



## **Foreword**

AS SOMEONE WHO HAS MADE THEIR CAREER writing about the science of home cooking, I find that my recipes are often described as prescriptivist: fine-tuned instructions with a set of procedures that will produce great results only if they are followed precisely. This couldn't be further from the truth! On the contrary, my hope in helping folks understand the science and technique behind everyday cooking is to build a knowledge base that will help free them from the shackles of recipes. If a recipe is a narrow set of turn-by-turn directions to get you from point A to point B, then understanding the science is like being given an atlas, allowing you to chart your own course.

Yet an understanding of technique and science can only take you so far. What about ingredients and flavors? In the decades that have passed since I started cooking professionally, the internet has drastically increased the speed and breadth of our access to recipes and instruction. But ingredients? They're still constrained by the boundaries of the physical world.

My early career in food took me through the types of restaurants where access to ingredients was a given. It wasn't a question of *if* we could get, say, a can of argan oil, a jar of XO sauce, or a knob of fresh galangal; it was a question of how we were going to use it on the menu. These days, as a recipe writer whose work is aimed squarely at the home cook, I run into the opposite problem: how to deliver a world of flavors to folks whose pantries can often only expand as far as the average American supermarket. I regularly come across home cooks who express frustration at the number of recipes that seem off-limits to them based on ingredients lists.

This is where *The Food Substitutions Bible* comes in. Nowhere will you find a better-researched and more thorough one-stop shop to increase your access to recipes. Sometimes that means saving you an extra trip to the supermarket or a specialty store or the shipping on a specialty mail-order item. (Out of baking powder? Make your own with baking soda, cornstarch, and cream of tartar. Did you know you can make pomegranate molasses by simmering pomegranate juice? Or just replace it with a combination of honey and lemon

juice.) Other times, it means you won't have to buy a whole container of something just to use it once, then forget about it in the back of your pantry. (That one recipe you want to follow that calls for a tablespoon of rice flour? Use 2 teaspoons of arrowroot or instant mashed potato flakes instead.)

Perhaps even more exciting is the way *The Food Substitutions Bible* can inspire your creativity. One of the greatest skills I've learned in my years of cooking is taking a recipe in a different direction by adapting to the ingredients I have on hand or substituting one flavor for another in a way that doesn't fundamentally break the recipe. In working with home cooks, I've found that many avoid substitutions because of the fear that the recipe will fail. *The Food Substitutions Bible* eliminates that fear. If I love my egg salad with plenty of fresh dill, I know I can swap that dill with tarragon. (David helpfully points out that both have an affinity for eggs, chicken, and seafood.) I can shake up my balsamic vinaigrette by making it the exact same way with Chinese black (Chekiang) vinegar, or conversely, I can drizzle some balsamic into my hot and sour soup for a delicious (and exciting!) new experience.

If you've ever found yourself skipping a recipe that looks great because you don't think you can find the ingredients or equipment; if you've wanted to open up your cooking in creative new ways; if you've ever simply wanted to save yourself a trip to the grocery store; or if you just like the idea of leafing through one of the world's most thorough glossaries of ingredients, *The Food Substitutions Bible* deserves a permanent place on your kitchen bookshelf.

-J. KENJI LÓPEZ-ALT



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## Preface to the Third Edition

I STARTED WRITING THIS BOOK twenty years ago. But it feels like forty years. Since 2002, interest in food and cooking has mushroomed beyond belief. Exciting ingredients like aquafaba, fonio, and chile crisp have circled the world and soared in popularity. We also went through a global pandemic that sent millions of people to their home kitchens and disrupted supply chains, causing ingredient shortages that begged for immediate solutions. Today's cooks are even hungrier for information on how to substitute ingredients, equipment, and techniques in their kitchens.

Since then, I have also heard from many cooks, friends, and colleagues that this book holds a special place on their shelves, a spot reserved only for go-to books they thumb through regularly. A professional recipe developer told me she was working on a gluten-free peanut butter cookie made with teff flour and wanted to switch it up. She flipped through the book and realized that she could use millet flour instead of teff flour. Instead of peanut butter, she could use cashew butter. Once her mind was alive with possibilities, she had the brilliant idea to turn her creation into a thumbprint cookie. With that, her recipe for Gluten-Free Cashew Butter Cookies with Cherry Jam was born!

Another cook told me he was at his wit's end on a Tuesday night, scrambling to get a quick family dinner together between his kids' soccer practice and cello lessons. They were out of jarred tomato sauce, a key ingredient in his teen's favorite vegan Taco Tuesday filling. He turned to the tomato sauce entry, saw that tomato paste and water would do the trick, and found tomato paste in his pantry. Whew! Crisis averted.

These are among the most gratifying comments I have ever heard. I am thrilled that this book has been truly useful to people. Thank you for letting me know!

With that feedback in mind, I set out to pack this third edition with even more useful tidbits. I added hundreds of substitutions for existing and brandnew entries such as bacon fat, blowtorch, chia, chicken salt, Chihuahua cheese, Chinese pickle sauce, citric acid, coquito, crab roe, date sugar, dextrose, durian, European bass, fennel pollen, figleaf gourd, freekeh, fregula,

frybread, huacatay, ice, idli, Job's tears, katsuobushi, lucuma, mezcal, mirepoix, Oaxaca cheese, palm oil, pearl couscous, requeijão, skirret, sorghum flour, and Tajín. The total substitutions in the book now number more than 8,000. I expanded the ingredient guides and measurement tables in the appendix to help decipher things like Asian Noodles (page 644), Can and Package Size Equivalents (page 670), and Alcohol Retention in Cooking (page 678). I beefed up the existing entries and reference material, too, by adding information such as how many cups of roasted beet purée you can expect from 1 lb (500 g) of raw beets (about 1 cup/250 mL purée). I also added several new recipes for things such as Homemade Advocaat (page 22), Ajvar (page 23), Chicken Salt (page 124), Plant-Based Fish Sauce (page 217), Plant-Based Mayonnaise (page 340), and Plant-Based Meringue (page 342). The book now includes more than 200 easy recipes. Instead of buying vegan mayo, you can simply whip up some yourself.

Whatever substitute you go with, I hope the ideas here help you find a path forward. My ultimate goal is to inspire you with creative solutions. If the Great Pandemic of 2021 taught us anything, it was to be resourceful. To think outside the box. To find the ideal way to your end game.

It also taught me that this book deserved a visual update. After 20 years, a fresh design was in order. Jenny Beal Davis brought the book alive with a beautiful redesign in full color. Emily Isabella also drew more than 130 vibrant illustrations by hand, bringing new life to the pages.

With all the new material here, a larger format, a hard cover, and a whole new look, this book is significantly different from the previous second edition. All in all, you are holding in your hands a bigger, better, updated, revised, expanded, more beautiful, and more durable version of The Food Substitutions Bible. My greatest hope is that it puts even more useful cooking inspiration at your fingertips for years to come.

-DAVID JOACHIM



## How To Use This Book

- 1 The entries in this book are arranged alphabetically and cross-referenced like an index. To quickly find an entry, use the A-Z lettering that appears along the page edges, similar to flipping through a dictionary.
- 2 The entries are alphabetized by the letter rather than by the word. That means multiple-word entries are treated like single words. For example, the entry Applejack appears after Apple, Dried and before Apple Juice.
- 3 Each entry has been arranged into two columns. The left-hand column (3A) contains introductory and reference information. The right-hand column (3B) contains the substitutions.
- 4 The introductory information in the left-hand column begins with a brief description, useful tip, or interesting fact about the item. If the item is known by any alternate names, these alternate names appear just before the description.
- Many entries include a box of useful measurement equivalents, such as ½ cup (125 mL) = 4 oz (125 g). In most cases, the equivalents have been rounded for ease of measuring. For volume measurements, all imperial cup equivalents are expressed in metric milliliters (mL) for both wet and dry ingredients. For weight measurements, imperial pound and ounce equivalents are expressed in metric kilograms, grams, and milligrams. See page 666 for more detailed Measurement Equivalents.

- The substitutions in the right-hand column appear in bulleted lists and have been categorized. Most substitutions are intended to replace items that you have run out of or cannot find in your market. However, in some cooking situations, you may want to intentionally vary the flavor of the finished dish, save time when preparing it, or improve its healthfulness. These types of substitutions appear under the subheadings "To Vary the Flavor," "To Save Time," and "For Better Health." If a particular item has several varieties, those varieties and their characteristics appear under the subheading "Varieties."
- 7 In some entries, the suggested substitution is a basic recipe that may replace a common store-bought item. For instance, in the Annatto Oil entry, the first suggested substitution is a simple recipe for Homemade Annatto Oil. Recipe substitutions are set in italic type so you can spot them easily. Every entry lists the preferred substitutions first, followed by those that less closely match the replaced item but still make a fair substitute. In most entries, canned, jarred, and frozen versions of fresh ingredients are not listed as substitutions. It is assumed that you will use discretion and your own preferences when choosing these common substitutes. In those few cases in which a canned, jarred, or frozen substitution is listed, the item being replaced is listed as fresh. For instance, in the Bell Pepper entry, the first substitution appears as follows: "Substitute 1 cup (250 mL) chopped fresh bell pepper with 1 cup (250 mL) chopped fresh, canned, or bottled pimiento."
- 8 Every substitution includes proportions such as "Substitute 1 tbsp (15 mL) annatto oil with 1 tbsp (15 mL) vegetable oil + 2 drops yellow food coloring + 1 drop





- 1 2 ANNATTO OIL
  - Also known as manteca de achiote. Food coloring made from the hard reddish pulp that surrounds the seeds of the annatto, a tropical American tree. In Jamaica, annatto oil is used to color codfish cakes.
  - 1 cup (250 mL) = 4 oz (125 g)

**SUBSTITUTE** 1 tbsp (15 mL) annatto oil with:

- 1 tbsp (15 mL) Homemade Annatto Oil: Sauté 1½ tsp (7 mL) annatto seeds in 1 tbsp (15 mL) vegetable oil in a saucepan over medium heat, until oil turns a deep orange color, 8 to 10 minutes. Remove seeds with a slotted spoon and discard.
- 1 tbsp (15 mL) vegetable oil + 2 drops yellow food coloring + 1 drop red food coloring mixed into 1 tbsp (15 mL) water or other non-oily liquid in recipe (food coloring will not mix with oil; add to watery liquids)

See also ANNATTO SEED.

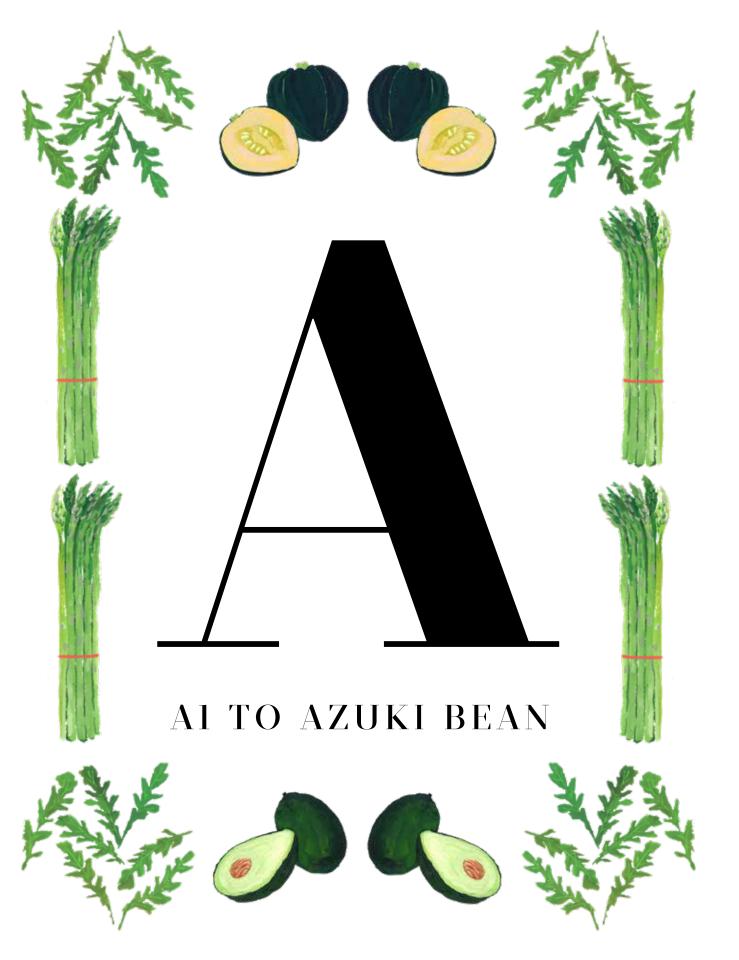
red food coloring mixed into 1 tbsp (15 mL) water or other non-oily liquid in recipe (food coloring will not mix with oil; add to watery liquids)." In some cases, additional adjustments are suggested in parentheses. Metric equivalents for each measurement, such as milliliters and Celsius, appear in parentheses after the imperial measurement.

Ocross-references appear throughout the book in CAPITAL LETTERS. In most cases, cross-references direct the reader to the book entry that contains all of that item's information. For instance, readers looking up Active Dry Yeast will be referred to the entry for Yeast, Baker's. Cross-references may also direct readers to entries that provide related information. For example, under Annatto Oil, readers will find a cross-reference to see also the entry for Annatto Seed.

Reference charts and tables appear at the back of the book. The first set of tables, called Ingredient Guides (page 622), profiles the different varieties of a particular food, such as apples. The profiles include alternate names for the food, texture and flavor characteristics, and the food's best uses or substitutes. The second set of tables, called Measurement Equivalents (page 666), offers imperial and metric equivalents for volume, weight, temperature, pan sizes, and package sizes. It also includes charts of alcohol retention in cooking, stages of cooked sugar, and adjustments for cooking and baking at high altitude. Many of the entries in the A-to-Z section of the book refer you to these charts for more detailed information.

Colorful illustrations appear throughout the book. Note that these illustrations are purely decorative and are not meant to depict the entry items. In some cases, the illustrations show a possible substitute rather than the substituted item itself.

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**A1** 

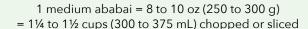
See STEAK SAUCE.

#### **ABABAI**

Also known as mountain papaya and mountain pawpaw. Thin-skinned fruit resembling a small papaya but with brown seeds filling the center. In its native Chile, the tropical fruit is preserved and candied, but it can also be eaten raw and is firm enough to be grilled, sautéed, or stewed.

#### **SUBSTITUTE** 1 lb (500 g) ababai with:

- 1 lb (500 g) papaya
- 1 lb (500 g) mango
- 1 lb (500 g) babaco
- 1 lb (500 g) pepino
- 1 lb (500 g) peaches
- 1 lb (500 g) nectarines



#### **ABALONE**

Also known as awabi, loco, muttonfish, ormer, and paua. A mollusk sold in many Asian markets. Smaller ones taste better.

#### **SUBSTITUTE** 1 lb (500 g) abalone meat with:

- 1 lb (500 g) canned or frozen abalone (thaw and add juices to dish)
- 1 lb (500 g) clam or conch meat



#### **ABONDANCE**

Also known as Tomme d'Abondance. French namecontrolled cheese made from part-skim raw cow's milk. Made in 15-pound (7.5 kg) wheels, the cheese has a firm texture and wonderfully nutty, sweet, ripe, buttery taste. Great for melting.

#### **SUBSTITUTE** 1 oz (30 g) Abondance with:

- 1 oz (30 g) Raclette
- 1 oz (30 g) Comté
- 1 oz (30 g) Beaufort
- 1 oz (30 g) fontina
- 1 oz (30 g) Appenzeller
- 1 oz (30 g) Emmental
- 1 oz (30 g) Morbier
- 1 oz (30 g) Vacherin Fribourgeois

#### **ABSINTHE**

See ANISE LIQUEUR.

#### **ABURA-AGE**

Pronounced "AH-boo-rah-AHgay," this Japanese prepared food product is made of thin slices of deep-fried tofu with a crisp exterior and soft center. The deep-fried tofu can be sliced and added to soups or it can be slit open like a pita pocket and stuffed with sushi rice to make inari sushi.

#### **SUBSTITUTE** 8 oz (250 g) abura-age with:

- 8 oz (250 g) Homemade Abura-age: Cut a block of tofu through the side to make 3 slabs. Lay the slabs flat and put heavy weight on top for 30 minutes to press out excess liquid. Cut each slab in half, then deep-fry or shallow-fry in oil until light golden brown on both sides, turning as necessary. Drain on paper towels and cool for 30 minutes. Fry a second time to a deeper golden brown, then drain and let cool. Rinse under hot water to remove excess oil. Refrigerate for up to 1 week.
- 8 oz (250 g) atsu-age

See also ATSU-AGE: TOFU.

#### **AÇAÍ**

Small, round fruit of a palm tree native to Central and South America. Each deeppurple berry contains a single large seed and tastes reminiscent of blueberries. blackberries and cherries. Widely eaten fresh in Brazil, açaí berries are commonly juiced and consumed as beverages. Their antioxidant content is comparable to that of cranberries.

**SUBSTITUTE** 1 cup (250 mL) açai berries or açaí juice with:

- 1 cup (250 mL) blueberries or blueberry juice
- 1 cup (250 mL) cranberries or cranberry juice
- 1 cup (250 mL) cherries or cherry juice



#### **ACCENT**

See MONOSODIUM GLUTAMATE.

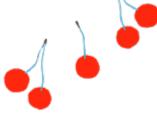
#### **ACEROLA**

Also known as West Indian cherry. A dark red fruit that's similar to cherries, higher in vitamin C than most other fruits, and slightly acidic.

1 cup (250 mL) whole acerola = 3½ oz (105 g) 1 pitted acerola =  $\frac{1}{4}$  oz (7 g)

**SUBSTITUTE** 1 cup (250 mL) pitted acerola

- 1 cup (250 mL) fresh rose hips
- 1 cup (250 mL) pitted cherries



#### **ACHEE**

See ACKEE.

#### **ACHIOTE SEED**

See ANNATTO SEED

#### **ACIDOPHILUS MILK**

See MILK, WHOLE.

#### **ACIDULATED WATER**

Water made slightly acidic by adding an acid ingredient, such as lemon juice or vinegar. Used to prevent the browning of cut foods such as apples and artichokes.

**SUBSTITUTE** 4 cups (1 L) acidulated water with:

- 4 cups (1 L) water + 1 tbsp (15 mL) salt (prevents browning without making the water acidic)
- 4 cups (1 L) Homemade Acidulated Water: Combine 4 cups (1 L) water and 1½ tbsp (22 mL) vinegar or 3 tbsp (45 mL) lemon juice or ½ cup (125 mL) white wine.
- 4 cups (1 L) water + 2 tablets (each 500 mg) vitamin C, crushed to a powder



See NOPALE.

#### **ACKEE**

Also known as achee and akee. A tropical fruit often served with salt cod in Jamaica. Only the ripe pale flesh of the fruit is edible.

**SUBSTITUTE** 1 cup (250 mL) fresh ackee with:

• 1 cup (250 mL) canned ackee

#### **ACKWAI**

See JIBNEH ARABIEH.

#### **ACORN**

Nuts produced by oak trees, some of which are edible by humans. Can be ground into meal, eaten raw, or roasted and eaten.

**SUBSTITUTE** 1 cup (250 mL) shelled white oak acorns with:

- 1 cup (250 mL) hazelnuts
- 1 cup (250 mL) chestnuts

#### **ACORN SQUASH**

Dark green winter squash, with orange spots, deeply ridged and shaped like an acorn. For easy peeling, prick hard shell before cooking.

**SUBSTITUTE** 1 cup (250 mL) acorn squash with:

- 1 cup (250 mL) butternut squash (more easily peeled; creamier)
- 1 cup (250 mL) buttercup squash (less moist)
- 1 cup (250 mL) pumpkin (creamier)



1 lb (500 g) acorn squash = 1 cup (250 mL) cooked and mashed

#### **ACTIVE DRY YEAST**

See YEAST, BAKER'S.

#### **ADOBO SAUCE**

Traditional Mexican seasoning sauce or paste made from toasted and rehydrated chiles, garlic, cumin, oregano, and other spices. Also used as the canning liquid for canned chipotle chiles.



**SUBSTITUTE** 1 cup (250 mL) adobo sauce with:

• 1 cup (250 mL) Homemade Adobo Sauce: Toast 8 to 10 unpeeled garlic cloves in a large dry skillet over medium heat, shaking occasionally, until skins are blackened, 10 to 15 minutes. Let cool and peel. Tear open and discard seeds from about 4 dried ancho chiles (2 oz/60 g), about 4 dried guajillo chiles (2 oz/60 g), and about 2 dried chipotle chiles (½ oz/15 g) (wear gloves to protect your hands). Toast chiles in the same skillet, pressing flat with a spatula, until fragrant and lightly browned, about 2 minutes per side. Put chiles in a large bowl, cover with hot water, and let stand for 20 to 30 minutes. Transfer chiles to a blender or food processor. Add ½ cup (125 mL) beef, chicken, or vegetable broth, 1/4 cup (60 mL) chile soaking liquid, toasted garlic, 1 to 2 tsp (5 to 10 mL) dried oregano, ½ tsp (2 mL) ground black pepper, 1/8 to 1/4 tsp (0.5 to 1 mL) ground cumin, a pinch of ground coriander, and a pinch of ground cinnamon. Purée until smooth, scraping down sides. Strain mixture through a medium-mesh sieve into a bowl and discard solids. Stir in salt to taste. Makes about 1 cup (250 mL).



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#### **ADVOCAAT**

Dutch liqueur made from egg yolks and brandy. Similar to thick eggnog, it is often spooned into coffee or hot chocolate.

BRANDY

**SUBSTITUTE** 2 tbsp (30 mL) advocaat with:

- 2 tbsp (30 mL) nonalcoholic eggnog + ¼ to ½ tsp (1 to 2 mL) brandy
- 2 tbsp (30 mL) Irish cream liqueur rompope (Latin eggnog)
- 2 tbsp (30 mL) Homemade Advocaat: Whisk 10 egg yolks, 1¼ cups granulated sugar, and 1 tsp (5 mL) vanilla extract in a heatproof bowl. Set over simmering water and gradually whisk in 2½ cups (530 mL) clear brandy or vodka. Whisk until mixture thickens to the consistency of heavy cream, 8 to 10 minutes. Let cool completely and refrigerate in an airtight glass bottle for up to 1 week. Serve cold. Makes about 4 cups (1 L).

See also COQUITO; EGGNOG; IRISH CREAM LIQUEUR; ROMPOPE.

#### **ADZUKI BEAN**

See THE WIDE WORLD OF DRIED BEANS (page 625).

## AFRICAN BIRD'S-EYE PEPPER

See CHOOSING DRIED CHILES (page 629) and CHOOSING FRESH CHILES (page 627)

#### **AFRICAN BLUE BASIL**

See BASIL.

## AFRICAN HORNED CUCUMBER

See KIWANO.

#### **AFRICAN PEPPER**

See SELIM KILI PEPPER.

#### **AGAR**

Also known as kanten. An odorless sea vegetable used as a gelling agent. Use ½ to 1 tsp (2 to 5 mL) agar powder to gel 1 cup (250 mL) liquid.

**SUBSTITUTE** 1 tsp (5 mL) agar powder with:

• 1½ tsp (7 mL) gelatin powder

 $1\frac{1}{2}$  tbsp (22 mL) agar flakes = 1 tsp (5 mL) agar powder =  $\frac{1}{2}$  kanten bar

#### **AGAVE NECTAR**

Also known as agave syrup. A mild-tasting liquid sweetener extracted from agave cactus plants. Sweeter yet thinner than honey, agave nectar has a relatively low glycemic index (blood sugar load) due to its low proportion of glucose to fructose.

**SUBSTITUTE** 1 cup (250 mL) agave nectar with:

- ¾ cup (175 mL) honey or maple syrup + 2 tbsp (30 mL) water or other liquid from the recipe (slightly thicker consistency; adds maple or honey flavor)
- ¾ cup (175 mL) barley malt syrup
- ½ cup (125 mL) molasses (stronger flavor; darker color; thicker consistency)
- 1¼ cups (300 mL) granulated sugar + ¼ cup (60 mL) liquid called for in recipe

See also HONEY; MAPLE SYRUP; SUGAR.

1 lb (500 g) agave nectar = 11/3 cups (325 mL)

#### **AGRODOLCE**

Italian sweet-and-sour sauce made by reducing vinegar, sugar, and fruit or chocolate, sometimes with the addition of wine. **SUBSTITUTE** 1 cup (250 mL) agrodolce with:

- 1 cup (250 mL) gastrique (French sweet-and-sour sauce)
- 1 cup (250 mL) Chinese sweet-and-sour sauce

AHI See TUNA, FRESH.

#### AÏOLI See MAYONNAISE.

AJÍ See CHOOSING DRIED CHILES (page 629) and CHOOSING FRESH CHILES (page 627).

#### **AJI-NO-MOTO** See MONOSODIUM GLUTAMATE.

#### **AJVAR**

A Balkan red pepper relish named for its textural resemblance to caviar, created by passing roasted and peeled peppers and eggplant through a meat grinder.



**SUBSTITUTE** 1 cup (250 mL) ajvar with:

- 1 cup (250 mL) roasted red pepper sauce
- 1 cup (250 mL) Homemade Ajvar: Grill or broil 4 whole red bell peppers and 1 small eggplant until blackened all over. Place in a bowl, cover with plastic wrap, and let steam until soft, about 15 minutes. Peel peppers and discard cores and seeds. Peel eggplant. Pass peppers and eggplant through a meat grinder or food mill. In a saucepan, combine peppers, eggplant, ½ cup (125 mL) olive oil, 2 tsp (10 mL) distilled vinegar, and 2 minced garlic cloves. Bring to a boil over high heat. Reduce heat to medium-low and simmer, stirring often, until thickened, about 30 minutes. Season with salt, cool, and refrigerate for up to 2 weeks. Makes about 2½ cups (625 mL).

#### AJWAIN

Also known as ajowan, Bishop's weed, and carom seed. A southern Indian spice that tastes somewhat like thyme. The seeds contain antioxidant and preservative qualities. **SUBSTITUTE** 1 tsp (5 mL) ajwain with:

- 1 tsp (5 mL) lovage seeds
- 11/4 tsp (6 mL) dried thyme
- ½ tsp (2 mL) dried thyme or oregano + scant ½ tsp (2 mL) dried celery seeds + scant ¼ tsp (1 mL) ground black pepper
- ¾ tsp (3 mL) cumin seeds
- ¾ tsp (3 mL) caraway seeds



#### **AKALA SUBSTITUTE** 1 cup (250 mL) akala with: A large Hawaiian berry, • 1 cup (250 mL) raspberries varying in color from red to purple. Akala is eaten raw or cooked in pastries and jams. 1 pint fresh akala = 2\% cups (650 mL) **AKEE** See ACKEE. **AKULE SUBSTITUTE** 1 lb (500 g) akule with: A Hawaiian fish that is often • 1 lb (500 g) salted and dried mackerel salted and dried like cod. • 1 lb (500 g) salt cod **AKVAVIT** See AQUAVIT. **ALASKA KING CRAB** See CRAB; CHOOSING AMONG CRABS (page 634). ALASKA SMOKED COD See BLACK COD. **ALBACORE** See TUNA, CANNED; TUNA, FRESH. **ALCOHOL** See BEER; LIQUEUR; WINE; SPECIFIC TYPES. ALE See BEER. **ALEPPO** See CHOOSING DRIED CHILES (page 629). **ALESSANDRI** See SALAMI. **ALFALFA SPROUTS SUBSTITUTE** ½ cup (60 mL) alfalfa sprouts with: Germinated seeds of a green leafy forage crop, alfalfa • ¼ cup (60 mL) broccoli sprouts (more peppery) sprouts are eaten as a salad • ¼ cup (60 mL) fenugreek sprouts (slightly bitter) • ¼ cup (60 mL) buckwheat sprouts (nuttier) vegetable or sandwich top-• ½ cup (60 mL) sunflower sprouts (nuttier) ping. • ¼ cup (60 mL) mung bean sprouts (thicker and crisper)

See VELOUTÉ.

**ALLEMANDE SAUCE** 

#### ALLIGATOR

Alligator meat tastes similar to chicken or mild white fish. Tail meat is white and tender while body meat is somewhat tougher and darker. It is usually sold frozen as tail steak, stew meat, burger, wings (legs), or sausage.

**SUBSTITUTE** 1 lb (500 g) alligator tail meat with:

- 1 lb (500 g) crocodile tail meat
- 1 lb (500 g) turtle meat
- 1 lb (500 g) chicken breast
- 1 lb (500 g) swordfish



#### **ALLIGATOR PEPPER**

See GRAINS OF PARADISE.

#### **ALL-PURPOSE FLOUR**

See FLOUR, ALL-PURPOSE.

#### **ALLSPICE**

Also known as clove pepper, Jamaica pepper, myrtle pepper, and pimento. A tiny dried, dark brown berry used often in desserts and Jamaican cooking.

**SUBSTITUTE** 1 tsp (5 mL) ground allspice with:

• ½ tsp (2 mL) ground cinnamon + ½ tsp (2 mL) ground cloves + pinch of ground nutmeg (optional)



40 whole berries = 1 tsp (5 mL) ground

#### **ALMOND**

See ALMOND, BITTER; ALMOND, GREEN; ALMOND, SWEET; APRICOT KERNEL.

#### ALMOND, BITTER

A bitter almond contains about 6 milligrams of toxic cyanide. When heated, the toxin in is destroyed, making bitter almonds safe for use in almond extracts and liqueurs. The flavor of bitter almond is a key component in Italian amaretti cookies.

1 lb (500 g) bitter almonds in shell = 1½ cups (375 mL) whole = ½ cup (75 mL) ground meal **SUBSTITUTE** 1 cup (250 mL) blanched bitter almonds with:

- 1 cup (250 mL) blanched or roasted apricot kernels (Chinese almonds)
- 1 cup (250 mL) almonds with skin (amber color, much less bitter flavor)
- 1 cup (250 mL) *Homemade Blanched Bitter Almonds*: Drop 1 cup (250 mL) bitter almonds in boiling water for 2 minutes. Drain and rub off skins in a kitchen towel.
- ¼ to ½ tsp (1 to 2 mL) bitter almond oil or extract (for baking and cooking; will add bitter almond flavor but not texture of whole nuts)
- 2 to 4 tbsp (30 to 60 mL) almond liqueur (for baking and cooking; adds some bitter almond flavor and alcohol but not texture of whole nuts; reduce liquid in recipe by 2 to 4 tbsp/30 to 60 mL)



1 lb (500 g) shelled = 3 cups (750 mL) whole

= 4 cups (1 L) slivered = 4½ cups (1.125 L) sliced

See also APRICOT KERNEL.

#### **ALMOND BUTTER**

A spread of ground roasted almonds, oil, and salt, almond butter is slightly grainier than peanut butter.

1 cup (250 mL) almond butter = 8 oz (250 g)

**SUBSTITUTE** 1 cup (250 mL) almond butter with:

- 1 cup (250 mL) Homemade Almond Butter: Combine 2 cups (500 mL) roasted almonds and ¼ tsp (1 mL) salt in a blender or food processor fitted with the metal blade. Process, gradually adding 6 tbsp (90 mL) almond or vegetable oil, until mixture forms a paste, 1 to 2 minutes. Makes 1½ cups (375 mL).
- 1 cup (250 mL) peanut butter or cashew butter
- 1 cup (250 mL) tahini (pronounced sesame flavor)



ALMOND BITTER

ALMOND, CHINESE

See APRICOT KERNEL.

#### **ALMOND EXTRACT**

A concentrated flavoring, used mostly for desserts and pastries. It's made by combining bitter almond oil and ethyl alcohol.

**SUBSTITUTE** ½ tsp (2 mL) almond extract with:

- 1 drop almond oil + 1/4 tsp (1 mL) vodka
- 1 tbsp (15 mL) almond liqueur

#### TO VARY THE FLAVOR

Substitute ½ tsp (2 mL) almond extract with:

• ¾ tsp (3 mL) vanilla extract

# VODKA

#### **ALMOND FLOUR**

Fine flour ground from blanched almonds that have been pressed to extract excess oil.

10 oz (300 g) almond flour = 3 cups (750 mL)

**SUBSTITUTE** 1 cup (250 mL) almond flour with:

• 1 cup (250 mL) almond meal (coarser texture; moister)

#### TO VARY THE FLAVOR

Substitute 1 cup (250 mL) almond flour with:

• 1 cup (250 mL) chestnut flour (lower in protein; gluten-free)

See also NUT MEAL; CHOOSING AMONG WHOLE-GRAIN AND ALTERNATIVE FLOURS (page 636).

#### ALMOND, GREEN

Also known as fresh almonds. The immature sweet almond nut has a soft, fruit-like texture similar to grapes, and the outer hull is covered in downy green fuzz. Green almonds have a bright, grassy and slightly sour taste that can be tamed by salting or pickling them.

**SUBSTITUTE** 1 cup (250 mL) green almonds with:

• 1 cup (250 mL) mature blanched or slivered almonds soaked for 10 to 12 hours in 2 cups (500 mL) warm water and 1 tsp (2 mL) baking soda (for use in cooked dishes)

See also ALMOND, SWEET.

10 oz (300 g) green almonds = 3 cups (750 mL)

#### ALMOND LIQUEUR

A cordial widely used in Italy. Disaronno is a popular brand.

**SUBSTITUTE** 2 tbsp (30 mL) almond liqueur with:

• ½ to ¾ tsp (2 to 3 mL) almond extract (add 2 tbsp/30 mL water if necessary to replace lost liquid volume)

#### TO VARY THE FLAVOR

Substitute 2 tbsp (30 mL) almond liqueur with:

- 2 tbsp (30 mL) hazelnut liqueur, coffee liqueur, or chocolate liqueur
- 2 tbsp (30 mL) crème d'amande or crème de noyaux (sweeter flavor; thicker texture; pink color)

#### **ALMOND MILK**

The liquid strained from ground blanched almonds, sugar, and water. It is gelled to make the classic French pudding blancmange.

**SUBSTITUTE** 1 cup (250 mL) almond milk with:

• 1 cup (250 mL) rice milk or sweetened soy milk



#### **ALMOND OIL**

See OIL OF BITTER ALMONDS; SUBSTITUTING OILS (page 646).

#### **ALMOND PASTE**

A smooth blend of ground almonds and sugar used to make marzipan, macaroons, and fillings for Danish and other pastries.

**SUBSTITUTE** 1½ cups (300 mL) almond paste with:

- 1¼ cups (300 mL) bitter almond paste (more intense almond flavor from oil of bitter almonds; often used for amaretti cookies)
- 1¼ cups (300 mL) marzipan (sweeter and more pliable)
- 1¾ cups (425 mL) ground blanched almonds + 1½ cups (375 mL) confectioners' (icing) sugar + 1 egg white + 1 tsp (5 mL) almond extract + ¼ tsp (1 mL) salt

## ALMOND PASTE

#### ALMOND, SWEET

Commercially available almonds are known as sweet almonds. Most markets sell them with the natural brown skin intact or blanched (skin removed). Bitter almonds, on the other hand, contain a toxic acid and are generally unavailable to consumers.

1 lb (500 g) almonds in shell = 1½ cups (375 mL) whole = 1½ cup (325 mL) ground meal **SUBSTITUTE** 1 cup (250 mL) blanched almonds with:

- 1 cup (250 mL) almonds with skin (if you don't mind the amber color and mildly bitter flavor)
- 1 cup (250 mL) *Homemade Blanched Almonds*: Drop 1 cup (250 mL) almonds in boiling water for 2 minutes. Drain and rub off skins in a kitchen towel.
- 2 to 4 tbsp (30 to 60 mL) almond oil (for baking and cooking; will add nut flavor but not texture of whole nuts; reduce fat in recipe by 2 to 4 tbsp/30 to 60 mL)
- 2 to 4 tbsp (30 to 60 mL) almond liqueur (for baking and cooking; adds nut flavor and alcohol but not texture of whole nuts; reduce liquid in recipe by 2 to 4 tbsp/30 to 60 mL)

#### TO VARY THE FLAVOR

Substitute 1 cup (250 mL) shelled almonds with:

- 1 cup (250 mL) walnuts
- 1 cup (250 mL) pecans

(continued...)

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#### ALMOND, SWEET continued

1 lb (500 g) shelled = 3 cups (750 mL) whole =4 cups (1 L) slivered = 4½ cups (1.125 L) sliced

- 1 cup (250 mL) hazelnuts
- 1 cup (250 mL) pistachios

See also ALMOND, BITTER; ALMOND, GREEN.

ALOUETTE	See CREAM CHEESE.
ALPINO	See SALAMI.
ALTITUDE	See BAKING AT HIGH ALTITUDE (page 676); COOKING AT HIGH ALTITUDE (page 677).
ALTRAMUZ	See LUPINI BEAN.

#### **ALUMINUM FOIL**

Also known as foil or tin foil. Around the turn of the 20th century, sheet foil manufactured from aluminum began to replace foil made from tin, which imparted a tinny aftertaste to foods wrapped in it.

**SUBSTITUTE** aluminum foil with:

- plastic wrap, especially sealable plastic wrap (for covering and refrigerating foods)
- parchment paper (for lining baking sheets, covering roasts, and wrapping foods)
- wax paper (for lining baking pans and wrapping foods)

#### TO VARY THE FLAVOR

Substitute aluminum foil (as a food wrapper) with:

- corn husks (adds mild corn aroma)
- hoja santa leaves (adds aromas of root beer and fennel)
- banana leaves (adds herby green flavor)

#### **AMARANTH FLOUR**

See CHOOSING AMONG WHOLE-GRAIN AND ALTERNATIVE FLOURS (page 636).

#### **AMARANTH GRAIN**

Also known as pigweed. Gluten-free, high-iron, highlysine, high-quality-protein grain cultivated by the Aztecs.

1 cup (250 mL) amaranth grain = about 9 oz (275 g)

**SUBSTITUTE** 1 cup (250 mL) amaranth grain with:

- 1 cup (250 mL) quinoa
- 1 cup (250 mL) millet
- 1 cup (250 mL) couscous, especially whole wheat (cooks more quickly)
- 1 cup (250 mL) bulgur
- 1 cup (250 mL) rice
- 1 cup (250 mL) kasha (roasted buckwheat groats; takes longer to cook)

See also CHOOSING AMONG WHOLE-GRAIN AND ALTERNATIVE FLOURS (page 636).



Also known as Chinese spinach and yin choy. The leaves are similar to spinach but sweeter and more delicate, with beautiful pinkish purple veins. The seeds are used as cereal or ground to make amaranth flour.

**SUBSTITUTE** 1 lb (500 g) amaranth leaves with:

- 1 lb (500 g) red chard leaves (firmer)
- 1 lb (500 g) baby spinach
- 1 lb (500 g) callaloo (taro leaves)
- 1 lb (500 g) Chinese kale
- 1 lb (500 g) chile leaves (more bitter)



#### **AMARETTI**

Also known as Italian macaroons. The name means "little bitter," a reference to the bitter almond flavor. Often crushed for use in desserts and savory dishes.

**SUBSTITUTE** 1 lb (500 g) amaretti with:

• 1 lb (500 g) almond biscotti

#### TO VARY THE FLAVOR

Substitute 1 lb (500 g) amaretti with:

- 1 lb (500 g) graham crackers, ladyfingers, or other crisp cookies (especially for crushing)
- 1 lb (500 g) macaroons (softer; lighter)

#### **AMARETTO**

See ALMOND LIQUEUR.

#### **AMASAKE**

Japanese fermented rice milk. May be as thin as skim milk or as thick as a smoothie, depending upon the intended use.

**SUBSTITUTE** 1 cup (250 mL) amasake with:

- 1 cup (250 mL) sweetened rice milk, soy milk, or almond milk
- 1 cup (250 mL) milk



#### **AMBERJACK**

Atlantic fish in the jack family ranging from 15 to 150 pounds (7 to 68 kg). Amberjacks have firm, white, very lean flesh.

**SUBSTITUTE** 1 lb (500 g) amberjack with:

- 1 lb (500 a) mahi mahi
- 1 lb (500 g) grouper
- 1 lb (500 g) tilefish
- 1 lb (500 g) mullet
- 1 lb (500 g) shark

See also POMPANO.

#### **AMBROSIA MELON**

Similar to cantaloupe but with pale orange flesh and an intense, floral perfume.

1 medium ambrosia melon = 2 lbs (1 kg) =3 cups (750 mL) diced

**SUBSTITUTE** 1 cup (250 mL) chopped ambrosia melon with:

- 1 cup (250 mL) chopped cantaloupe
- 1 cup (250 mL) chopped Charentais melon
- 1 cup (250 mL) chopped Persian melon
- 1 cup (250 mL) chopped Crenshaw melon
- 1 cup (250 mL) chopped Santa Claus melon
- 1 cup (250 mL) chopped honeydew melon
- 1 cup (250 mL) chopped casaba melon

See also CHARENTAIS MELON.



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AMCHUR	See MANGO POWDER.
AMERICAN BACON	See BACON.

#### **AMERICAN CHEESE**

Also known as processed cheese. Produced with up to 51% natural cheese that is combined with emulsifiers and other liquid.

#### **SUBSTITUTE** 1 oz (30 g) with:

- 1 oz (30 g) processed cheese, such as Velveeta
- 1 oz (30 g) Cheddar cheese (sharper, deeper flavor)
- 1 oz (30 g) Swiss cheese (sharper, deeper flavor)

See also PROCESSED CHEESE.



1 oz (30 g) American cheese = 1 slice

#### **AMER PICON**

Also known as Picon. Very bitter reddish brown apéritif produced with gentian, orange, and cinchona bark (also used to make quinine). **SUBSTITUTE** 2 tbsp (30 mL) Amer Picon with:

 2 tbsp (30 mL) Byrrh, Dubonnet blanc, or Lillet (each less bitter than Amer Picon)

#### **AMMONIUM BICARBONATE**

Leavener that preceded modern baking powder and baking soda.

**SUBSTITUTE** 1 tsp (5 mL) ammonium bicarbonate with:

- 1 tsp (5 mL) baking powder
- 1¼ tsp (6 mL) baking soda
- ¾ tsp (3 mL) baking powder + ¾ tsp (3 mL) baking soda

#### **ANAGO**

See EEL.

#### **ANAHEIM CHILE**

See CHOOSING DRIED CHILES (page 629); CHOOSING FRESH CHILES (page 627).

#### **ANASAZI BEAN**

See THE WIDE WORLD OF DRIED BEANS (page 625).

#### **ANCHO CHILE**

See CHOOSING DRIED CHILES (page 629).

#### **ANCHOVY**

Small silver fish of many species found in warm oceans around the globe. Most popular in countries that rim the Mediterranean. Historically salted or canned in oil, fresh anchovies are gaining popularity.

#### **SUBSTITUTE** 2 anchovy fillets with:

- 1 tsp (5 mL) anchovy paste
- ½ oz (15 g) smelt
- ½ oz (15 g) sardines

2 oz (60 g) = 10 to 12 anchovies= 3 to 4 tbsp (45 to 60 mL) anchovy paste

#### ANCHOVY PASTE

A savory condiment of mashed anchovies, vinegar, spices and water, available in tubes near the canned fish in most supermarkets.

2 oz (60 g) anchovy paste = 1/4 cup (60 mL) **SUBSTITUTE** 1 tsp (5 mL) anchovy paste with:

- 1 mashed anchovy fillet (stronger anchovy flavor)
- ½ tsp (2 mL) fish sauce

#### TO VARY THE FLAVOR

Substitute 1 tsp (5 mL) anchovy paste with:

- 1 tsp (5 mL) shrimp paste (more pungent)
- 1 tsp (5 mL) Worcestershire sauce (adds sweet, sour, and tamarind flavors)
- 1 tsp (5 mL) yeast extract such as Marmite or Vegemite (plant-based)

#### **ANDOUILLE**

French tripe-based large rustic sausages, smoked and eaten cold. In Louisiana, descendants of French Acadians created a spicy, smoked ground pork sausage of the same name.

**SUBSTITUTE** 1 lb (500 g) and ouille with:

- 1 lb (500 g) spicy smoked kielbasa
- 1 lb (500 g) Spanish chorizo
- 1 lb (500 g) Portuguese chouriço or liguinça
- 1 lb (500 g) other spicy or smoked sausage



#### **ANDOUILLETTE**

Small French fresh sausages most commonly made from tripe. Grilled andouillettes garnished with mustard and served with puréed potatoes are a classic bistro specialty. **SUBSTITUTE** 1 lb (500 g) and ouillette with:

• 1 lb (500 g) French andouille (larger)

#### TO VARY THE FLAVOR

Substitute 1 lb (500 g) andouillette with:

• 1 lb (500 g) sweet Italian sausage

#### **ANESONE**

See ANISE LIQUEUR.

#### ANGEL FOOD CAKE

Slice with a serrated knife or tines of a fork to prevent squashing the airy cake. **SUBSTITUTE** 1 lb (500 g) angel food cake with:

- 1 lb (500 g) sponge cake
- 1 lb (500 g) pound cake (richer flavor; denser texture)

#### **ANGELICA**

Also known as French rhubarb. A tall, thick-stemmed, temperate plant sometimes eaten as a vegetable. Often used in European confectionery, the stalks are cut in short pieces and candied.

**SUBSTITUTE** 1 tbsp (15 mL) chopped fresh angelica with:

- 1 tbsp (15 mL) chopped fresh lovage (similar celery-like flavor)
- 1 tbsp (15 mL) chopped fresh tarragon (more licorice-like flavor)

See also ANGELICA, CANDIED.



#### ANGELICA, CANDIED

Tender green stems of the young angelica plant cooked in sugar syrup, often used to make decorative flour stems on cakes.



**SUBSTITUTE** 1 lb (500 g) candied angelica with:

- 1 lb (500 g) Homemade Candied Angelica: Cut 1 lb (500 g) young, tender angelica stems into even lengths and place in a 2-quart (2 L) shallow glass or ceramic dish. Boil 2 cups (500 mL) water with 2 tbsp (30 mL) salt, then pour over the angelica. Completely submerge the angelica by weighting it down with a plate. Cover and let stand at room temperature for 2 hours. Drain, peel and discard the outer layer, then rinse under cold water. Bring 1½ cups (375 mL) granulated sugar and 1½ cups (375 mL) water to a boil in a wide saucepan, add the angelica, and simmer until tender, about 20 minutes. Using tongs, transfer the angelica to a wire rack and set aside until very dry, about 4 days (reserve the syrup). Return the syrup to a boil, add the dried angelica and simmer again for 10 minutes. Transfer to a wire rack and let dry for another 4 days. Coat with granulated sugar and store in an airtight container. Makes about 1 pound (500 g).
- 1 lb (500 g) candied fennel stalks
- 1 lb (500 g) green marzipan shaped into stalks and allowed to harden (for decorating cakes)

ANGLED LUFFA	See LUFFA, ANGLED.
ANGLERFISH	See MONKFISH.
ANGOSTURA BITTERS	See BITTERS.
ANGULA	See EEL.
ANISE BASIL	See BASIL.

#### **ANISE EXTRACT**

A concentrated flavoring used for breads and pastries in European and Middle Eastern kitchens. Made by combining anise oil and ethyl alcohol.

**SUBSTITUTE** 1 tsp (5 mL) anise extract with:

- 1/8 to 1/4 tsp (0.5 to 1 mL) anise oil
- 1 to 2 tbsp (15 to 30 mL) anise liqueur (reduce liquid in recipe by 1 to 2 tbsp/15 to 30 mL)
- 2 tsp (10 mL) ground anise seeds

#### TO VARY THE FLAVOR

Substitute 1 tsp (5 mL) anise extract with:

• 1 tsp (5 mL) almond or vanilla extract



#### **ANISE LIQUEUR**

Also known as arak, ouzo, and pastis. Cordial flavored with anise seeds. When mixed with water, clear aniseflavored liqueurs turn cloudy and white.



**SUBSTITUTE** 2 tbsp (30 mL) anise liqueur with:

- 1 to 1½ tsp (5 to 7 mL) anise extract (add 1½ tbsp/22 mL liquid to recipe if necessary)
- 2 tsp (10 mL) ground anise seeds (add 2 tbsp/30 mL liquid to recipe if necessary)
- 1 whole star anise (add 2 tbsp/30 mL liquid to recipe if necessary)

#### ANISE LIQUEUR VARIETIES

Choose 2 tbsp (30 mL) anise liqueur from these varieties:

- 2 tbsp (30 mL) anisette (French anise liqueur; sweet flavor; low alcohol)
- 2 tbsp (30 mL) anesone (Italian anise liqueur)
- 2 tbsp (30 mL) sambuca (Italian anise liqueur; more pronounced licorice flavor; higher alcohol)
- 2 tbsp (30 mL) ouzo (Greek anise liqueur; higher alcohol)
- 2 tbsp (30 mL) arak (anise-flavored liqueur of Middle Eastern origin; higher alcohol)
- 2 tbsp (30 mL) raki (anise-flavored liqueur of Middle Eastern origin; higher alcohol)
- 2 tbsp (30 mL) absinthe (anise-flavored liqueur once banned because of supposed hallucinogenic effects but now available in many countries; green color; higher alcohol)
- 2 tbsp (30 mL) Herbsaint (anise-flavored liqueur originating in New Orleans; similar to absinthe but without the narcotic component; higher alcohol)
- 2 tbsp (30 mL) Ricard, Pernod, or other pastis (French anise liqueur; more pronounced licorice flavor; higher alcohol)

#### **ANISE OIL**

Flavoring oil extracted from anise seeds.

**SUBSTITUTE** ½ tsp (1 mL) anise oil with:

- 1 tsp (5 mL) anise extract
- 1 to 2 tbsp (15 to 30 mL) anise liqueur (reduce liquid in recipe by 1 to 2 tbsp/15 to 30 mL)
- 2 tsp (10 mL) ground anise seeds

#### **ANISE SEED**

Seeds produced by a culinary herb in the parsley family. The anise plant has been cultivated since ancient Roman times. The sweet, distinctive flavor of anise comes from the essential oil anethole.

**SUBSTITUTE** ½ tsp (2 mL) anise seeds with:

- 1 small crushed star anise (bolder flavor)
- ½ tsp (2 mL) fennel seeds (milder, sweeter flavor)
- ½ tsp (2 mL) caraway seeds (milder, nuttier flavor)
- 1 tsp (5 mL) chopped fresh tarragon (adds green color)

See also STAR ANISE.

ANISETTE

See ANISE LIQUEUR.

ANKIMO

See MONKFISH LIVER.

#### **ANNATTO OIL**

Also known as manteca de achiote. Food coloring made from the hard reddish pulp that surrounds the seeds of the annatto, a tropical American tree. In Jamaica, annatto oil is used to color codfish cakes.

1 cup (250 mL) annatto oil = 4 oz (125 g) **SUBSTITUTE** 1 tbsp (15 mL) annatto oil with:

- 1 tbsp (15 mL) Homemade Annatto Oil: Sauté 1½ tsp (7 mL) annatto seeds in 1 tbsp (15 mL) vegetable oil in a saucepan over medium heat, until oil turns a deep orange color, 8 to 10 minutes. Remove seeds with slotted spoon and discard.
- 1 tbsp (15 mL) red palm oil (preferably sustainably harvested)
- 1 tbsp (15 mL) vegetable oil + 2 drops yellow food coloring + 1 drop red food coloring mixed into
   1 tbsp (15 mL) water or other non-oily liquid in recipe (food coloring will not mix with oil; add to watery liquids)

See also ANNATTO SEED.



#### **ANNATTO SEED**

Also known as achiote, atsuete seed, and roucou. To extract the rich yelloworange color, steep the seeds in boiling water for about 20 minutes, then discard the seeds. Or make annatto oil for cooking (see above).

**SUBSTITUTE** 1½ tsp (7 mL) annatto seeds with:

- ½ tsp (2 mL) turmeric + ½ tsp (2 mL) mild paprika (for yelloworange color; adds more pungent flavor)
- ½ to 1 tsp (2 to 5 mL) crushed dried safflower florets
- 2 drops yellow food coloring + 1 drop red food coloring mixed into water or other liquid in the recipe (for yellow-orange color)

See also ANNATTO OIL.

#### **ANTELOPE**

Ruminant mammals of Africa and Asia including gazelle, springbok, and wildebeest. The so-called North American antelope, the pronghorn, is also eaten as game meat. The lean meat can be larded for additional moistness and flavor.

**SUBSTITUTE** 1 lb (500 g) antelope with:

- 1 lb (500 g) gazelle
- 1 lb (500 g) caribou
- 1 lb (500 g) reindeer
- 1 lb (500 g) red, fallow, or white-tailed deer
- 1 lb (500 g) moose
- 1 lb (500 g) elk

See also VENISON.

#### **APPALOOSA BEAN**

See THE WIDE WORLD OF DRIED BEANS (page 625).

#### **APPENZELLER**

Also known as Appenzell.
Unpasteurized whole-milk
cow's cheese from eastern
Switzerland. The mildly fragrant flavor is partially due to
washing the rind with spiced
wine or cider.

**SUBSTITUTE** 1 oz (30 g) Appenzeller with:

- 1 oz (30 g) Emmental (nuttier flavor; large holes)
- 1 oz (30 g) Gruyère (sweeter, nuttier flavor; semifirm texture)
- 1 oz (30 g) raclette (sweeter, nuttier flavor; semifirm texture)
- 1 oz (30 g) Vacherin Fribourgeois
- 1 oz (30 g) Abondance
- 1 oz (30 g) Morbier
- 1 oz (30 g) fontina

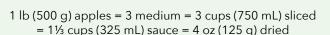
#### APPLE

Apple varieties number between 7,000 and 8,000. Modern cultivated apples differ dramatically from their tiny, sour ancestors, which excelled botanically at producing seeds for propagation.

**SUBSTITUTE** 1 lb (500 g) apples with:

- 1 lb (500 g) pears (generally softer flesh)
- 1 lb (500 g) Asian pears (generally crisper and juicier texture; tart flavor)
- 1 lb (500 g) quinces (best for cooking; tarter flavor)

See also PICKING APPLES (page 624).



#### **APPLE BRANDY**

Also known as applejack, Calvados (French), cider brandy, cider spirits and cider whiskey. Distilled apple cider was a popular beverage in Colonial America and, as Calvados, it enjoys a distinguished history in the French apple-growing region of Normandy.

**SUBSTITUTE** 2 tbsp (30 mL) apple brandy with:

- 2 tbsp (30 mL) pear brandy
- 1 tbsp (15 mL) cognac or brandy + 1 tbsp (15 mL) apple juice concentrate

#### APPLE BRANDY VARIETIES

Choose 2 tbsp (30 mL) apple brandy from these specific types:

- 2 tbsp (30 mL) Calvados (French apple brandy in varying degrees of quality)
- 2 tbsp (30 mL) applejack (American apple brandy; generally of lesser quality than Calvados; look for straight instead of blended versions for higher quality)

#### FOR BETTER HEALTH

Substitute 2 tbsp (30 mL) apple brandy with:

• 2 tbsp (30 mL) apple juice or apple juice concentrate

#### **APPLE BUTTER**

A preserve served as a bread topping or condiment. Prepared by slowly simmering apples with sugar, cider, cinnamon, cloves, and allspice.



**SUBSTITUTE** 1 tbsp (15 mL) apple butter with:

• 1 tbsp (15 mL) Homemade Apple Butter: Combine 1 cup (250 mL) sliced apples, 2 tbsp (30 mL) granulated sugar, and 2 tbsp (30 mL) apple juice or cider in a pot. Bring to a boil over high heat. Reduce heat to medium-low and simmer, stirring now and then, until apples are fall-apart tender, about 1 hour. Remove from heat. Stir in ¼ tsp (1 mL) cinnamon. Transfer to a blender or food processor and purée until smooth.

#### TO VARY THE FLAVOR

Substitute 1 tbsp (15 mL) apple butter with:

- 1 tbsp (15 mL) pear butter
- 1 tbsp (15 mL) pumpkin butter

#### **APPLE CIDER**

Also known as sweet apple cider. Made by crushing several apple varieties into a pomace, then pressing out the juice. Tiny apple solids in the juice darken when exposed to air, giving cider its distinctive caramel color.

**SUBSTITUTE** 1 cup (250 mL) nonalcoholic apple cider with:

• 1 cup (250 mL) apple juice

#### TO VARY THE FLAVOR

Substitute 1 cup (250 mL) nonalcoholic apple cider with:

• 1 cup (250 mL) pear cider

#### **APPLE CORER**

A utensil, often stainless steel, designed to cut and easily remove the core, or center, from apples. **SUBSTITUTE** an apple corer with:

- melon baller (to scoop the core from an apple halved lengthwise)
- paring knife (to cut the core from an apple halved lengthwise)
- countertop peeling-coring-slicing machine

#### APPLE, DRIED

Commercially produced, slices of peeled apples are treated with sulfur dioxide and dehydrated. Apple slices may also be dried in home food dehydrators. **SUBSTITUTE** 1 oz (30 g) dried apples with:

- 1 oz (30 g) dried pears
- 1 oz (30 g) dried Asian pears

8 oz (250 g) dried apples =  $2\frac{1}{4}$  cups (550 mL) = 4 cups (1 L) cooked

#### **APPLEJACK**

See APPLE BRANDY.

#### **APPLE JUICE**

Juice pressed from fresh apples that is filtered and heat-treated to be shelf-stable. Also available in concentrate that is shelf-stable or frozen.

**SUBSTITUTE** 1 cup (250 mL) apple juice with:

- 1 cup (250 mL) apple cider
- 1 cup (250 mL) pear cider
- 1 cup (250 mL) white grape juice (sweeter)



#### **APPLE PEAR**

See ASIAN PEAR.

#### **APPLE PIE SPICE**

A commercial or homemade combination of spices especially suited to enhance apple pie but also a wonderful seasoning for French toast, pancakes, waffles, sugar cookies, and other desserts. The mixture almost always contains cinnamon and nutmeg with a range of optional additions, including allspice, cardamom, cloves, mace, or ginger.

**SUBSTITUTE** 1 tbsp (15 mL) apple pie spice with:

• 1 tbsp (15 mL) *Homemade Apple Pie Spice*: Combine 2 tsp (10 mL) ground cinnamon, 1 tsp (5 mL) ground nutmeg and a pinch ground allspice.

#### TO VARY THE FLAVOR

Substitute 1 tbsp (15 mL) apple pie spice with:

- 1 tbsp (15 mL) pumpkin pie spice (adds ginger flavor)
- 2 tsp (10 mL) ground cinnamon + ½ tsp (2 mL) ground nutmeg + ½ tsp (2 mL) ground cardamom (adds pungent aroma)



#### APPLESAUCE

Apples cooked to a smooth or chunky purée that may be sweetened or flavored with cinnamon or other spices.



**SUBSTITUTE** 1 cup (250 mL) applesauce with:

- 1 cup (250 mL) Homemade Applesauce: Peel, core and dice 4 medium-size sauce apples (see Picking Apples, page 624). Place in a saucepan over medium heat with ¼ cup (60 mL) water, ¼ cup (60 mL) granulated sugar (optional), and ⅙ tsp (0.5 mL) salt. Simmer until soft, about 15 minutes. For chunky applesauce, smash with the back of a large spoon or a potato masher. For smooth applesauce, pass the mixture through a food mill. Add ¼ tsp (1 mL) cinnamon and more sugar, if desired. Makes 1½ cups (375 mL).
- 1 cup (250 mL) pumpkin purée
- 1 cup (250 mL) plum purée
- 1 cup (250 mL) fat-free, fruit-based butter-and-oil replacement such as Smucker's "Baking Healthy" (for baking only).
- ½ cup (125 mL) fat-free, fruit-based butter-and-oil replacement such as Sunsweet "Lighter Bake" (for baking only).

#### **APPLE SCHNAPPS**

Clear liqueur flavored with apples. Also available as sour apple schnapps.

**SUBSTITUTE** 2 tbsp (30 mL) apple schnapps with:

• 2 tbsp (30 mL) apple brandy (Calvados or applejack)

#### **APRICOT**

Highly prized fruit with floral aroma and luscious orange flesh is a member of the rose family. First cultivated in China before 2,000 BC. The versatile fruit is eaten out of hand, dried, simmered into preserves, and added to savory dishes.

**SUBSTITUTE** 1 lb (500 g) apricots with:

- 1 lb (500 g) apriums (a hybrid fruit that's a cross between apricot and plum; very apricot-like)
- 1 lb (500 g) pluots (a hybrid fruit that's a cross between apricot and plum; more plum-like)

#### TO VARY THE FLAVOR

Substitute 1 lb (500 g) apricots with:

- 1 lb (500 g) small peaches
- 1 lb (500 g) small nectarines

See also APRICOT, DRIED.



- 1 lb (500 g) fresh apricots = 8 to 14
- = 2½ cups (625 mL) sliced or halved

#### **APRICOT BRANDY**

Dry distilled spirit made from apricot juice. Hungarian barack pálinka is renowned.

**SUBSTITUTE** 2 tbsp (30 mL) apricot brandy with:

- 2 tbsp (30 mL) apricot schnapps
- 2 tbsp (30 mL) apricot liqueur (sweeter)
- 1 tbsp (15 mL) brandy + 1 tbsp (15 mL) apricot nectar

#### TO VARY THE FLAVOR

Substitute 2 tbsp (30 mL) apricot brandy with:

- 2 tbsp (30 mL) peach schnapps
- 2 tbsp (30 mL) cherry brandy

#### APRICOT, DRIED

A preservation method for fully ripe apricots; they are typically treated with sulfur dioxide and dried in the sun. **SUBSTITUTE** 1 oz (30 g) dried apricots with:

- 1 oz (30 g) dried peaches
- 1 oz (30 g) dried nectarines
- 1 oz (30 g) dried apples

See also APRICOT.



1 lb (500 g) dried apricots = 2½ to 3 cups (625 to 750 mL)  $= 5\frac{1}{2}$  cups (1.375 L) cooked

#### **APRICOT KERNEL**

Also known as Chinese almond. Originating from the same genus (*Prunus*) as bitter almonds, apricot kernels taste remarkably similar. They're also mildly toxic (but less so than bitter almonds). containing about 0.5 milligrams of cyanide per kernel. To leach out the toxin, apricot kernels should always be roasted or blanched before eating.

**SUBSTITUTE** 1 cup (250 mL) apricot kernels with:

- 1 cup (250 mL) blanched or roasted bitter almonds
- 1 cup (250 mL) almonds with skin (much less bitter flavor)
- 1 cup (250 mL) Homemade Blanched Apricot Kernels: Drop 1 cup (250 mL) apricot kernels in boiling water for 2 minutes. Drain and rub off skins in a kitchen towel.
- 1/4 to 1/2 tsp (1 to 2 mL) bitter almond oil or extract (for baking and cooking; will add bitter almond flavor but not texture of whole
- 2 to 4 tbsp (30 to 60 mL) almond liqueur (for baking and cooking; adds some bitter almond flavor and alcohol but not texture of whole nuts; reduce liquid in recipe by 2 to 4 tbsp/30 to 60 mL)

See also ALMOND, BITTER.

#### **APRICOT LIQUEUR**

Alcoholic beverage made from mashed apricots and sweetened brandy.

**SUBSTITUTE** 2 tbsp (30 mL) apricot liqueur with:

- 2 tbsp (30 mL) apricot schnapps (less sweet; higher alcohol)
- 2 tbsp (30 mL) apricot brandy (less sweet; higher alcohol)
- 2 tbsp (30 mL) apricot nectar (heavier body; no alcohol)

#### TO VARY THE FLAVOR

Substitute 2 tbsp (30 mL) apricot liqueur with:

• 2 tbsp (30 mL) peach or cherry liqueur

#### **APRIUM**

A fruit cross between apricot and plum that more strongly resembles the apricot.

**SUBSTITUTE** 1 lb (500 g) apriums with:

- 1 lb (500 g) apricots
- 1 lb (500 g) pluots
- 1 lb (500 g) plums
  - 1 lb (500 g) fresh apriums = 8 to 14
  - = 2½ cups (625 mL) sliced or halved

#### **AQUAFABA**

Chickpea canning liquid containing enough plant-based protein and dissolved starch to mimic the cooking properties of egg whites. A boon to vegan bakers.

**SUBSTITUTE** 3 tbsp (45 mL) aquafaba with:

- 1 tbsp (15 mL) ground flaxseed simmered in 3 tbsp (45 mL) water (adds body and binding properties but no leavening)
- 1 tbsp (15 mL) chia seeds + 3 tbsp (45 mL) water, rested for 10 minutes (adds body and binding properties but no leavening)
- 1 large egg white
- 3 tbsp (45 mL) thawed frozen egg white
- 1 tbsp (15 mL) powdered egg white + 3 tbsp (45 mL) water
- 2 tsp (10 mL) meringue powder + 3 tbsp (45 mL) water (adds small amount of sugar)

See also EGG WHITE.

3 tbsp (45 mL) aguafaba = 1 large egg white

#### **AQUAVIT**

Also known as akvavit. A caraway-flavored colorless liquor of Scandinavian origin distilled from grain or potatoes.

**SUBSTITUTE** 2 tbsp (30 mL) aquavit with:

- 2 tbsp (30 mL) vodka (lacks the aroma of caraway)
- 2 tbsp (30 mL) vodka + 1/8 tsp (0.5 mL) caraway seeds soaked at room temperature for at least 1 month



**AQUA VITAE** 

See BRANDY.

**ARAK** 

See ANISE LIQUEUR.

#### **ARAME**

A sweet and mild dried Japanese seaweed. The skinny dark brown strips can be rehydrated and added to salads or vegetable stir-fries. **SUBSTITUTE** 1 oz (30 g) arame with:

- 1 oz (30 g) hijiki (stronger brine flavor; black color)
- 1 oz (30 g) wakame (green to dark brown color)
- 1 oz (30 g) dulse (stronger brine flavor; maroon color)
- 1 oz (30 g) kombu or kelp (stronger brine flavor; dark brown to black color)



**ARBOL CHILE** See CHOOSING DRIED CHILES (page 629).

**ARBORIO RICE** See VARIETIES OF RICE (page 654).

**ARCTIC CHAR** See CHAR.

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#### **ARDENNES HAM**

Also known as jambon d'Ardennes. Belgian saltcured, smoked ham with dark brown exterior. Best served in very thin slices. **SUBSTITUTE** 1 lb (500 g) Ardennes ham with:

- 1 lb (500 g) Bayonne ham
- 1 lb (500 g) Westphalian ham (adds juniper and lighter smoked flavors)
- 1 lb (500 g) prosciutto (lacks smoke flavor)
- 1 lb (500 g) serrano or Iberico ham (lacks smoke flavor)
- 1 lb (500 g) other smoked or country ham

#### **AREPA**

Thick Venezuelan flatbread reminiscent of a cross between polenta and a pancake. Often topped or filled with cheese and herbs. **SUBSTITUTE** 1 arepa with:

- 1 sope
- 1 chalupa
- 1 gordita
- 1 corn tortilla (thinner and stiffer)

#### **ARGAN OIL**

Flavorful oil pressed from the nut found at the center of the fruit of the argan tree, a gnarled desert evergreen native to Morocco and Algeria. Argan nuts are difficult to extract from the fruit and were once harvested from the droppings of the goats that ate the fruit. **SUBSTITUTE** 1 tbsp (15 mL) argan oil with:

- 1 tbsp (15 mL) walnut oil
- 1 tbsp (15 mL) almond oil
- 1 tbsp (15 mL) extra virgin olive oil

#### TO VARY THE FLAVOR

Substitute 1 tbsp (15 mL) argan oil with:

• 1 tbsp (15 mL) brown butter

See also SUBSTITUTING OILS (page 646).



#### **ARMAGNAC**

Brandy produced in southwestern France that is second only to cognac in stature. **SUBSTITUTE** 2 tbsp (30 mL) Armagnac with:

• 2 tbsp (30 mL) cognac (lighter body)

#### ARMENIAN CRACKER BREAD See LAVASH.

#### **AROMA FISH**

See AYU.

#### **ARRACACHA**

Also known as Peruvian carrot and white carrot. A popular vegetable in South America and the Caribbean with a texture like that of potatoes and flavor similar to a combination of parsnip, celery, and carrot with a whiff of roasted chestnuts.

**SUBSTITUTE** 1 lb (500 g) arracacha with:

- 1 lb (500 g) potatoes (similar texture; lacks arracacha flavor)
- 4 oz (125 g) potatoes + 4 oz (125 g) parsnips + 4 oz (125 g) carrots + 4 oz (125 g) celeriac



#### ARROWHEAD

Also known as Chinese potato. A root vegetable that looks like an onion without the layers and tastes like a mix of sunchoke and potato with some bitterness.

**SUBSTITUTE** 1 cup (250 mL) chopped arrowhead with:

• ½ cup (125 mL) chopped potato + ½ cup (125 mL) chopped sunchoke

#### ARROWROOT POWDER

The dried, ground roots of a tropical tuber used as a thickening agent. Use 2 tsp (10 mL) arrowroot to thicken 1 cup (250 mL) liquid. **SUBSTITUTE** 2 tsp (10 mL) arrowroot powder (for thickening) with:

- 1 tbsp (15 mL) quick-cooking tapioca
- 1 heaping tbsp (15 mL) all-purpose flour
- 1½ tsp (7 mL) cornstarch, potato starch, or rice starch
- 1 tsp (5 mL) instant mashed potato flakes



#### **ARTICHOKE HEART**

Also known as artichoke bottom. The cup-shaped meaty base, with interior tender leaves attached, of a globe artichoke. The most tender and desirable part of the otherwise fibrous-leafed vegetable.

**SUBSTITUTE** 1 cup (250 mL) freshly cooked artichoke hearts with:

- 1 cup (250 mL) frozen artichoke hearts
- 1 cup (250 mL) canned artichoke hearts (saltier flavor from canning brine)
- 1 cup (250 mL) marinated artichoke hearts (more savory flavor from marinade)

#### TO VARY THE FLAVOR

Substitute 1 cup (250 mL) freshly cooked artichoke hearts with:

- 1 cup (250 mL) freshly cooked hearts of palm
- 1 cup (250 mL) canned hearts of palm

#### ARTIFICIAL SWEETENERS See SUCRALOSE.

#### **ARUGULA**

Also known as rocket. A pungent, peppery leafy green similar in shape to radish greens. **SUBSTITUTE** 1 cup (250 mL) arugula with:

- 1 cup (250 mL) watercress
- 1 cup (250 mL) baby spinach leaves (milder flavor; add pepper for more bite)
- 1 cup (250 mL) Belgian endive, dandelion greens, escarole, or radicchio (for salads)



1 oz (30 g) arugula = 1 cup (250 mL)

#### **ASADERO**

A mild, semisoft Mexican white cow's milk cheese fashioned in bricks and rounds. Good for melting.

**SUBSTITUTE** 1 oz (30 g) asadero with:

- 1 oz (30 g) Oaxaca cheese
- 1 oz (30 g) Sonoma or Monterey Jack cheese
- 1 oz (30 g) string cheese

(continued...)

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#### ASADERO continued

- 1 oz (30 g) Teleme cheese
- 1 oz (30 g) Muenster
- 1 oz (30 g) mozzarella cheese

See also CHIHUAHUA CHEESE; OAXACA CHEESE.

4 oz (125 g) asadero = 1 cup (250 mL) shredded

#### **ASAFETIDA POWDER**

Also known as devil's dung, ferula, hing, and stinking gum. Powdered gum resin with a pungent garlic and onion flavor. Often used in Indian dishes.

**SUBSTITUTE** ½ tsp (1 mL) asafetida powder with:

• ¼ tsp (1 mL) garlic powder + ¼ tsp (1 mL) onion powder (less pungent)



#### **ASAM GELUGOR**

Also known as asam rench when dried. A Malaysian fruit often used dried as a souring agent in dishes such as the fish soup asam laksa. **SUBSTITUTE** ½ oz (15 g) asam gelugor with:

- ½ oz (15 g) kokum
- 1 tbsp (15 mL) tamarind concentrate or paste (less floral aroma)
- 1½ tbsp (22 mL) mango powder or amchur (less floral aroma)
- 1 to 1½ tbsp (15 to 22 mL) lime or lemon juice (less floral aroma)

1 oz (30 g) asam gelugor = 1/4 cup (60 mL)

#### **ASAM JAWA**

See TAMARIND.

#### **ASEM CANDIS**

See KOKUM.

#### **ASIAGO**

Sharp cow's milk cheese from the Veneto dating from the 1500s. Semisoft young Asiago can be sliced and used like provolone. **SUBSTITUTE** 1 oz (30 g) aged Asiago with:

- 1 oz (30 g) Parmesan (slightly sharper flavor)
- 1 oz (30 g) Grana Padano (slightly sharper flavor)
- 1 oz (30 g) pecorino romano (sharper flavor; less sweet)
- 1 oz (30 g) dry Jack cheese (nuttier flavor)

4 oz (125 g) Asiago = 1 cup (250 mL) grated

#### FOR BETTER HEALTH

Substitute 1 oz (30 g) aged Asiago with:

• 1 oz (30 g) Sapsago (more herbal flavor; lower in fat)



#### ASIAN BARBECUE SAUCE See CHINESE BARBECUE SAUCE.

#### **ASIAN CELERY**

See CHINESE CELERY.

#### **ASIAN NOODLES**

See A SNAPSHOT OF ASIAN NOODLES (page 644).

#### **ASIAN PEAR**

Also known as apple pear. Ultra-juicy, crisp, sweet fruit that ranges from tiny to very large. The flesh is somewhat translucent. **SUBSTITUTE** 1 Asian pear with:

- 1 Bosc pear (less tart; softer flesh)
- 1 apple (similar texture; apple flavor)
- 1 quince (for cooking only; tarter flavor)



#### **ASPARAGUS**

A spear-shaped green vegetable that is a member of the lily family. The cultivated plants take several years to mature and require careful tending and harvesting. Many growers bury the stalks to prevent photosynthesis, resulting in the preferred white asparagus.

1 lb (500 g) fresh asparagus = 12 to 20 spears

=  $3\frac{1}{2}$  cups (875 mL) chopped

**SUBSTITUTE** 1 lb (500 g) asparagus with:

- 1 lb (500 g) broccolini
- 1 lb (500 g) broccoli
- 1 lb (500 g) green beans
- 1 lb (500 g) canned hearts of palm

#### **ASPARAGUS VARIETIES**

Choose 1 lb (500 g) asparagus from these varieties:

- 1 lb (500 g) green asparagus (grassy, slightly bitter taste)
- 1 lb (500 g) white asparagus (slightly more bitter flavor; more tender texture)
- 1 lb (500 g) purple asparagus (sweeter, juicier, and more tender)



#### **ASPARAGUS LETTUCE**

See CELTUCE.

#### **ASPIC POWDER**

Commercial gelatin powder flavored with fish, poultry, meat, or vegetable stock.

**SUBSTITUTE** ½ oz (7 g) aspic powder with:

• ¼ oz (7 g) flavored gelatin (meat, fish, or vegetable)

#### **ATEMOYA**

A fruit that's a cross between cherimoya and sweetsop.
Native to South America and the West Indies, atemoya's sweet, creamy flesh is studded with black seeds and tastes like mango-scented vanilla custard. The grayish green skin is sturdy and covered with a petal-like pattern.

**SUBSTITUTE** 1 lb (500 g) atemoya with:

- 1 lb (500 g) cherimoya
- 1 lb (500 g) sweetsop
- 1 lb (500 g) mango + 1/4 tsp (1 mL) vanilla extract

See also CHERIMOYA; SOURSOP; SWEETSOP.



#### **ATSU-AGE**

Also known as nama-age. A cake of tofu that is pressed, then deep-fried for a crisp golden crust and soft white interior. It's often cut into cubes or triangles for soups and stir-fries.

**SUBSTITUTE** 8 oz (250 g) atsu-age with:

- 8 oz (250 g) Homemade Atsu-age: Cut a block of tofu in half widthwise. Spread out the pieces slightly and put a heavy weight on top for 30 minutes to press out excess liquid. Cut each piece in half on a diagonal to make 4 triangles, then deep-fry the triangles in oil until golden brown on both sides, turning as necessary. Drain on paper towels and let cool for 30 minutes. Before using, blanch or rinse under hot water to remove excess oil. Refrigerate for up to 1 week.
- 8 oz (250 g) abura-age
- 8 oz (250 g) extra-firm tofu (will not be as crisp or flavorful)

See also ABURA-AGE; TOFU.

**ATSUETE SEED** 

See ANNATTO SEED.

**AUBERGINE** 

See EGGPLANT.

**AURORE SAUCE** 

See BÉCHAMEL.

#### **AVOCADO**

A member of the laurel family native to Mexico but now grown in California and Florida, the avocado fruit boasts a 7,000-year history of cultivation. The delicately nutty, pale green buttery flesh is best enjoyed raw, particularly mashed into guacamole.

1 lb (500 g) avocado = 2 medium = 2½ cups (625 mL) chopped = 1½ cups (375 mL) puréed



**SUBSTITUTE** 1 cup (250 mL) chopped avocado with:

• 1 cup (250 mL) cooked chayote squash (much lower in fat and less creamy; use cooked in soups and dips or prepare as you would yellow summer squash)

#### **AVOCADO VARIETIES**

Choose 1 cup (250 mL) chopped avocado from these California varieties:

- 1 cup (250 mL) chopped Hass avocado (rich and creamy; best for guacamole, mashing, sauces, and soups)
- 1 cup (250 mL) chopped Fuerte avocado (slightly less rich and creamy)
- 1 cup (250 mL) chopped Pinkerton avocado (slightly less rich and creamy)
- 1 cup (250 mL) chopped Reed avocado (flesh stays firm when ripe; best for salads)
- 1 cup (250 mL) chopped or sliced avocadito (small Fuerte avocado or cocktail avocado; best for salads and garnishing)

#### FOR BETTER HEALTH

Substitute 1 cup (250 mL) chopped California avocado with:

- 1 cup (250 mL) chopped Florida avocado (25 to 50% less fat than California avocados)
- ½ cup (125 mL) chopped California avocado + ½ cup (125 mL) chopped tomatillos (for lower-calorie guacamole)
- ½ cup (125 mL) chopped California avocado + ½ cup (125 mL) puréed raw peas (for lower-calorie guacamole)

#### AVOCADO LEAF

Often toasted and used like bay leaves.

**SUBSTITUTE** 1 toasted avocado leaf with:

- 1 hoja santa leaf (adds aromas of root beer and fennel)
- 2 bay leaves (adds more resinous, pine-like aroma)

**AWABI** 

See ABALONE.

#### AYU

Also known as aroma fish and sweet fish. A freshwater fish caught by Japanese fishers using flies or decoy fish. Ayu has sweet, delicate flesh with hints of melon and cucumber. **SUBSTITUTE** 1 lb (500 g) ayu with:

- 1 lb (500 g) trout
- 1 lb (500 g) smelts
- 1 lb (500 g) char



**AZUKI BEAN** 

See THE WIDE WORLD OF DRIED BEANS (page 625).

#### **PICKING APPLES**

Choosing the right apple is generally a matter of matching its texture and flavor to its intended use. Crisp, juicy, sweet apples tend to work best for eating out of hand. Tart apples with a firmer texture are better suited for cooking and baking. Some varieties, such as Gala, taste good both

raw and cooked. Small crabapples, considered a different species, are very tart and high in pectin, making them ideal for jellies, jams, and chutneys. Experiment with different varieties using the table below as a guide. See also Apple (page 35).

APPLE	TEXTURE AND FLAVOR	BEST USES	
Arkansas Black	Crisp, firm, juicy	Eating, sauce	
Baldwin	Crisp, rough-textured, juicy, spicy	Pie, sauce, eating	
Braeburn	Crisp, firm, sweet-tart	Eating, sauce, pie	
Bramley	Firm, rough-textured, juicy, tangy-sweet	Baking, sauce	
Cortland	Crisp, juicy, tangy, aromatic	Salad, eating, pie, sauce	
Cox's Orange Pippin	Firm, juicy, tangy, aromatic	Eating, pie, sauce	
Crispin (Mutsu)	Crisp, juicy, spicy, sweet-tart	Eating, sauce	
Empire	Crisp, delicate-textured, juicy, sweet-tart	Eating, salad	
Fuji	Crisp, fine-textured, juicy, tangy, sweet, aromatic	Eating	
Gala	Crisp, mildly tart, aromatic	Eating, baking, sauce	
Golden Delicious	Juicy, sweetly aromatic	Eating, salad, sauce, baking	
Granny Smith	Crisp, firm, juicy, tart	Pie, baking, sauce, eating	
Gravenstein	Crisp, fine-textured, juicy, mildly tart	Pie, baking, sauce, eating	
Greening (Rhode Island)	Crisp, juicy, tart	Pie, sauce, eating	
Honeycrisp	Extra-crisp, juicy, sweet-tart	Eating, pie, baking, sauce	
Idared	Soft-textured, juicy, mildly tart	Pie, sauce, baking	
Jonagold	Crisp, juicy, sweet-tart	Eating, pie, baking	
Jonathan	Crisp, fine-textured, juicy, mildly tart	Eating, sauce, pie	
Lady (Christmas) Apple	Crisp, juicy, intensely sweet	Eating, baking	
Macoun	Firm, juicy, aromatic	Eating, pie, sauce	
McIntosh	Soft-textured, juicy, tart, spicy, aromatic	Eating, sauce, pie	
<b>Newton Pippin</b>	Firm, somewhat fine-textured, tart, aromatic	Eating, pie, sauce	
Northern Spy	Extra-firm, extra-juicy, sweet	Pie, sauce, eating, baking	
Red Delicious	Crisp, juicy, mildly tart	Eating	
Reinette (Rennet)	Crisp, dense, sweet, juicy	Eating, pie, baking, salad	
Rome Beauty	Crisp, firm, juicy, mildly tart	Baking	
Spartan	Crisp, fine-textured, sweet-tart	Eating	
Winesap	Firm, juicy, winey-tasting	Eating, sauce	

#### STAGES OF COOKED SUGAR CONCENTRATION

As sugar syrup boils and the water evaporates, it concentrates the amount of sugar in the solution. It also raises the solution's boiling point, which means that you can measure the sugar concentration by taking the solution's temperature. Before the days of candy thermometers, cooks tested the sugar concentration by pouring a drop of the syrup into ice water and observing it as it cooled (many cooks still use this method). If the drop forms a thin, soft thread, it is at the "thread" stage, with a fairly low sugar concentration of 40 to 65%. If it forms hard, brittle shards that crack in the water, it is at the "hard crack" stage, with a high

sugar concentration of 98 to 99%, appropriate for making butterscotch, brittle, toffee, lollipops, and other hard candies. See the chart below for other stages appropriate for making various candies. After all of the water evaporates, you are left with 100% molten sugar and the sugar itself begins to concentrate, forming light to dark brown caramel suitable for making spun sugar and caramel cages. Throughout the stages of caramelization, sugar develops delicious, complex flavors yet becomes decreasingly sweet. Above 375°F (191°C), cooked sugar eventually turns from brown to black and from sweet to bitter.

STAGE	IN ICE WATER, SUGAR SYRUP FORMS:	TEMPERATURE	SUGAR CONCENTRATION	COMMON USES
Thread	Soft thread	214 to 220°F (101 to 104°C)	40 to 65%	Thin, medium, and heavy syrup
Soft ball	Soft, flat ball	234 to 240°F (112 to 116°C)	80 to 86%	Fudge, fondant, pralines
Firm ball	Firm, pliable thread	248°F (120°C)	87%	Rock candy, caramels, marshmallows
Hard ball	Hard, compact ball	250 to 252°F (121 to 122°C)	90 to 92%	Nougat, divinity
Soft crack	Hard, pliable thread	270°F (132°C)	95%	Taffy
Hard crack	Hard, brittle thread	300 to 310°F (149 to 154°C)	98 to 99%	Butterscotch, brittle, toffee, lollipops, hard candy
Very pale caramel	Hard, very brittle thread	315 to 335°F (157 to 168°C)	99+%	Pulled sugar
Light caramel	Hard, very brittle thread	340 to 350°F (171 to 177°C)	100%	Spun sugar
Medium caramel	Hard, very brittle thread	355 to 360°F (179 to 182°C)	100%	Medium caramel cages
Dark caramel	Hard, very brittle thread	365 to 380°F (185 to 193°C)	100%	Dark caramel cages
Black caramel	Hard, very brittle thread	410°F (210°C)	100%	Baker's caramel

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