

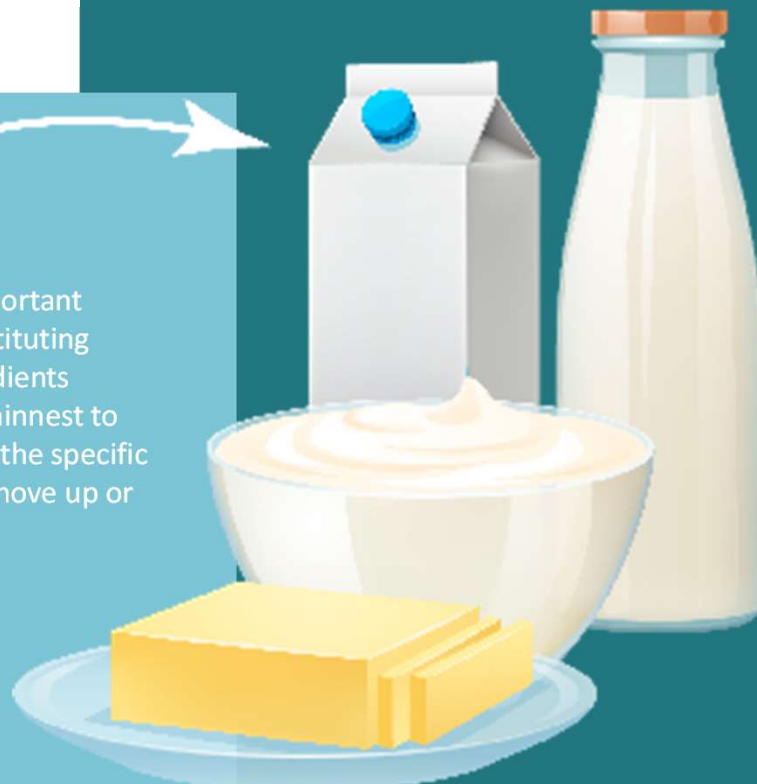
COOKING SUBSTITUTIONS



The lists below are meant to help you replace ingredients with confidence.

Dairy

Flavor and texture are important considerations when substituting dairy products. The ingredients below are ordered from thinnest to thickest. If you don't have the specific substitute on hand, then move up or down the list.



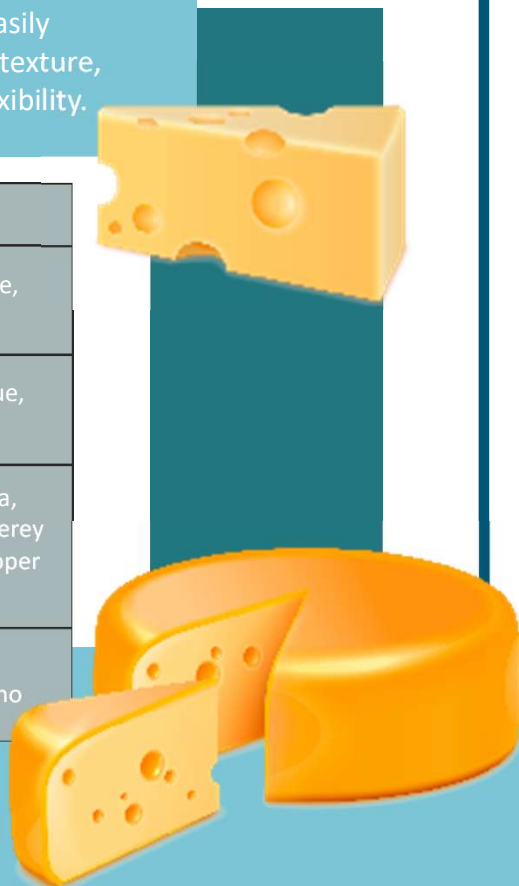
Ingredient	Substitution
Milk	Half-and-half or heavy cream thinned with water, evaporated milk, light coconut milk, light cream, oat milk, nut milk, soy milk.
Half-and-half	Thicken milk with a little cornstarch or flour (about 1 tablespoon per cup of liquid) or thin heavy cream with a splash of water.
Heavy Cream	For 1 cup heavy cream, use 3/4 cup milk and 1/4 cup melted butter, or thicken 1 cup milk with 1 to 2 tablespoons cornstarch or flour. (Whisk milk into cornstarch or flour little by little.) Coconut milk, coconut cream (beware of increased sweetness), or cream cheese whisked with a little water also work. <i>Note: Alternatives won't whip into fluffy whipped cream.</i>
Butter	If using butter to conduct heat, as in pan-frying, use olive oil or other fats. For flavor substitutions, like butter in risotto or polenta, a number of creamy options like heavy cream or mascarpone will work.
Creamy Dairy Products	Tangy, textural ingredients like crema, sour cream, mascarpone, Neufchâtel, Quark, queso fresco, sour cream or yogurt of any variety can be used interchangeably.

Cheese

When substituting cheese, think about its purpose: Will it melt evenly in a pasta sauce, or spread easily on toast? If cooking, swap in one with a similar texture, but if using as an accent, there's much more flexibility.



Type	Example
Fresh, unripened cheese (soft and wet)	Cottage cheese, cream cheese, fromage blanc, ricotta
Soft-ripened cheese (creamy)	Brie, Camembert, Pontl'Evêque, taleggio
Semifirm or semisoft cheese	Cheddar, Colby, Edam, fontina, Gouda, Havarti, Jarlsberg, Monterey Jack, mozzarella, Muenster, pepper Jack, Port-Salut, Swiss
Hard aged cheese	Asiago, Comté, Gruyère, Manchego, Parmesan, pecorino



Oils and Fats

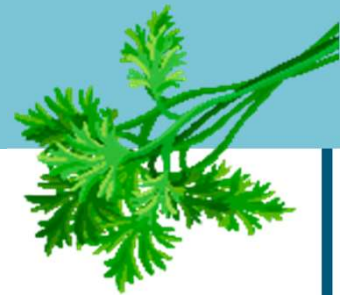
While many of the oils and fats in each category are interchangeable, you'll want to consider flavor and smoke point when choosing a substitute.

Type	Smoke-Point	Example
Neutral oils	High	Canola oil, coconut oil, corn oil, grapeseed oil, peanut oil and vegetable oil
Flavored oils	Medium-high	Avocado oil, nut oils, olive oil, sesame oil, sunflower oi.
Solid fats	Low	Bacon fat, butter, chicken fat, lard, margarine and vegetable shortening. Solid when refrigerated but liquid when hot, ghee (clarified butter) has a very high smoke point similar to neutral oils



Greens

When choosing a substitute, consider how the greens are being used. Tender greens are often consumed raw while sturdy ones might need to be cooked longer; simply add the greens earlier or later in the cooking process as needed.



Type	Example
Mild and tender	Chard, lettuce, mâche, mesclun, spinach, tatsoi
Mild and firm	Bok choy, cabbage, collard greens
Bitter and tender	Arugula, endive, frisée, mizuna, radicchio, radish greens, watercress
Bitter and firm	Escarole, kale, mustard greens, turnip greens



Vegetables

Substituting vegetables depends largely on taste. Just bear in mind texture, moisture content and density. Below you have vegetables broken down into categories, based on cook times: Many in the same category cook at a similar rate, but if you'd like to substitute a firm vegetable for a quick-cooking one or vice versa, increase or decrease cook time by adding the ingredient earlier or later in your recipe.



QUICK-COOKING (LESS DENSE)

Asparagus, cabbage (bok choy, broccoli, broccolini, brussels sprouts, cauliflower, kale), celery, corn, eggplant, fennel, mushrooms, peas, peppers, summer squash, zucchini.

SLOWER-COOKING (MORE DENSE)

Root vegetables (beet, carrot, celery root, parsnip, potato, sweet potato, turnip), winter squash (such as butternut squash, delicata, kabocha, pumpkin).

ALLIUMS

Leeks, onions (red, white or yellow), scallions, shallots and spring onions are largely interchangeable. (Garlic's pronounced flavor makes it difficult to find an exact substitute.) Garlic and onions are available in dried form (powdered, granulated or dehydrated as flakes), which are infinitely more potent. Substitute dried ingredients in place of fresh with moderation, and only when the fresh is called for in smaller quantities rather than bulk.

Herbs



Fresh herbs fall into two categories: tender, bright herbs (basil, chervil, chives, cilantro, dill, mint, parsley and tarragon), which are most flavorful when fresh, or woody, savory herbs (bay leaves, marjoram, oregano, rosemary, sage and thyme), which are better dried. Since dried herbs are more potent, substitute 1 teaspoon dried for 1 tablespoon chopped fresh.

Ingredient	Example
Basil	Chervil, cilantro, dill, Italian seasoning, oregano, mint, parsley
Bay leaves	Herbs de Provence, oregano, rosemary, sage, thyme
Chives	Cilantro, garlic powder, onion powder, parsley
Coriander	Basil, chives, parsley, mint
Dill	Basil, chervil, mint, parsley
Marjoram	Herbs de Provence, Italian seasoning, oregano, rosemary, sage, thyme
Mint	Basil, cilantro, dill, parsley
Oregano	Bay leaves, herbs de Provence, Italian seasoning, rosemary, thyme, sage
Parsley	Basil, chervil, chives, cilantro, dill, Italian seasoning, mint, tarragon
Rosemary	Bay leaves, herbs de Provence, oregano, Thyme ,sage
Sage	Bay leaves, herbs de Provence, oregano, rosemary, thyme
Tarragon	Chervil, parsley
Thyme	Bay leaves, herbs de Provence, oregano, rosemary, sage

HERBS



Spices

When swapping spices, think about what will work in your dish. Most spices can be grouped into four flavor profiles: earthy, floral, peppery and warm. You'll often be able to substitute a spice that hits the same notes by picking one with the same qualities.



Type	
Earthy	Curry powder, garlic powder, onion powder, turmeric, Vadouvan, za'atar.
Floral	Cardamom, coriander, fennel, lavender, nutmeg, saffron, star anise
Peppery	Allspice, ground ginger, peppercorns, mustard powder, sumac
Warm	Cinnamon, chile (dried), chili powder (blend), cloves, cumin, nutmeg, paprika



When it comes to spice, consider layering flavor carefully by seasoning lightly at the start of cooking, that way you can increase the spice to taste, if desired, once your dish is fully cooked.



Ingredient	Substitutions
Allspice	Combine cinnamon, cloves and nutmeg, or use any one of the three
Cardamom	Coriander, fennel, ginger, lavender
Cayenne	Aleppo pepper, chili powder, dried chiles, hot sauce, paprika, red-pepper flakes, sumac
Chili powder	Combine paprika (sweet, hot or smoked), onion powder, garlic powder, cumin, oregano and cayenne or red-pepper flakes; or use another warm spice, such as cayenne, cloves, cumin, nutmeg or paprika (sweet, hot or smoked)
Cinnamon	Allspice, apple pie spice blend, cloves, coriander, nutmeg, pumpkin pie spice blend
Cloves	Allspice, cinnamon, nutmeg, black pepper
Coriander	Cardamom, cinnamon, fennel, nutmeg, saffron, turmeric
Cumin	Chili powder, coriander, curry powder, garlic powder, onion powder, turmeric
Ginger	Allspice, cinnamon, cloves, coriander
Nutmeg	Allspice, cinnamon, cloves, ground ginger
Paprika	Cayenne, chili powder, curry powder, black pepper
Turmeric	Curry powder, garlic powder, onion powder, Vadouvan, za'atar

