

Substitutions

Ingredient	Substitution
Half and Half	Add 1 tablespoon cornstarch or flour to 1 cup of milk to thicken
Heavy Cream	$\frac{3}{4}$ cup milk plus $\frac{1}{4}$ cup butter will make 1 cup of rich cream, or thicken 1 cup of milk with 2 tablespoons cornstarch or flour
Shallot, Onion and Other Alliums	Many fresh 'onion-y' foods are interchangeable: Leeks, onions, scallions and shallots can all be substituted without much change in flavor
Red Wine	For smaller quantities, use red wine vinegar; For larger amounts, use stock or grape, pomegranate or cranberry juice
White Wine	For smaller quantities, use white wine vinegar; For larger amounts, use white grape juice or chicken or vegetable stock
Egg (for baking)	$\frac{1}{4}$ cup carbonated water; Or mix together 2 tablespoons water, 2 teaspoons baking powder and 1 teaspoon vegetable oil
Buttermilk	Mix 1 cup whole or 2% milk with 1 tablespoon fresh lemon juice or distilled white vinegar and let sit for 5 to 10 minutes. It will curdle a bit – that's okay. Yogurt or sour cream thinned with a bit of milk or water will also work.
Balsamic Vinegar	Add a pinch of sugar to regular vinegar to help add the sweetness most balsamics bring
Capers (1 teaspoon)	Equal amount of chopped green olives or pickles (not sweet ones)
Cider Vinegar	Balsamic vinegar makes a fine substitute. You can add a splash of apple juice or cider for flavor.

Ingredient	Substitution
Dijon Mustard	Mix regular prepared mustard with a pinch of sugar
Tahini (1 cup)	Blend $\frac{3}{4}$ cup of any nut or seed butter with $\frac{1}{4}$ cup sesame oil
Worcestershire Sauce (1 tablespoon)	Mix together $\frac{1}{2}$ tablespoon of low-sodium soy sauce and $\frac{1}{2}$ tablespoon of ketchup
Allspice (1 teaspoon)	Combine $\frac{1}{2}$ teaspoon cinnamon, $\frac{1}{2}$ teaspoon cloves and a pinch of nutmeg
Onion Powder (1 teaspoon)	$\frac{1}{2}$ cup fresh onion
Cayenne ($\frac{1}{2}$ teaspoon)	Substitute $\frac{1}{2}$ teaspoon paprika for milder flavor. For more of a kick, use $\frac{3}{4}$ teaspoon red pepper flakes or $\frac{1}{2}$ teaspoon chili powder
Celery Seed (1 teaspoon)	3 tablespoons chopped celery leaves
Chili Powder (1 teaspoon)	$\frac{1}{2}$ teaspoon cayenne or a fresh chili pepper/jalapeño
Cloves ($\frac{1}{2}$ teaspoon)	$\frac{1}{2}$ teaspoon allspice
Corriander (1 teaspoon)	1 teaspoon cumin
Cumin (1 teaspoon)	$\frac{3}{4}$ teaspoon chili powder or 1 teaspoon coriander
Garlic Powder ($\frac{1}{4}$ teaspoon)	1 small clove fresh garlic
Ginger (1 teaspoon powdered)	1 tablespoon fresh grated ginger
Mustard (1 teaspoon powered)	1 tablespoon prepared mustard
Red Pepper Flakes (1 teaspoon)	Use $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon cayenne, to taste





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1-800-228-8554
(TDD/TTY: **1-888-987-5832**)
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U.S. Department of Health and Human Services

200 Independence Avenue, SW
Room 509F, HHH Building
Washington, D.C. 20201
1-800-368-1019
(TDD/TTY: **1-800-537-7697**)

Complaint forms are available at:
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