

<b>Ingredient</b>	<b>Amount</b>	<b>Substitution</b>
Buttermilk	1 cup	1 cup yogurt OR 1 Tablespoon lemon juice or vinegar plus enough milk to make 1 cup
Cheddar cheese	1 cup shredded	1 cup shredded Colby cheddar OR 1 cup shredded Monterey Jack cheese
Chervil	1 Tbsp fresh chopped	1 Tablespoon chopped fresh parsley
Chicken base	1 Tbsp	1 cup canned or homemade chicken broth or stock. Reduce liquid in recipe by 1 cup
Chocolate (semisweet)	1 ounce	1 (1-oz) square of unsweetened chocolate plus 4 teaspoons sugar OR 1 ounce semisweet chocolate chips plus 1 teaspoon shortening
Chocolate (unsweetened)	1 ounce	3 Tablespoons unsweetened cocoa plus 1 Tablespoon shortening or vegetable oil
Cocoa	1/4 cup	1 (1-oz) square unsweetened chocolate
Condensed cream of mushroom soup	1 (10.75 ounce) can	1 (10.75-ounce) can condensed cream of celery, cream of chicken, OR golden mushroom soup
Corn syrup	1 cup	1 1/4 cup white sugar plus 1/3 cup water OR 1 cup honey OR 1 cup light treacle syrup
Cottage cheese	1 cup	1 cup farmer's cheese OR 1 cup ricotta cheese
Cracker crumbs	1 cup	1 cup bread crumbs OR 1 cup matzo meal OR 1 cup ground oats
Cream (half and half)	1 cup	7/8 cup milk plus 1 Tablespoon butter
Cream (heavy)	1 cup	1 cup evaporated milk OR 3/4 cup milk plus 1/3 cup butter
Cream (light)	1 cup	1 cup evaporated milk OR 3/4 cup milk plus 3 Tablespoons butter