

Free Printable Recipe Binder

Recipes

fabnfree.com

Substitute List²

INGREDIENT	AMOUNT	SUBSTITUTION
Allspice	1 teaspoon	1/2 tsp cinnamon, 1/4 tsp ginger, and 1/4 tsp cloves
Baking powder	1 teaspoon	1/4 tsp baking soda + 1/2 tsp cream of tartar OR 1/4 tsp baking soda + 1/2 cup buttermilk (decrease liquid in recipe by 1/2 cup.)
Beer	1 cup	1 cup nonalcoholic beer OR 1 cup chicken broth
Bread crumbs	1 cup	1 cup cracker crumbs OR 1 cup matzo meal OR 1 cup ground oats
Broth (beef or chicken)	1 cup	1 bouillon cube + 1 cup boiling water OR 1 1/2 tsp soy sauce + enough water to make 1 cup OR 1 cup vegetable broth
Brown sugar	1 cup packed	1 cup white sugar + 1/4 cup molasses OR decrease the liquid in recipe by 1/4 cup OR 1 cup white sugar
Butter	1 cup	1 cup shortening OR 7/8 cup vegetable oil OR 7/8 cup lard
Cherries	1 1/2 cup chopped fresh	1 1/2 cup chopped fresh parsley
Chicken base	1 tablespoon	1 cup canned or homemade chicken broth or stock. Reduce liquid in recipe by 1 cup
Corn syrup	1 cup	1 1/4 cup white sugar plus 1/2 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
Cream (half and half)	1 cup	7/8 cup milk plus 1 tbsp butter
Cream (heavy)	1 cup	1 cup evaporated milk OR 3/4 cup milk + 1/3 cup butter

Kitchen Conversions

TEASPOON	TABLESPOON	CUPS	MILLILITERS	FLUID OUNCES
1 tsp	1/3 tbsp		5 ml	
3 tsp	1 tbsp	1/16 cup	15 ml	1/2 oz
6 tsp	2 tbsp	1/8 cup	30 ml	1 oz
12 tsp	4 tbsp	1/4 cup	59 ml	2 oz
15 tsp		1/3 cup	79 ml	
24 tsp	8 tbsp	1/2 cup	118 ml	4 oz
30 tsp		2/3 cup	158 ml	
36 tsp	12 tbsp	3/4 cup	177 ml	6 oz
48 tsp	16 tbsp	1 cup	237 ml	8 oz

1/2 pinch = 1/8 teaspoon
 3 teaspoons = 1 tablespoon
 4 tablespoons = 1 cup
 2 cups = 1 pint
 2 pints = 1 quart
 4 quarts = 1 gallon

MEAT TEMPERATURE GUIDE

beef @ 140 degrees = rare
 beef @ 160 degrees = medium
 beef @ 170 degrees = well done
 ground pork @ 160 degrees = safe
 pork roast @ 165 degrees = safe
 chicken @ 180 degrees = safe
 turkey @ 180 degrees = safe

Appetizers & Snacks

Recipes

3 Color Options