

Dairy

When substituting dairy products, it's crucial to take into account both flavor and texture. The following ingredients are arranged from least to most thick. If you lack the precise substitute, adjust by moving up or down the list.

Ingredient	Substitution
 Milk	Half-and-half or heavy cream thinned with water, evaporated milk, light coconut milk, light cream, oat milk, nut milk, soy milk.
 Half-and-half	Thicken milk with a little cornstarch or flour (about 1 tablespoon per cup of liquid) or thin heavy cream with a splash of water.
 Heavy Cream	For 1 cup heavy cream, use 3/4 cup milk and 1/4 cup melted butter, or thicken 1 cup milk with 1 to 2 tablespoons cornstarch or flour. (Whisk milk into cornstarch or flour little by little.) Coconut milk, coconut cream (beware of increased sweetness), or cream cheese whisked with a little water also work. <i>Note: Alternatives won't whip into fluffy whipped cream.</i>
 Butter	If using butter to conduct heat, as in pan-frying, use olive oil or other fats. For flavor substitutions, like butter in risotto or polenta, a number of creamy options like heavy cream or mascarpone will work.
 Creamy Dairy Products	Tangy, textural ingredients like crema, crème fraîche, mascarpone, Neufchâtel, Quark, queso fresco, sour cream or yogurt of any variety can be used interchangeably.



Cheese

When replacing cheese, consider its intended function: Will it need to melt smoothly in a pasta sauce or spread effortlessly on toast? If cooking, opt for a substitute with a comparable texture, but if using as a garnish, there's greater leeway in choice.

Type	Example
 Fresh, unripened cheese (soft and wet)	Cottage cheese, cream cheese, fromage blanc, ricotta
 Soft-ripened cheese (creamy)	Brie, Camembert, Pontl'Evêque, taleggio
 Semifirm or semisoft cheese	Cheddar, Colby, Edam, fontina, Gouda, Havarti, Jarlsberg, Monterey Jack, mozzarella, Muenster, pepper Jack, Port-Salut, Swiss
 Hard aged cheese	Asiago, Comté, Gruyère, Manchego, Parmesan, pecorino

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Oils and Fats

Although numerous oils and fats within each category can be swapped, it's essential to factor in both flavor and smoke point when selecting an alternative.

Type	Smoke-Point	Example
Neutral oils	High	Canola oil, coconut oil, corn oil, grapeseed oil, peanut oil and vegetable oil.
Flavored oils	Medium-High	Avocado oil, nut oils, olive oil, sesame oil, sunflower oil.
Solid fats	Low	Bacon fat, butter, chicken fat, lard, margarine and vegetable shortening. Solid when refrigerated but liquid when hot, ghee (clarified butter) has a very high smoke point similar to neutral oils.



Greens

When selecting a replacement, take into account the intended use of the greens. Delicate greens are typically enjoyed uncooked, whereas robust ones may require additional cooking time; adjust the timing of adding the greens accordingly during the cooking process.

Type	Example
Mild and tender	Chard, lettuce, mesclun, spinach
Mild and firm	Bok choy, cabbage, collard greens
Bitter and tender	Arugula, endive, frisée, mizuna, radicchio, radish greens, watercress
Bitter and firm	Escarole, kale, mustard greens, turnip greens

Vegetables

Taste plays a significant role when substituting vegetables. However, keep in mind factors like texture, moisture content, and density. Below, vegetables are categorized based on their cooking times: Many within the same category cook at a comparable rate. Still, if you wish to replace a firm vegetable with a quick-cooking one, or vice versa, adjust the cooking time by adding the ingredient earlier or later in your recipe.

QUICK-COOKING (LESS DENSE)	Asparagus, cabbage (bok choy, broccoli, broccolini, brussels sprouts, cauliflower, kale), celery, corn, eggplant, fennel, mushrooms, peas, peppers, summer squash, zucchini.
SLOWER-COOKING (MORE DENSE)	Root vegetables (beet, carrot, celery root, parsnip, potato, sweet potato, turnip), winter squash (such as butternut squash, delicata, kabocha, pumpkin).
ALLIUMS	Leeks, onions (red, white, or yellow), scallions, shallots, and spring onions can be used interchangeably to a large extent. However, due to garlic's distinctive flavor, finding an exact substitute can be challenging. Garlic and onions are also available in dried forms such as powdered, granulated, or dehydrated flakes, which are much more potent. When substituting dried ingredients for fresh ones, do so in moderation, and only if the recipe calls for smaller quantities of fresh ingredients rather than in bulk.

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Herbs

Fresh herbs can be classified into two groups: delicate, vibrant herbs (such as basil, chervil, chives, cilantro, dill, mint, parsley, and tarragon), which are at their peak flavor when fresh, and robust, savory herbs (like bay leaves, marjoram, oregano, rosemary, sage, and thyme), which are more suitable for drying. Due to their increased potency, substitute 1 teaspoon of dried herbs for 1 tablespoon of chopped fresh herbs.

Ingredient		Example
Basil		Chervil, cilantro, dill, Italian seasoning, oregano, mint, parsley
Bay leaves		Herbes de Provence, oregano, rosemary, sage, thyme
Chives		Cilantro, garlic powder, onion powder, parsley
Coriander		Basil, chives, parsley, mint
Dill		Basil, chervil, mint, parsley
Marjoram		Herbes de Provence, Italian seasoning, oregano, rosemary, sage, thyme
Mint		Basil, cilantro, dill, parsley
Oregano		Bay leaves, herbes de Provence, Italian seasoning, rosemary, thyme, sage
Parsley		Basil, chervil, chives, cilantro, dill, Italian seasoning, mint, tarragon
Rosemary		Bay leaves, herbes de Provence, oregano, thyme,sage
Sage		Bay leaves, herbes de Provence, oregano, rosemary, thyme
Tarragon		Chervil, parsley
Thyme		Bay leaves, herbes de Provence, oregano, rosemary, sage



Spices

When swapping spices, think about what will work in your dish. Most spices can be grouped into four flavor profiles: earthy, floral, peppery, and warm. You'll often be able to substitute a spice that hits the same notes by picking one with the same qualities.

Type	Example
Earthy	Curry powder, garlic powder, onion powder, turmeric, Vadouvan, za'atar
Floral	Cardamom, coriander, fennel, lavender, nutmeg, saffron, star anise
Peppery	Allspice, ground ginger, peppercorns, mustard powder, sumac
Warm	Cinnamon, chile (dried), chili powder (blend), cloves, cumin, nutmeg, paprika

When it comes to spice, consider layering flavor carefully by seasoning lightly at the start of cooking, that way you can increase the spice to taste, if desired, once your dish is fully cooked.

Ingredient	Substitutions
Allspice	Combine cinnamon, cloves and nutmeg, or use any one of the three
Cardamom	Coriander, fennel, ginger, lavender
Cayenne	Aleppo pepper, chili powder, dried chiles, hot sauce, paprika, red-pepper flakes, sumac
Chili powder	Combine paprika (sweet, hot or smoked), onion powder, garlic powder, cumin, oregano and cayenne or red-pepper flakes; or use another warm spice, such as cayenne, cloves, cumin, nutmeg or paprika (sweet, hot or smoked)
Cinnamon	Allspice, apple pie spice blend, cloves, coriander, nutmeg, pumpkin pie spice blend
Cloves	Allspice, cinnamon, nutmeg, black pepper
Coriander	Cardamom, cinnamon, fennel, nutmeg, saffron, turmeric
Cumin	Chili powder, coriander, curry powder, garlic powder, onion powder, turmeric
Ginger	Allspice, cinnamon, cloves, coriander
Nutmeg	Allspice, cinnamon, cloves, ground ginger
Paprika	Cayenne, chili powder, curry powder, black pepper
Turmeric	Curry powder, garlic powder, onion powder, Vadouvan, za'atar

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