

Homemade Ingredients

<p><i>Cake Flour</i></p>	<p>6 cups all-purpose flour (white or wheat) 12 tablespoons cornstarch</p> <p>Measure out the amount of flour called for in your recipe of all-purpose flour. For every 1-cup of flour remove 2 tablespoons of flour and replace with 2 tablespoons of cornstarch. Sift the flour mixture 5-6 times and measure the flour that is needed after sifting.</p>
<p><i>Pastry Flour</i></p>	<p>1$\frac{1}{3}$ cup all purpose flour $\frac{2}{3}$ cup cake flour</p> <p>In a bowl combine all-purpose flour and cake flour. Mix well until combined.</p>
<p><i>Self-Rising Flour</i></p>	<p>$\frac{7}{8}$ cup all-purpose flour 1$\frac{1}{2}$ tablespoons baking powder $\frac{1}{2}$ teaspoon salt</p> <p>Mix or sift together ingredients. Then use immediately or store.</p>
<p><i>Baking Powder</i></p>	<p>1 teaspoon baking soda 2 teaspoons cream of tartar 1 teaspoon corn starch</p> <p>Mix the baking soda, cream of tartar and cornstarch together until well combined. Use immediately or store in an airtight container.</p>
<p><i>Brown Sugar</i></p>	<p>1 cup granulated cane sugar 1 tablespoon unsulfured molasses</p> <p>In a medium sized bowl, mix together the sugar and molasses. Work until completely incorporated and no big molasses globs remain. For dark brown sugar, add another tablespoon of molasses. Store in an airtight container or in a Ziploc bag with the air pressed out.</p>
<p><i>Maple Syrup</i></p>	<p>2 cups white sugar 1 cup boiling water $\frac{1}{2}$ teaspoon maple flavored extract</p> <p>In a saucepan, combine sugar and water. Cook and stir until sugar is dissolved. Remove from heat, and stir in maple flavoring. Serve warm.</p>

Common Ingredient Substitutions

Ingredient	Amount	Substitution Suggestion
Shortening	1 cup	<ul style="list-style-type: none"> 1 c. olive or canola oil ½ c. applesauce or prune puree 1 c. bean puree 1 c. + 2 tbsp. butter or margarine minus ½ tsp. salt
Sugar	1 cup	<ul style="list-style-type: none"> ¾ c. honey 1 ¼ c. powdered sugar ¾ c. corn syrup 1 c. brown sugar
Buttermilk	1 cup	<ul style="list-style-type: none"> 1 c. yogurt 1 tbsp. lime juice or vinegar + enough milk to make 1 cup
Cocoa	¼ cup	<ul style="list-style-type: none"> 1 (1 ounce) square unsweetened chocolate
Ketchup	1 cup	<ul style="list-style-type: none"> 1 c. tomato sauce + 1 tsp. vinegar + 1 tbsp. sugar
Mayonaisse	1 cup	<ul style="list-style-type: none"> 1 c. sour cream 1 c. plain yogurt
Milk	1 cup	<ul style="list-style-type: none"> 1 c. soy milk 1 c. rice milk ¼ c. dry milk powder + 1 c. water ⅔ c. evaporated milk + ⅓ c. water
Evaporated Milk	1 cup	<ul style="list-style-type: none"> 1 c. light cream
Sweetened Condensed Milk	1 (14oz.) can	<ul style="list-style-type: none"> ¾ c. white sugar mixed with ½ c. water and 1⅛ c. dry powdered milk: Bring to a boil and cook, stirring frequently until thickened, about 20 minutes.
Sour Cream	1 cup	<ul style="list-style-type: none"> 1 c. plain yogurt 1 tbsp. lemon juice or vinegar + enough cream to make 1 cup
Honey	1 cup	<ul style="list-style-type: none"> 1 ¼ c. white sugar + ⅓ c. water 1 c. corn syrup 1 c. light treacle syrup
Chili Sauce	10 servings	<ul style="list-style-type: none"> 1 c. tomato sauce + ¼ c. brown sugar + 2 tbsp. vinegar + ¼ tsp. allspice: Mix together until blended; refrigerate.

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