



# SUBSTITUTING INGREDIENTS

## An A·TO·Z KITCHEN REFERENCE

BECKY SUE EPSTEIN  
HILARY DOLE KLEIN  
— SECOND EDITION —

WHAT TO USE WHEN YOU'RE  
OUT OF WHAT  
YOU NEED

# Substituting Ingredients An A To Z Kitchen Reference

**Katrin Zwirgmaier**



## **Substituting Ingredients An A To Z Kitchen Reference:**

**Substituting Ingredients** Becky Sue Epstein, 2010-06-01 A must have guide to substituting ingredients for cooking and baking with over 1 000 easy to find healthy and cheap substitutions to save you money and time This comprehensive guide is a treasure trove for all aspiring and seasoned chefs providing an extensive range of ingredient substitutes that will transform your cooking game Whether you re facing a pantry shortage dietary restrictions time constraints or budget limitations you ll find the perfect alternative to ensure your recipes are a resounding success Each substitution is accompanied by detailed explanations ensuring you understand the flavor profiles textures and proportions needed for seamless ingredient swaps Key features include Comprehensive coverage of herbs spices proteins grains and dairy products Detailed explanations and proportions for each substitution Enhance your culinary repertoire without compromising taste or quality Ideal for both professional chefs and home cooks alike Inspire creativity and experimentation in the kitchen Written in a user friendly A to Z format for easy reference Designed to save you time and money **Substituting Ingredients** empowers you to experiment and create with confidence Unleash your creativity in the kitchen knowing you have a trusted resource by your side to navigate any unexpected ingredient substitutions seamlessly With this paperback on the shelf there s no need for mad midrecipe dashes to the grocery store Bon App tit

*Substituting Ingredients* Becky Sue Epstein, Hilary Dole Klein, 1992 Lists some 350 basic ingredients that may be substituted successfully in recipes Annotation copyrighted by Book News Inc Portland OR

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*Substituting Ingredients* Becky Epstein, 1986 , **Gluten-Free Eating** Elizabeth King Humphrey, Jeanette Hurt, 2014-01-07 Celiac disease gluten sensitivity and general health and well being are all reasons millions of people are going gluten free While gluten free packaged foods and restaurant meals have emerged

sorting through this diet and related health issues have only become more challenging *Idiot's Guides Gluten Free Eating* provides an easy to understand explanation of the varying degrees of gluten intolerance a detailed list of gluten containing foods including those with hidden gluten more than fifty tasty recipes plus a thorough shopping list of foods that are naturally gluten free Also included are expert tips on avoiding gluten while dining out and helping kids avoid the gluten that is prevalent in the foods they like the most *The Cumulative Book Index*, 1992 A world list of books in the English language *Forthcoming Books* Rose Arny, 1996-10 **The Miso Book** John Belleme, Jan Belleme, 2012-07-11 For centuries the preparation of miso has been considered an art form in Japan Through a time honored process soybeans and grains are transformed into this wondrous food which is both a flavorful addition to a variety of dishes and a powerful medicinal Scientific research has supported miso's use as an effective therapeutic aid in the prevention and treatment of a range of disorders Part One of this guide begins with miso basics its types and uses A chapter called Miso Medicine then details this superfood's healing properties and role in maintaining good health Easy directions for making miso at home are also found in Part One Then Part Two presents over 140 healthy recipes in which miso is used in dips spreads soups and much more Whether you are in search of healthful foods or you simply want a delicious new take on old favorites *The Miso Book* may be just what the doctor ordered **American Book Publishing Record**, 1996 *Paperbound Books in Print*, 1991 *American Bookseller*, 1991 **Subject Guide to Children's Books in Print 1997** Bowker Editorial Staff, R R Bowker Publishing, 1996-09 *Reference Books Bulletin*, 1997 *History of Soy Yogurt, Soy Acidophilus Milk and Other Cultured Soymilks (1918-2012)* William Shurtleff, Akiko Aoyagi, 2012 *Gardeners' Chronicle and Agricultural Gazette*, 1842 *Subject Guide to Books in Print*, 1975 **Substituting Ingredients** Becky Sue Epstein, Hilary Dole Klein, 1986 *History of Soy Sauce (160 CE To 2012)* William Shurtleff, Akiko Aoyagi, 2012 **La bible des substitutions** David Joachim, 2024-09-04 Il vous est sûrement déjà arrivé après avoir commencé une recette de vous rendre compte que vous n'aviez pas un ingrédient ou que vous ne possédez pas l'ustensile demandé Ou peut-être avez-vous tout simplement envie de twister un peu certaines recettes que vous avez déjà préparées 1000 fois La réponse ces problèmes est simple remplacer changer substituer Et tous les remplacements possibles et imaginables ou presque sont exposés dans ce livre Substitutions d'urgence ou pour gagner du temps alternatives saines ou aux ingrédients difficiles trouver versions végétales et casher idées pour varier la saveur d'un plat d'innombrables façons tous les casse-têtes culinaires qui peuvent se présenter vous trouvent leur solution entre ces pages La Bible des substitutions c'est près de 200 recettes 8 000 substitutions d'ingrédients et presque autant de conseils et d'astuces pour ne plus jamais se retrouver coincé en cuisine L'ouvrage est illustré simple utiliser et classé alphabétique

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