

Substitutions

Kitchen

What to use when you are one ingredient short, in the amounts that work.

Per unit of the missing ingredient. Results are close, rarely identical.

Missing	Use instead
1 cup buttermilk	1 cup milk + 1 tbsp lemon juice, 10 min
1 egg (binding)	1 tbsp ground flax + 3 tbsp water
1 tsp baking powder	1/4 tsp bicarb + 1/2 tsp cream of tartar
1 cup self-raising flour	1 cup plain + 1.5 tsp baking powder
1 cup soured cream	1 cup plain yoghurt
1 cup brown sugar	1 cup white + 1 tbsp molasses
1 cup crème fraîche	1 cup double cream + 1 tbsp lemon
Fresh herbs	1/3 the amount, dried

Bicarbonate of soda needs an acid to work. Baking powder brings its own — they are not interchangeable one-for-one.