

Ingredient	Amount	Substitution
Rice--white	1 cup, cooked	1 cup cooked barley OR 1 cup cooked bulgur OR 1 cup cooked brown or wild rice
Ricotta	1 cup	1 cup dry cottage cheese OR 1 cup silken tofu
Rum	1 Tbsp	1/2 teaspoon rum extract, plus enough water to make 1 Tablespoon
Saffron	1/4 tsp	1/4 teaspoon turmeric
Semisweet chocolate chips	1 cup	1 cup chocolate candies OR 1 cup peanut butter or other flavored chips OR 1 cup chopped nuts OR 1 cup chopped dried fruit
Shallots, chopped	1/2 cup	1/2 cup chopped onion, OR 1/2 cup chopped leek OR 1/2 cup chopped green onion
Shortening	1 cup	1 cup butter OR 1 cup margarine minus 1/2 teaspoon salt from recipe
Sour cream	1 cup	1 cup plain yogurt OR 1 Tablespoon lemon juice or vinegar plus enough cream to make 1 cup OR 3/4 cup buttermilk mixed with 1/3 cup butter
Sour milk	1 cup	1 Tablespoon vinegar or lemon juice mixed with enough milk to make 1 cup: Let stand 5 minutes to thicken
Soy sauce	1/2 cup	4 Tablespoons Worcestershire sauce mixed with 1 Tablespoon water
Stock--beef or chicken	1 cup	1 cube beef or chicken bouillon dissolved in 1 cup water
Sweetened condensed milk	1 (14-oz) can	3/4 cup white sugar mixed with 1/2 cup water and 1 1/8 cups dry powdered milk: Bring to a boil and cook, stirring frequently, until thickened, about 20 minutes