

EXCLUSIVE FREE GIFT

from the good home cooks at the *Better Homes and Gardens* Test Kitchen

Missing an ingredient?

Before you make a mad dash to the supermarket, check these handy conversion charts.

Emergency Substitutes

| If you don't have ... | Use ... |
|-------------------------------------|--|
| Baking powder, 1 teaspoon | $\frac{1}{2}$ teaspoon cream of tartar plus $\frac{1}{4}$ teaspoon baking soda |
| Balsamic vinegar, 1 tablespoon | 1 tablespoon cider vinegar or red wine vinegar plus $\frac{1}{2}$ teaspoon sugar |
| Buttermilk, 1 cup | 1 tablespoon lemon juice or vinegar plus enough milk to equal 1 cup (let stand 5 minutes before using) or 1 cup plain yogurt |
| Flour, self-rising, 1 cup | 1 cup all-purpose flour plus 1 teaspoon baking powder, $\frac{1}{2}$ teaspoon salt and $\frac{1}{4}$ teaspoon baking soda |
| Half-and-half or light cream, 1 cup | 1 tablespoon melted butter or margarine plus enough whole milk to make 1 cup |
| Onion, chopped, $\frac{1}{2}$ cup | 2 tablespoons dried minced onion or $\frac{1}{2}$ teaspoon onion powder |
| Tomato sauce, 2 cups | $\frac{3}{4}$ cup tomato paste plus 1 cup water |

Dry

| | | |
|-----------------------------|---|-------------------|
| 3 teaspoons | = | 1 tablespoon |
| 4 tablespoons | = | $\frac{1}{4}$ cup |
| $5\frac{1}{3}$ tablespoons | = | $\frac{1}{3}$ cup |
| 8 tablespoons | = | $\frac{1}{2}$ cup |
| $10\frac{2}{3}$ tablespoons | = | $\frac{2}{3}$ cup |
| 12 tablespoons | = | $\frac{3}{4}$ cup |
| 16 tablespoons | = | 1 cup |

Perfect weights & measures

Keep these charts handy for easy conversions.

Liquid

| Measure | Equivalent Measure | Equivalent Ounces |
|--------------------|--------------------|---------------------------|
| 1 tablespoon | | $\frac{1}{2}$ fluid ounce |
| 1 cup | $\frac{1}{2}$ pint | 8 fluid ounces |
| 2 cups | 1 pint | 16 fluid ounces |
| 2 pints (4 cups) | 1 quart | 32 fluid ounces |
| 4 quarts (16 cups) | 1 gallon | 128 fluid ounces |

More great tips on back

Tasty blends

*Make your own seasonings ...
it's easier than you think!*

Make this ...

Apple pie spice, 1 teaspoon

Cajun seasoning,
1 tablespoon

Fresh snipped herbs,
1 tablespoon

Poultry seasoning, 1 teaspoon

Pumpkin pie spice,
1 teaspoon

From this ...

1/2 teaspoon ground cinnamon, 1/4 teaspoon ground nutmeg,
1/8 teaspoon ground allspice and a dash of ground ginger

1/2 teaspoon white pepper, 1/2 teaspoon garlic powder, 1/2 teaspoon
onion powder, 1/2 teaspoon ground red pepper, 1/2 teaspoon
paprika and 1/2 teaspoon ground black pepper

1/2 to 1 teaspoon dried herbs

3/4 teaspoon dried sage and 1/4 teaspoon dried thyme

1/2 teaspoon ground cinnamon, 1/4 teaspoon ground ginger,
1/4 teaspoon ground allspice, and 1/8 teaspoon ground nutmeg

Spice of life!

*When substituting spices, start with half the
amount the recipe calls for (unless directed
otherwise) and add to suit your taste.*

Spice

Substitution

Allspice, ground

Ground cinnamon, nutmeg or cloves

Chili powder

Dash of bottled hot pepper sauce plus equal measures of ground
oregano and cumin

Cloves, ground

Ground allspice, cinnamon or nutmeg

Cumin, ground

Chili powder

Mustard, dry, 1 teaspoon

1 tablespoon yellow mustard

Paprika

Cayenne pepper (just a dash ... it's hotter than paprika!)

Cayenne pepper, ground,
1/8 teaspoon

2 to 3 drops bottled hot pepper sauce

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