

# LET THEM EAT CAKE:

## Ingredient Substitutions Done Right

By Carrie Beylus

### Baking

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**CHOCOLATE** = **COCOA** + **OIL**

**1 oz.** unsweetened baking chocolate = **3 tbsp.** cocoa powder + **1 tbsps.** oil or margarine

**SUGAR** = **SUGAR** + **STARCH**

**1 cup** confectioners sugar = **1 cup** granulated sugar (-1 tbsp.) + **1 tbsp.** potato starch

PULSE IN A BLENDER

**FLOUR** = **MATZAH MEAL** + **STARCH**

**1 cup** all-purpose white flour = **1/2 cup** matzah cake meal + **1/4 to 1/3 cup** potato starch

SIFT AFTER MEASURING

**FLOUR** = **STARCH**

**1 tbsp.** all-purpose white flour = **1/2 tbsp.** potato starch

**STARCH** = **STARCH**

**1 cup** corn starch = **7/8 cup** potato starch

**BUTTERMILK** = **JUICE** + **CREAMER**

**1 cup** buttermilk = **1 tbsp.** lemon juice + **1 cup** non-dairy creamer

STIR AND STEEP FOR FIVE MINUTES

**HONEY** = **SUGAR** + **WATER**

**1 cup** honey = **1 1/4 cup** granulated sugar + **1/4 cup** water

BOIL INTO A SYRUP

**SYRUP** = **SUGAR** + **WATER**

**1 cup** corn syrup = **1 1/4 cup** granulated sugar + **1/3 cup** water

BOIL INTO A SYRUP

**TARTAR** = **JUICE** or **VINEGAR**

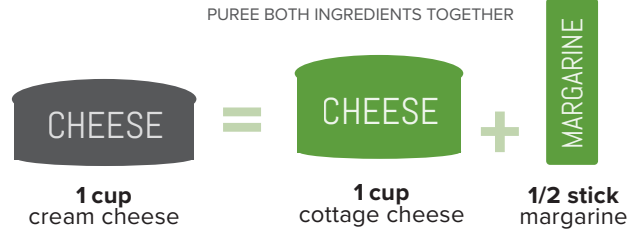
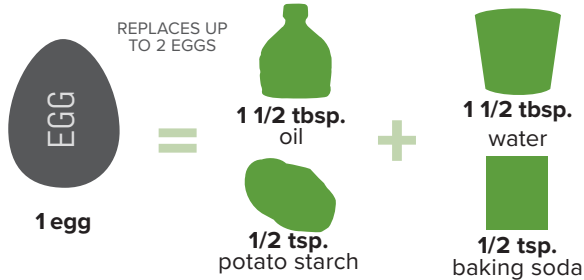
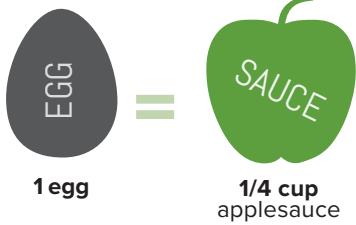
**1 tsp.** cream of tartar = **1 1/2 tsp.** lemon juice or **1 1/2 tsp.** vinegar

**MILK** = **JUICE** + **WATER**

**1 cup** milk = **1/2 cup** fruit juice + **1/2 cup** water

## INGREDIENT SUBSTITUTIONS

USE IN RECIPES WITH ONLY ONE EGG



CONTAINS RAW EGGS

**"MY SISTER IS SUFFERING - BUT I DON'T EVEN KNOW IF SHE REALIZES SHE'S BEING ABUSED."**

**A**

Someone else's Shalom Bayis is not really my business.

**C**

I wish someone would make her get out.

**B**

A relationship involves two people...

**D**

Maybe I should speak to someone about how I can help?

**THE CHOICE IS YOURS.**

Abuse can occur at any stage of life - To anyone, in any form.

Shalom Task Force replaces *heartache* with *hope*.

Our trained advocates are standing by, waiting for your call.

**We are here for you. You are not alone.**

And you don't even have to say your name.

**CONFIDENTIAL HOTLINE**  
**CALL. TEXT. WHATSAPP.**

**888.883.2323**

