

My Kitchen CHEAT SHEET



EMERGENCY INGREDIENT SUBSTITUTIONS

INGREDIENT	QTY.	SUBSTITUTE
Baking powder	1 tsp	1/4 tsp baking soda + 5/8 tsp cream of tartar
Baking soda	1 tsp	3 tsp baking powder
Bread crumbs	1 cup	3/4 cup cracker crumbs
Brown sugar	1 cup	1 cup Sugar + 1 tbsp molasses
Butter	1 cup	1 cup mashed banana or avocado
Buttermilk	1 cup	1/2 cup applesauce
Cake flour	1 cup	1 cup all purpose flour minus 2 tbsp (sift)
Cornstarch	1 tbsp	1 tbsp instant mashed potatoes
Cream	1 cup	1 cup milk + 1 tbsp butter
Cream of tartar	1/4 tsp	1/4 tsp lemon juice / 1/4 tsp white vinegar
Eggs	1	1/2 banana or 1/4 applesauce
Fresh herbs	1 tbsp	1 tsp dried herbs
Mayo	1 cup	1 cup Yogurt
Milk	1 cup	1/2 cup evaporated milk + 1/2 cup water
Oil	1/2 cup	1/2 cup applesauce
Red wine	1 cup	1 cup beef stock
Self-rising flour	1 cup	1 cup flour + 2 tsp b. powder + 1/4 tsp b. soda
Sour cream	1 cup	1 cup plain yogurt
Soy sauce	1 tbsp	1 tbsp Tamari or coconut aminos
Tomato sauce	1 cup	1/2 cu tomato paste + 1/2 cup water
Vinegar	1/2 tsp	1 tsp lemon juice
White wine	1 cup	1 cup chicken stock

GRAIN RATIOS AND COOKING TIMES

GRAIN	STOVE TOP RATIO		INSTANT POT	
	LIQUID:GRAIN		RATIO:	COOK TIME
Brown/wild rice	2:1	60 min	1.25:1	22 min / 10 min NPR
Couscous	1.25:1	8 min	2:1	2 min / 5 min NPR
Quinoa	2:1	20 min	1:1	1 min / 10 min NPR
Rolled oats	2:1	5 min	2:1	4 min NPR
Steel cut oats	2:1	25 min	3:1	20 min / 10 min NPR
White rice	2:1	20 min	1:1	3 min / 10 min NPR

SLOW COOKER AND INSTANT POT CONVERSIONS

SLOW COOKER		INSTANT POT	OVEN
LOW	HIGH	HIGH PRESSURE	325F
10 hours	4 1/2 hours	40 min	2 1/2 hours
8 hours	4 hours	30 min	2 hours
6 hours	2 1/2 hours	18 min	2 hours
4 hours	1 1/2 hours	12 min	1 1/2 hours

LIQUID MEASURES

1 Gal= 4 qt= 8pt=16 cups= 128 fl oz
1/4 Gal= 1 qt= 2pt=4 cups= 32 fl oz
1/2 qt= 1 pt= 2 cups= 16 fl oz
1 cup= 1/2 pt= 8 fl oz
1/2 cup= 4 fl oz= 8 tbsp
1/3 cup= 5 1/2 tbsp= 2 2/3 fl oz
1/4 cup= 4 tbsp= 2 fl oz

DRY MEASURES

1 cup= 16 tbsp = 48 tsp
3/4 cup= 12 tbsp = 36 tsp
2/3 cup= 10 1/2 tbsp = 32 tsp
1/2 cup= 8 tbsp = 24 tsp
1/3 cup= 5 1/2 tbsp = 16 tsp
1/4 cup= 4 tbsp = 12 tsp
1/8 cup= 2 tbsp = 2 tsp
1 tbsp= 3 tsp

MEAT TEMPS

BEEF

Rare	120-125F
Medium rare	130-135F
Medium	140-145F
Medium well	150-155F
Well done	160-165F
Ground	155F

PORK

Medium	140-145F
Medium Well	150-155F
Well Done	160-165F
Ground	155F

POULTRY

All types	165F
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