

COOKING INGREDIENT SUBSTITUTIONS GUIDE

Our list of cooking ingredient substitutions tells you what to use when you're out or can't find an ingredient.

ASIAN	
INGREDIENT	SUBSTITUTE WITH
 <p>Miso Paste 1 Tbsp</p>	 <ol style="list-style-type: none"> 1 Tbsp tomato paste 1 tsp soy sauce 4 tsp anchovy paste 2 tsp tahini
 <p>Tamarind Paste 1 Tbsp</p>	 <p>1 Tbsp lime juice / rice vinegar 2 tsp brown sugar</p>
 <p>Lemongrass 2 stalks</p>	 <ol style="list-style-type: none"> 2 tsp lemongrass paste zest from 1 lemon
 <p>Green Curry Paste</p>	 <p>red or yellow curry paste</p>
 <p>Fish Sauce 1 Tbsp</p>	 <ol style="list-style-type: none"> 1 Tbsp worcestershire sauce 1 Tbsp soy sauce 2 tsp soy sauce 1 tsp lime juice
 <p>Harissa 1 cup</p>	 <p>1 cup sriracha or sambal oelek chili sauce 1/2 tsp cumin 1/2 tsp coriander 1/2 tsp caraway</p>

ASIAN

INGREDIENT	SUBSTITUTE WITH
 <p>Rice Wine Vinegar</p>	 <ol style="list-style-type: none"> 1 apple cider vinegar white wine vinegar
 <p>Tahini 1 cup</p>	 <p>1 cup nut butter (almond, peanut, cashew) 1 tsp toasted sesame seed oil</p>
 <p>Chili Garlic Sauce</p>	 <p>sriracha + fresh garlic, minced (as needed)</p>
 <p>Oyster Sauce 1 Tbsp</p>	 <p>1 Tbsp soy sauce 1/4 tsp sugar</p>
 <p>Sesame Oil, Toasted 1 Tbsp</p>	 <ol style="list-style-type: none"> 1 Tbsp peanut oil 1 Tbsp neutral-tasting cooking oil (grapeseed, canola) 1/4 tsp toasted sesame seeds
LATIN	
 <p>Chipotle Peppers in Adobo Sauce 1 pepper or 2 Tbsp sauce</p>	 <ol style="list-style-type: none"> Tabasco chipotle hot sauce (as needed) 1 Tbsp chipotle powder 1-1/2 tsp smoked paprika 1-1/2 tsp cayenne powder
 <p>Tomatillos 1 tomatillo</p>	 <ol style="list-style-type: none"> 1/2 medium underripe tomato a squeeze of lime juice 3 Tbsp canned tomatillos

LATIN

INGREDIENT



Jalapeno Peppers
1 pepper



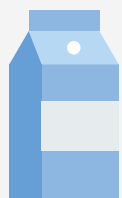
SUBSTITUTE WITH

- 1 1 Tbsp canned green chilies

- 2 1/2 tsp red pepper flakes

- 3 2 tsp (or as needed) hot sauce or cayenne pepper

DAIRY



Milk



- 1 almond / cashew milk

- 2 canned coconut milk

- 3 rice / oat / hemp / flax milk

- 4 sour cream or plain yogurt

- 5 canned evaporated milk



Sour Cream
1 cup



1 cup plain / Greek yogurt



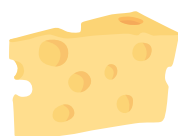
Heavy Cream
1 cup



- 1 1/2 cup Greek yogurt
1/2 cup milk

- 2 1 cup milk (*note: result will be less thick)

- 3 1 cup coconut cream



Cheese, Swiss

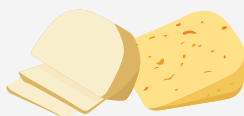


- 1 fontina cheese

- 2 gruyere

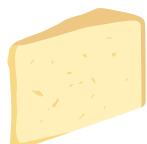


Cheese, Mozzarella



- 1 provolone cheese

- 2 monterey jack cheese









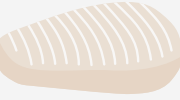


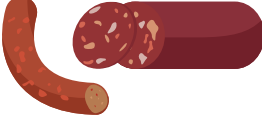




Cheese, Parmesan



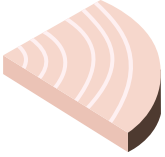
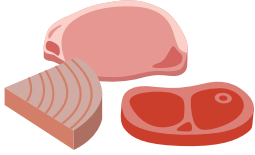


- 1 pecorino romano

- 2 grana padano







NUTS & GRAINS

INGREDIENT	SUBSTITUTE WITH
 <p>Peanut Butter</p>	 <ol style="list-style-type: none"> 1 cashew butter 2 tahini 3 sunflower seed butter
 <p>Pine Nuts</p>	 <ol style="list-style-type: none"> 1 walnuts 2 sunflower seeds 3 almonds 4 pistachios 5 pecans
 <p>Bulgur</p>	 <ol style="list-style-type: none"> 1 farro (*cook for ~25-40 minutes) 2 quinoa
PROTEINS	
 <p>Halibut</p>	 <ol style="list-style-type: none"> 1 For fillets: fluke / flounder / turbot 2 For steaks: wild striped bass / cod
 <p>Chorizo</p>	 <ol style="list-style-type: none"> 1 spicy Italian sausage 2 hot soppressata
 <p>Andouille Sausage</p>	 <ol style="list-style-type: none"> 1 chorizo 2 spicy pork sausage links 3 kielbasa 4 German-smoked sausages
 <p>Pancetta</p>	 <ol style="list-style-type: none"> 1 bacon, diced 2 prosciutto

PROTEINS

INGREDIENT	SUBSTITUTE WITH
 <p>Swordfish</p>	 <ol style="list-style-type: none"> 1 fresh tuna 2 boneless pork chops 3 steak
 <p>Tofu</p>	 <ol style="list-style-type: none"> 1 beans 2 seitan 3 tempeh 4 portobello mushroom 5 chicken













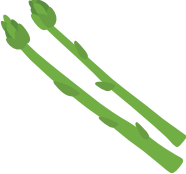

CONDIMENTS

 <p>Mustard, Dijon 2 tsp</p>	 <p>1 tsp dry mustard 1 tsp vinegar 1 tsp water</p>
 <p>Mayonnaise 1/2 cup</p>	 <ol style="list-style-type: none"> 1 1/2 mashed avocado 2 1/2 cup Greek yogurt 3 1/2 cup sour cream
 <p>Ketchup 1 cup</p>	 <p>1 cup tomato sauce 1 tsp vinegar 1 Tbsp sugar</p>

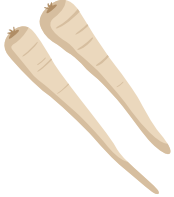






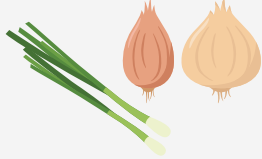

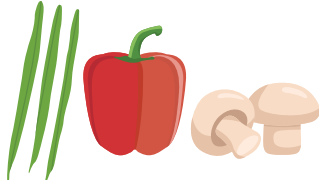




PRODUCE

 <p>Bok choy</p>	 <ol style="list-style-type: none"> 1 napa cabbage 2 swiss chard 3 spinach
--	--









PRODUCE

INGREDIENT	SUBSTITUTE WITH
 <p>Broccoli Rabe</p>	 <ul style="list-style-type: none"> 1 broccoli 2 mustard greens
 <p>Swiss Chard</p>	 <ul style="list-style-type: none"> 1 kale 2 beet greens 3 collard greens 4 spinach
 <p>Kale</p>	 <ul style="list-style-type: none"> 1 swiss chard 2 collard greens 3 spinach 4 dandelion greens 5 beet greens
 <p>Arugula</p>	 <ul style="list-style-type: none"> 1 watercress 2 curly endive 3 mustard greens 4 spinach & watercress
 <p>Napa Cabbage</p>	 <ul style="list-style-type: none"> 1 bok choy 2 savoy cabbage 3 green cabbage (*increase cooking time)
 <p>Mustard Greens</p>	 <ul style="list-style-type: none"> 1 kale 2 collard greens
 <p>Asparagus</p>	 <ul style="list-style-type: none"> 1 broccoli 2 green beans

PRODUCE

INGREDIENT	SUBSTITUTE WITH
 <p>Parsnips</p>	 <ul style="list-style-type: none"> 1 turnips 2 celery root 3 rutabagas 4 carrots 5 sweet potatoes
 <p>Mushrooms</p>	 <ul style="list-style-type: none"> 1 zucchini 2 eggplant 3 bell peppers 4 other quick-cooking vegetables
 <p>Butternut Squash</p>	 <ul style="list-style-type: none"> 1 sweet potatoes 2 carrots 3 winter squashes (delicata, hubbard, pumpkin)
 <p>Leeks</p>	 <ul style="list-style-type: none"> 1 green onions 2 shallots 3 onions
 <p>Okra</p>	 <ul style="list-style-type: none"> 1 green beans 2 bell peppers 3 mushrooms
 <p>Lemon Juice</p>	 <ul style="list-style-type: none"> 1 lime juice 2 orange juice 3 half as much white or white wine vinegar
 <p>Shallots 2 Tbsp chopped or 1 bulb</p>	 <ul style="list-style-type: none"> 1 white parts of 4 green onions 2 2 Tbsp onion, chopped

SPICES & HERBS

INGREDIENT	SUBSTITUTE WITH
 <p>Cilantro</p>	 <ol style="list-style-type: none"> 1 parsley 2 green onions
 <p>Garam Masala 2 Tbsp</p>	 <ol style="list-style-type: none"> 1 4-1/2 tsp cumin + 1-1/2 tsp allspice 2 1-1/2 tsp cumin 1/2 tsp cinnamon 3/4 tsp coriander 1/4 tsp cloves 3/4 tsp cardamom 1/4 tsp nutmeg 3/4 tsp black pepper
 <p>Mint, fresh 1 Tbsp chopped</p>	 <ol style="list-style-type: none"> 1 1 Tbsp fresh basil, chopped 2 1/2 Tbsp fresh rosemary, chopped 3 1/2 Tbsp fresh marjoram, chopped
 <p>Ginger, fresh 1 Tbsp grated</p>	 <p>1/4 tsp ground ginger</p>