

ESSENTIAL BAKING INGREDIENT SUBSTITUTIONS

EMERGENCY PANTRY SWAPS | 1:1 REPLACEMENTS FOR FLOURS, DAIRY, EGGS & LEAVENERS

THE EMERGENCY BAKING CONUNDRUM:

Baking is chemistry. While these substitutions replicate structure, acidity, and moisture, slight flavor and rise differences may occur.

1. DAIRY, BUTTER & EGG SUBSTITUTIONS

IF YOU NEED: 1 Cup Buttermilk

USE: 1 Tbsp white vinegar or fresh lemon juice + whole milk to equal 1 Cup (rest 5 min)

Baker's Note: Exact lactic acid match

IF YOU NEED: 1 Cup Sour Cream

USE: 1 Cup full-fat plain Greek yogurt OR 1 Cup mayonnaise (for cakes)

Baker's Note: Replicates fat and acid

IF YOU NEED: 1 Cup Heavy Cream

USE: 3/4 Cup whole milk + 1/4 Cup melted unsalted butter (whisked together)

Baker's Note: Not for whipping; baking only

IF YOU NEED: 1 Whole Large Egg

USE: 1/4 Cup unsweetened applesauce OR 1 Tbsp ground flaxseed + 3 Tbsp warm water

Baker's Note: Flax rests 5 min to gel

IF YOU NEED: 1 Egg (for Leavening)

USE: 1/4 Cup mashed ripe banana OR 1/4 Cup silken tofu pureed smooth

Baker's Note: Best in muffins and quickbreads

IF YOU NEED: 1 Cup Unsalted Butter

USE: 1 Cup solid coconut oil OR 1 Cup shortening OR 7/8 Cup vegetable oil

Baker's Note: Oil lowers aeration

2. FLOURS, STARCHES & THICKENERS

IF YOU NEED: 1 Cup Cake Flour

USE: 3/4 Cup + 2 Tbsp All-Purpose Flour + 2 Tbsp Cornstarch (sift together 3x)

Baker's Note: Lowers protein to 8%

IF YOU NEED: 1 Cup Self-Rising Flour

USE: 1 Cup All-Purpose Flour + 1.5 Tsp Baking Powder + 1/4 Tsp Fine Salt

Baker's Note: Standard UK/Southern blend

IF YOU NEED: 1 Tbsp Cornstarch

USE: 2 Tbsp All-Purpose Flour OR 1 Tbsp Arrowroot Powder OR 2 Tbsp Tapioca

Baker's Note: Flour requires longer cook

IF YOU NEED: 1 Cup Bread Flour

USE: 1 Cup All-Purpose Flour + 1 Tsp Vital Wheat Gluten

Baker's Note: Increases gluten strength

IF YOU NEED: 1 Cup Almond Flour

USE: 1 Cup oat flour OR 1 Cup sunflower seed meal (1:1 nut-free swap)

Baker's Note: Similar fat/moisture profile

IF YOU NEED: 1 Tsp Xanthan Gum

USE: 1 Tsp Psyllium husk powder OR 1 Tsp ground chia seed gel

Baker's Note: Binder in gluten-free bakes

3. SUGARS & NATURAL SWEETENERS

IF YOU NEED: 1 Cup Light Brown Sugar

USE: 1 Cup Granulated White Sugar + 1 Tbsp Dark Unsulphured Molasses

Baker's Note: Packs and bakes identically

IF YOU NEED: 1 Cup Dark Brown Sugar

USE: 1 Cup Granulated White Sugar + 2 Tbsp Dark Unsulphured Molasses

Baker's Note: Rich caramel and moisture

IF YOU NEED: 1 Cup Powdered Sugar

USE: 1 Cup Granulated White Sugar + 1 Tbsp Cornstarch (blend on high 60 sec)

Baker's Note: 10x powdered consistency

IF YOU NEED: 1 Cup Honey / Maple

USE: 1.25 Cups Granulated Sugar + 1/4 Cup liquid from recipe (reduce oven 25°F)

Baker's Note: Honey browns faster

IF YOU NEED: 1 Cup Corn Syrup

USE: 1 Cup Granulated White Sugar + 1/4 Cup warm water (heat until dissolved)

Baker's Note: Replicates inversion barrier

IF YOU NEED: 1 Cup Granulated Sugar

USE: 3/4 Cup Honey OR 3/4 Cup Pure Maple Syrup (reduce other liquids by 3 Tbsp)

Baker's Note: Lower oven temperature 25°F

4. LEAVENERS, FLAVORS & CHOCOLATE

IF YOU NEED: 1 Tsp Baking Powder

USE: 1/4 Tsp Baking Soda + 1/2 Tsp Cream of Tartar + 1/4 Tsp Cornstarch

Baker's Note: Fresh single-acting blend

IF YOU NEED: 1 Tsp Baking Soda

USE: 3 Tsp (1 Tbsp) Baking Powder (baking powder is 1/3 strength of soda)

Baker's Note: May slightly alter salt level

IF YOU NEED: 1 Tsp Cream of Tartar

USE: 2 Tsp Fresh lemon juice OR 2 Tsp distilled white vinegar

Baker's Note: Provides necessary acid

IF YOU NEED: 1 Tsp Pure Vanilla

USE: 1 Tsp Bourbon / Dark Rum OR 1/2 Tsp Almond Extract (almond is stronger)

Baker's Note: Rich aromatic warmth

IF YOU NEED: 1 oz Unsweetened Choc

USE: 3 Tbsp unsweetened cocoa powder + 1 Tbsp melted butter or coconut oil

Baker's Note: Replicates chocolate liqueur

IF YOU NEED: 1 Tsp Active Dry Yeast

USE: 3/4 Tsp Instant / Rapid-Rise Yeast (no proofing in warm water needed)

Baker's Note: Mix direct with dry flour