

Kitchen Substitutions

When the pantry is bare. Check allergies before swapping.

Instead of	Use
1 egg (for binding)	1 tablespoon ground flaxseed + 2 1/2 tablespoons water, or 3 tablespoons aquafaba
1 egg (for breading)	Mayonnaise or plain yogurt, thinned with a little water
1 cup buttermilk	1 cup milk + 1 tablespoon lemon juice or white vinegar
1 cup heavy cream (for cooking)	3/4 cup whole milk + 1/4 cup melted butter
1 cup sour cream	1 cup plain Greek yogurt
1 cup whole milk	1/2 cup evaporated milk + 1/2 cup water, or unsweetened oat or soy milk
Butter (for cooking)	Olive or vegetable oil, about 3/4 as much
1 cup self-rising flour	1 cup all-purpose flour + 1 1/2 teaspoons baking powder + 1/4 teaspoon salt
1 cup cake flour	1 cup all-purpose flour minus 2 tablespoons, plus 2 tablespoons cornstarch
1 teaspoon baking powder	1/4 teaspoon baking soda + 1/2 teaspoon cream of tartar
1 cup packed brown sugar	1 cup granulated sugar + 1 tablespoon molasses
1 cup powdered sugar	1 cup granulated sugar + 1 tablespoon cornstarch, blended to a powder
1 cup honey	1 1/4 cups sugar + 1/4 cup more liquid
1 ounce unsweetened chocolate	3 tablespoons cocoa powder + 1 tablespoon butter or oil
Wheat flour (for thickening)	Cornstarch, half as much, mixed with cold water
Bread crumbs	Crushed crackers, cornflakes, panko, or rolled oats
Chicken or beef broth	Water + bouillon (1 cube or 1 teaspoon base per cup)
Canned diced tomatoes	Crushed tomatoes, or fresh tomatoes chopped with their juice
Tomato paste (1 tablespoon)	3 tablespoons tomato sauce, simmered a few minutes longer
Canned beans (one kind)	Any other canned bean
Rice vinegar	Apple cider vinegar or white wine vinegar + a pinch of sugar
1 shallot	2 tablespoons minced onion + a small pinch of minced garlic
1 clove garlic	1/8 teaspoon garlic powder, or 1/2 teaspoon jarred minced garlic
1 tablespoon fresh herbs	1 teaspoon dried herbs
1 tablespoon fresh ginger	1/4 teaspoon ground ginger
Lemon juice	Lime juice, or half as much white wine vinegar
Fresh spinach (1 pound)	1 (10 ounce) package frozen spinach, thawed and squeezed dry
Green onions	Chives, or a little minced shallot or red onion
Fresh chile (jalapeno)	1/4 teaspoon red pepper flakes or a pinch of cayenne
1/2 cup wine (in a pan sauce)	1/2 cup broth + 1 teaspoon red or white wine vinegar or lemon juice
Worcestershire sauce	Soy sauce with a few drops of vinegar, or a vegetarian Worcestershire
Smoked paprika	Sweet paprika + a pinch of chipotle powder or a drop of liquid smoke
Dijon mustard	Yellow mustard, or 1 teaspoon dry mustard + 1 tablespoon water
Mayonnaise	Plain Greek yogurt, or sour cream
Ketchup (1 cup)	1 cup tomato sauce + 1/4 cup sugar + 2 tablespoons vinegar