

WHEN YOU'RE MISSING AN INGREDIENT

Many ingredients in recipes can be replaced by another ingredient.

Missing this?	Amount	Try This	Where to Use
Anchovy fillet or anchovy paste	1 fillet or 1/2 tsp. (2 mL) anchovy paste	fish sauce or Worcestershire sauce, start with 1/4 tsp. (1 mL) then adjust for taste	Caesar salad dressing or pasta
Bouillon cube	1	1 tbsp. (15 mL) soya sauce	Soups, stews or sauces
Broth, chicken or beef	1 cup (250 mL)	1 bouillon cube or 1 tsp. (5 mL) granules dissolved in 1 cup (250 mL) boiling water	Soups, stews, casseroles, sauces etc.
Bread crumbs, dry	1/2 cup (125 mL)	1/2 cup (125 mL) cracker crumbs or 1/2 cup (125 mL) crushed cornflakes cereal	Breaded coating
Cornstarch	1 tbsp. (15 mL)	2 tbsp. (30 mL) white flour or quick cooking tapioca	Thickening gravy or sauce
Corn syrup, dark	1 cup (250 mL)	3/4 cup (175 mL) light corn syrup + 1/4 cup (60 mL) light molasses	Baking, puddings, pies, desserts, sweet sauces
Corn syrup, light or dark	1 cup (250 mL)	1 1/4 cup (310 mL) granulated or packed brown sugar + 1/4 cup (60 mL) additional recipe liquid	Baking, puddings, pies, desserts, sweet sauces
Cottage cheese	1 cup (250 mL)	1 cup (250 mL) ricotta cheese	Pasta dishes
Chocolate, semi-sweetened	1 oz. (1 square) (3 g)	1/2 oz. unsweetened chocolate + 1 tbsp. (15 mL) granulated sugar	Baking, puddings, pies, desserts, sweet sauces
Chocolate, unsweetened	1 oz. (1 square) (3 g)	3 tbsp. unsweetened cocoa + 1 tbsp.(15 mL) melted butter or melted solid margarine	Baking, puddings, pies, desserts, sweet sauces
Garlic, fresh	1 clove	1/4 tsp. (1 mL) garlic powder or 1/2 tsp. dried minced garlic	Soups, stews, sauces etc.
Herbs, fresh	1 tbsp. (15 mL)	1 tsp. (5 mL) dried	Add dried herbs at beginning of cooking, add fresh herbs at end of cooking
Honey, mild flavoured	1 cup (250 mL)	1 1/4 cup (310 mL) granulated sugar + 1/3 cup additional recipe liquid	Baking, puddings, pies, desserts, sweet sauces
Ketchup	1/2 cup (125 mL)	1/2 cup (125 mL) tomato sauce + 2 tbsp. (30 mL) sugar + 1 tbsp. (15 mL) vinegar	Soups, stews, sauces etc.
Onion, fresh	1 small	1 tbsp. (15 mL) dry minced onion, rehydrated or 1/2 tbsp. (7 mL) onion powder	Soups, stews, sauces etc.
Prepared mustard	1 tbsp. (15 mL)	1 tsp. (5 mL) dry mustard powder	Dressings, sauces
Sour cream	1 cup (250 mL)	1 cup (250 mL) plain yogurt or 1 cup (250 mL) creamed cottage cheese pureéd smooth	Topping tacos, soups, potatoes, in baking & dips
Tomato sauce	1 - 13.5 oz. can (398 mL)	1-5.5 oz. can (156 mL) tomato paste plus 1 cup (250 mL) water	Soups, stews, sauces etc.
Tomatoes, canned	1 - 27 oz. can (798 mL)	5 to 6 medium sized tomatoes, chopped	Soups, stews, sauces etc.
Vanilla extract	1 tsp. (5 mL)	1 tsp. (5 mL) maple syrup or 1 tsp. (5 mL) sweet liquor (brandy or bourbon)	Baking, puddings, pies,