2 tsp	1 packet Equal
Sugar, white	1 tsp	10 drops of Sweet 10
Sugar, white	1/2 cup	1 tbsp of Sweet 10
Vanilla Bean	2-inch piece	1 tsp pure vanilla extract
Yeast, compressed	1 cake	1 package or 2 tsp active dry yeast
Yeast, regular or quick active dry	1 pkg (1/4 oz)	2 1/4 tsp regular or quick active dry
Yeast, regular or quick active dry	1 pkg (1/4 oz)	1 pkg (.6 oz) compressed cake yeast

# Baking 101

kitchen essentials  
every baker needs