

Introduction

There's nothing worse than being knee deep in a recipe and realizing you're out of something! Here are 18 common ingredient substitutions that will save you from your kitchen woes!

Source: Paula Cilia <http://www.foodnetwork.ca/kitchen-basics/photos/18-most-common-ingredient-substitutions/>

Substitute Ingredients

Substitute	Comment
Applesauce for Oil	A common sub for oils and other fats is applesauce. The consistency of the apple sauce keeps any baked good moist just like the oil would but with less fat.
Lemon Juice for Vinegar	If you're all out of vinegar substitute with lemon juice;the acidity of the lemon mimics that of the vinegar.
Cream & Yogurt for Crème Fraiche	Heavy cream and plain yogurt can be mixed together to substitute crème fraiche. To yield one cup of crème fraiche mix a cup of heavy cream with 1 Tablespoon of plain yogurt.
Yogurt for Mayo	For baking purposes when you've run out of mayo, sour cream or plain yogurt will do the trick!
Bouillon Cube for Chicken Broth	When simmering chicken bones on the stove for hours isn't an option, opt for a bouillon cube. Mix the bouillon of your choice (they come in veggie, chicken or beef) with boiling water and presto, instant chicken broth.
Dairy-Free Milk for Regular Milk	Someone drank the last milk, what to do? Opt for soy, almond or coconut milk. Each milk will offer varying texture and flavour since they all taste quite different, but still yummy!
Baking Soda & Cream of Tartar for Baking Powder	No baking powder, no problem! Substitute ¼ teaspoon of baking soda mixed with ½ teaspoon cream of tartar to fill in for 1 teaspoon of baking powder.
Vegetable Shortening for Butter	If butter is missing in action opt for vegetable shortening. The texture and fat content of the shortening will mimic the properties of the butter.
Sugar & Molasses for Brown Sugar	Crack out the food processor and mix granulated sugar with molasses and instantly you'll have brown sugar. You'll be thanking your lucky stars for this substitute especially while baking!
Crushed Crackers for Bread Crumbs	All out of breadcrumbs? Don't fret! Simply open up a box of your favourite crackers and run them through the food processor. You'll have coating for your chicken in no time! Oats are also a great substitute for breadcrumbs.

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Substitute Ingredients (cont)

Yogurt for Sour Cream	Plain yogurt is the perfect substitute for sour cream because it mocks both consistency and flavour. Sour cream is a bit tangier than the yogurt but it will do the trick! For a healthier twist use plain yogurt on your tacos
Milk & Lemon Juice for Buttermilk	Milk mixed with lemon juice will replace buttermilk when in a pinch. The acidity in the lemon juice helps sour the milk and give it the tangy flavour. If lemons aren't available white vinegar will save the day! Another option is thinning plain yogurt or sour cream with water or milk.
Cake & All-Purpose Flour for Pastry Flour	Combining cake flour with all-purpose flour closely matches the proteins that make up pastry flour. If cake flour isn't an option combine one tablespoon of cornstarch with all-purpose flour until one cup is reached.
Dark Corn Syrup for Molasses	Molasses is often quite expensive but can be mimicked with a few different ingredients. When substituting one cup of molasses try $\frac{3}{4}$ cup of brown sugar or one cup of dark corn syrup or maple syrup. If the recipe relies on the distinct flavour of the molasses stick to the brown sugar substitution as it is the closest substitute.
White Vinegar & Lemon Juice for Cream of Tartar	When beating egg whites and using an equal amount of white vinegar and lemon juice will act just like the cream of tartar. When in a pinch baking powder can be used as a substitute for the missing cream of tartar.
Fennel Seeds for Anise	Opt for anise extract or fennel seeds if all out of anise.
Tomato Paste & Water for Tomato Sauce	In a pinch for tomato sauce, combine equal parts tomato paste and water for a quick fix. You can also add in canned tomatoes for extra flavour!
Nutmeg for Cinnamon	Nutmeg or All Spice will save the day if cinnamon is nowhere to be found in the kitchen.



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