Ingredient	Amount	Substitution
Ginger--dry	1 teaspoon	2 teaspoons chopped fresh ginger
Ginger--fresh	1 teaspoon, minced	1/2 teaspoon ground dried ginger
Green onion	1/2 cup , chopped	1/2 cup chopped onion, OR 1/2 cup chopped leek OR 1/2 cup chopped shallots
Hazelnuts	1 cup whole	1 cup macadamia nuts OR 1 cup almonds
Herbs--fresh	1 Tbsp chopped fresh	1 teaspoon (chopped or whole leaf) dried herbs
Herring	8 ounces	8 ounces of sardines
Honey	1 cup	1 1/4 cup white sugar plus 1/3 cup water OR 1 cup corn syrup OR 1 cup light treacle syrup
Hot pepper sauce	1 teaspoon	3/4 teaspoon cayenne pepper plus 1 teaspoon vinegar
Ketchup	1 cup	1 cup tomato sauce plus 1 teaspoon vinegar plus 1 Tablespoon sugar
Lard	1 cup	1 cup shortening OR 7/8 cup vegetable oil OR 1 cup butter
Lemon grass	2 fresh stalks	1 Tablespoon lemon zest
Lemon juice	1 teaspoon	1/2 teaspoon vinegar OR 1 teaspoon white wine OR 1 teaspoon lime juice
Lemon zest	1 teaspoon	1/2 teaspoon lemon extract OR 2 Tablespoons lemon juice
Lime juice	1 teaspoon	1 teaspoon vinegar OR 1 teaspoon white wine OR 1 teaspoon lemon juice
Lime zest	1 teaspoon	1 teaspoon lemon zest
Macadamia nuts	1 cup	1 cup almonds OR 1 cup hazelnuts
Mace	1 teaspoon	1 teaspoon nutmeg