

## EMERGENCY SUBSTITUTIONS: PART 1



### REMEMBER, DON'T PANIC!

Don't let substitutions intimidate you, and don't be afraid to get creative! You might actually end up improving the recipe!

### ALCOHOL

Keep in mind, depending on the method of cooking, a significant amount of the alcohol will burn off at a temperature of 173 degrees Fahrenheit and especially in recipes with longer cooking times. So go ahead -- wine and beer can add great flavor to lots of recipes and foods! For more helpful tips, check out our coaching tips on cooking with **wine** and **beer**. Of course, non-alcoholic versions can be used too.

**Light beer or ale:** chicken broth, ginger ale or white grape juice.

**Dark beer or stout:** beef, chicken or mushroom broth.

**Hard cider:** apple cider or apple juice.

#### **Red wine:**

- beef or chicken broth diluted with vinegar;
- red juice (such as grape, pomegranate or cranberry) diluted with vinegar. To dilute broth or juice, use 1 Tbsp of red wine vinegar, rice vinegar or balsamic vinegar per 1 cup of juice or broth.
- tomato juice;
- liquid from canned mushrooms.

**White wine:** chicken or vegetable broth; apple juice or white grape juice diluted with white wine vinegar (1 Tbsp of white wine vinegar in 1 cup juice or broth); or ginger ale.

**Sherry:** orange or pineapple juice, red wine vinegar, or apple cider vinegar.

### VINEGARS

**Vinegars** are acidic liquids that are made from the fermentation of alcohol...or they can be made from other products like rice, fruit and grains. They do a great job enhancing colors of vegetables, **pickling vegetables**, tenderizing meat as part of a marinade, reducing bitterness, serving as an alternative to salt...and many other uses.

**Apple cider vinegar** (1 Tbsp) = 1 Tbsp lemon or lime juice

**Balsamic vinegar** (1 Tbsp) = 1 Tbsp apple cider vinegar or red wine vinegar + 1/2 tsp sugar. (White balsamic and regular balsamic are interchangeable - the white version won't darken your recipe.)

**Champagne vinegar** (1 Tbsp) = 1 Tbsp white wine vinegar or rice wine vinegar

**Red wine vinegar** (1 Tbsp) = 1 1/2 tsp white vinegar + 1 1/2 tsp red wine

**Rice wine vinegar** (1 Tbsp) = 1 Tbsp white wine vinegar or apple cider vinegar + 1/4 tsp sugar

**White wine vinegar** (1 Tbsp) = 1 Tbsp rice wine vinegar

### OTHER COOKING LIQUIDS

**Buttermilk** (1 cup) = 1 Tbsp lemon juice or white vinegar + enough milk to make one cup. Combine and then let the mixture sit for about 5 minutes. You can also simply substitute 1 cup of plain yogurt for buttermilk.

**Sour cream** (1/4 cup) = 1/4 cup of plain nonfat Greek yogurt

**Eggs** - substitute with a "flax egg" when an egg is a moderate part of a recipe. Combine 1 Tbsp of ground flax seed with 3 Tbsp of warm water. Let sit for 10 minutes, and then add to your recipe.

Keep in mind, flax eggs won't work in every recipe, but work great in recipes such as **Oatmeal Chocolate Chip Granola Bars**. Try flax eggs and share your successes with us!

**Fish sauce** (1 tsp) = 1 tsp Worcestershire sauce or 1 tsp soy sauce

**Hot pepper sauce/Hot sauce** (1 tsp) = 3/4 tsp of cayenne + 1 tsp vinegar or, instead of the sauce, you can simply use 1/8 tsp cayenne or red pepper flakes

**Lemon juice** (1 Tbsp or half a lemon) = 1 Tbsp of lime or orange juice (half a lime or clementine orange) or 1 Tbsp of apple cider vinegar

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**Soy sauce:** Any amount of soy sauce = 4 parts Worcestershire sauce + 1 part water

**Worcestershire sauce** (1 tsp) = 1 tsp soy sauce + dash of hot sauce or apple cider vinegar

**Hoisin sauce** (1/2 cup) = 1/2 cup of barbecue sauce + 1/2 tsp of Chinese five spice powder. Or, simply make your own **homemade Hoisin sauce**:

- 1 tsp **garlic powder**
- 2 Tbsp **rice wine vinegar**
- 2 Tbsp **honey**
- 2 Tbsp **ketchup**
- 2 Tbsp **low sodium soy sauce**
- 1 tsp **toasted sesame oil**
- 1/4 tsp **ground ginger**
- 1/4 tsp **crushed red pepper flakes**

**Enchilada sauce** (this recipe to make your own enchilada sauce will make 15 oz or just under 2 cups):

- 3 Tbsp **olive oil**
- 3 Tbsp **whole wheat flour** (or gluten-free flour)
- 1 Tbsp **chili powder**
- 1 tsp **ground cumin**
- 1/2 tsp **garlic powder**
- 1/2 tsp **onion powder**
- 1 tsp **dried oregano**
- 1/4 tsp **salt**
- 1/4 tsp **cayenne red pepper** (OPTIONAL)
- 1 (8 oz) can **tomato sauce**
- 1 cup **low sodium chicken broth** (or vegetable broth)
- 1 tsp **apple cider vinegar**
- 1/4 tsp **black pepper**

First, have spices measured and ready in a small bowl. Then, add oil to a small saucepan over medium high heat. When hot, add flour and stir to combine. Add spices, stir again, and then add tomato sauce and broth. Stir until combined and let simmer 5-10 minutes until slightly thickened. Add vinegar and pepper and stir again, and then proceed to use in your recipe.

**"THE ONLY REAL STUMBLING BLOCK IN THE KITCHEN IS FEAR OF FAILURE. IN COOKING, YOU'VE GOT TO HAVE A WHAT-THE-HELL ATTITUDE."** - JULIA CHILD