

“The Wooden Spoon”

*A cooking school dedicated to providing instruction on using
basic food commodities.*

Section 6

Seasonings

***WEST JORDAN UTAH
HERITAGE STAKE***

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SALT, OIL AND SEASONINGS

Seasonings and spices are especially important when it comes to basic food storage. Items in this category might include iodized salt, dry yeast, baking soda, baking powder, vinegar, bouillon, herbs, spices, and seasoning mixes. Using flavorings your family enjoys could make the difference between stark and satisfying eating.

Salt and Seasonings

Salt, used as a preservative and a seasoning, comes unrefined, refined and iodized. It comes in fine, medium and coarse grinds. Coarse salt is preferred for sprinkling on pretzels and corn on the cob, as it doesn't dissolve as readily.

Iodized salt has a small amount of iodine added to it to prevent thyroxin, which is responsible for maintaining a person's metabolic rate. Since iodine is present in products from the sea, or vegetables grown in soil that used to be under the sea, some people living inland developed endemic goiter, a disease of the thyroid gland that results from iodine deficiency. It is recommended that an adult consume 150 micrograms of iodine a day. Iodine content varies widely in foods, as the following examples demonstrate:

Cottage cheese, ½ cup	26 – 71 micrograms
Shrimp, 3 oz.	21 – 37 micrograms
Cheddar cheese, 1 oz.	5 – 23 micrograms

The use of iodized salt is a good way to maintain a healthy thyroid. If iodized salt is used in pickling, however, the brine will be cloudy.

Sea Salt is an unrefined salt which includes vital trace minerals.

Rock Salt is used in ice cream makers

Kosher Salt is a coarser grind with irregular crystals. It has a brighter flavor and texture.

Pickling Salt is fine grained with no additives

Seasoned Salt is fine grained with added spices

Beef, Chicken or Ham bouillon granules add flavor to cooked grains.

Soy Sauce enhances fried wheat or rice with an oriental flavor

Legumes taste better with seasonings like chili powder, cumin, curry powder, poultry seasoning, and celery, garlic and onion salts.

Sweet spices to have on hand would include cinnamon, nutmeg, cloves, ginger and allspice. Cocoa, hot chocolate mix and vitamin rich Fruit Drink Mix are also good to store along with vanilla, almond, lemon or maple flavorings.

Oil

Dietary fat carries fat soluble vitamins from food into the body to help maintain healthy skin and hair, protect vital organs, and keep the body insulated. Unsaturated fats are the healthiest means for accomplishing this.

Healthy, Unsaturated Fats

Monounsaturated fat remains liquid at room temperature but may begin to solidify if refrigerated. Avocados and most nuts also have high amounts of monounsaturated fat. These fats include:

- olive oil
- peanut oil
- canola oil

Polyunsaturated fat is liquid at room temperature and when refrigerated. Some polyunsaturated fats are:

- vegetable oil
- safflower oil
- corn oil
- soy oil
- sunflower oil
- cottonseed oil

Omega-3 fatty acids are polyunsaturated fats found mostly in seafood as well as flaxseeds, flax oil and walnuts. Omega-3 fatty acids appear to decrease the risk of coronary artery disease.

Less Desirable Fats

Saturated fat is usually solid at room temperature. It is found in:

- animal fats
- coconut oil
- palm oil
- tropical oils
- Trans fat is the result of adding hydrogen to vegetable oil. This has a longer shelf life and is commonly called shortening. Look for the words "partially hydrogenated oil" to detect trans fats.

To increase good fats and decrease bad fats:

- Use canola oil when baking
- Use olive oil instead of butter when sautéing
- Use olive rather than vegetable oil in salad dressings.
- Put slices of avocado on sandwiches rather than cheese.

Storing Fats and Oils

- * Exposure to oxygen, light and heat are the greatest factors to rancidity. Transparent glass and plastic containers should be stored in the dark, such as in a box. They should be stored at as cool a temperature as possible and rotated as fast as is practical. Oils and fats with preservatives added by the manufacturer will have a greater shelf life than those without them.
- * Cooking oils have a shelf life of about a year or two. Once opened, refrigerate cooking fats. If it turns cloudy or solid, the fat is still perfectly usable and will return to its normal liquid, clear state after it has warmed to room temperature. Left at room temperatures, opened bottles of cooking oils can begin to become rancid in anywhere from a week to a couple of months.
- * The culinary fat with the most shelf life as it comes from the store is hydrogenated shortening. Solid shortening is usually composed of partially hydrogenated vegetable oils, but there are some that also contain animal fats.

Herbs

Basil is an annual plant in climates with temperatures below freezing.

Chives are long, grassy stalks that produce an edible lavender ball-like flower each spring.

Cilantro is a member of the parsley family. It is sometimes called Coriander.

Lavender can be used to cook with in small quantities. Experiment with it.

Mint will quickly take over whatever space it is allowed and should be planted in a controlled area.

Parsley has a two-year life cycle. In its second year the leaves are tougher.

Rosemary usually doesn't survive the winter in colder climates.

Sage is a perennial that is easy to grow.

Thyme is a woody, evergreen perennial that is easy to grow. It is great with meats, soups. Mixed with peppermint, rosemary and eucalyptus, it makes a soothing steam.

Sweet violets, calendula, and nasturtium are edible flowers that can add color to a salad or dessert.

Harvest herbs in summer either before or during flowering. Herbs should be stored in an airtight container in a cool, dark, dry place.

Drying herbs upside down encourages the essential oils to run from the stem into the leaves.

Freezing garden herbs will preserve their fresh flavor for months. Frozen herbs can be used in the same proportion as fresh herbs.

To Freeze Fresh Herbs:

Method 1:

1. Harvest the freshest, healthiest leaves.
2. Wash and pat dry with paper towels.
3. Spread the individual leaves on a small tray or cookie sheet. Freezing the leaves flat and individually will prevent them from freezing together into a brick.
4. Cover and place the tray of leaves into the freezer.
5. When frozen solid, place in airtight containers and return to the freezer. Once frozen individually, the leaves will not meld together.

Method 2:

1. Harvest the freshest, healthiest leaves.
2. Wash and pat dry with paper towels.
3. Stuff 2-3 individual leaves in ice cube trays. Pack them in so that at least half the cube is herb leaves.
4. Fill the tray with water. Make sure the leaves are down into the water, and place in the freezer.
5. When the ice cubes are frozen, remove from the tray and store in zip closure bags.
6. When ready to use, toss the whole ice cube into your favorite stew or dish.

Good Recipe source allrecipes.com

Bread Sticks (2-3 jellyroll pans)

6 c water

1 c oil

1 c honey or sugar (can reduce sugar to 1/2 c for less sweet breadsticks)

2 1/2 TBS salt

2 1/2 TBS yeast

15-20 cups flour (1/2 white 1/2 wheat)

Mix 1/2 flour with water to soak for 10 minutes

Gradually add the rest of the ingredients. Roll out in jellyroll pan. Score with pizza cutter. Brush with butter. Sprinkle with salt & sugar. Raise til double. Bake at 350° 20-23 minutes

TACOS DINNER IN A BAG

Bag the following:

- 1 14 oz. can diced tomatoes with cilantro and lime
- 2 14 oz. cans ground beef
- 1 packet taco seasoning mix
- 1 box taco shells

Taco Seasoning Mix

- | | |
|---------------------|--------------------------|
| 2 tsp. dried onions | ½ tsp crushed red pepper |
| 1 tsp. salt | ½ tsp. garlic powder |
| 1 tsp. chili powder | ½ tsp. corn starch |
| ½ tsp ground cumin | ¼ tsp. dried oregano |

Mix together tomatoes, ground beef and seasoning packets. Serve in taco shells with lettuce, tomatoes and cheese.

DRY ONION SOUP MIX

- | | |
|-----------------------------|---------------------|
| 2 T. Beef bouillon granules | ½ tsp. onion powder |
| 4 tsp. dried onions | |

Mix together to make 1 envelope dry onion soup mix.

Note: If made in bulk, approximately 3 ½ tablespoons equal one envelope of dry soup mix.

SAVORY ROASTED RED POTATOES

- 2 pounds red potatoes
- 1/3 cup olive oil
- 1 package dry onion soup mix

Scrub potatoes, cut into chunks and place in 9 x 13 broiling pan. Drizzle with olive oil, then sprinkle with soup mix. Bake at 425 degrees for 30 minutes, stirring occasionally to ensure even browning, or until potatoes are soft and golden brown.

MAYONNAISE

1 fresh egg (no cracks)	1 tsp. sugar
1/3 cup canola oil	1/2 tsp. dry mustard
2 T. cider vinegar	1/2 tsp. salt
2/3 cup canola oil	

Blend the first six ingredients in a blender for 10 seconds, then add the 2/3 cup canola oil in a thin, steady stream with the blender running. After all oil is added, run the blender only until the mixture is thick and smooth.

HERBED MAYONNAISE

1 cup mayonnaise	1/4 cup chopped green onion
1 cup fresh grated parmesan cheese	paprika
chopped fresh parsley	

Stir first three ingredients together and spread on French bread. Sprinkle with chopped, fresh parsley and paprika. Broil until golden brown.

BRUSCHETTA

6-8 Roma tomatoes, finely diced	1 1/2 T. olive oil
1/2 cup red onion, finely chopped	1 clove garlic, minced
1/4 cup chopped, fresh basil leaves	1/4 tsp. pepper
1/2 cup mozzarella cheese, finely cubed	1 tsp. salt
1 T. balsamic vinegar	

Mix all ingredients together. Spread on dry, crusty loaf and serve.

ROSEMARY MINT GINGER ALE

3 cups sugar
¼ - ½ cup dried rosemary
juice of three lemons

3 cups water
1 - 2 cups fresh mint
2 liters chilled ginger ale

Make a simple syrup by heating sugar and water until sugar dissolves and mixture boils. Add herbs. (Double the rosemary if using fresh) Cover and let steep until mixture cools. Strain out the herbs and refrigerate the syrup.

To mix the drink, squeeze the juice from three lemons. Add ½ - 1 cup syrup and two liters of chilled ginger ale. Garnish with mint leaves and lemon slices. May add fresh grated ginger if desired. Serve over ice.

BERRY VINAIGRETTE

1 Shallot quartered, (or 4 green onions, chopped)
1 small clove garlic (minced)
1 T. Dijon mustard
2 T. sugar
1/8 tsp. salt
dash of white pepper
½ cup white wine vinegar
½ cup blackberries (raspberries, strawberries, or blueberries)
1 ½ cup canola oil

Make the berry vinaigrette in a blender or food processor. Combine the shallot, (or green onion) garlic, mustard, sugar, salt, pepper, vinegar and berries. Process to combine the ingredients thoroughly. With the machine running, gradually add the oil in a thin, steady stream. Taste and adjust the seasonings if needed.

TARTER SAUCE

3 cucumbers – peeled, seeded, and cut into dice-size pieces
1 cup mayonnaise
1 cup sour cream
2 T. fresh dill weed or 2 tsp. dried dill weed
1 tsp. salt

Puree cucumber in a blender or food processor. Drain juice through a paper towel or cheese cloth. Combine drained cucumber pulp with mayo, sour cream, dill weed and salt. Set aside in the refrigerator for 2 hours.

CINNAMON

Cinnamon truths:

- * In Medieval Europe cinnamon was used for religious rites.
- * The cinnamon tree is a bushy, evergreen tree.
- * The cinnamon tree can grow as high as 30 feet.
- * The cinnamon tree is a member of the Laurel family, it is native to Sri Lanka, the Malabar Coast of India and Burma. It is cultivated in South America and The West Indies.
- * Cinnamon oil is used in food, liqueur, perfume and drugs.
- * Cinnamon was once more valuable than gold.
- * Cinnamon oil is made from the fruit, leaves and roots of the cinnamon tree.
- * Cinnamon was the most profitable spice for trade to the Dutch East India Company.
- * In ancient Egypt cinnamon was used for embalming and witchcraft.
- * Cinnamon comes from the dried inner bark of the cinnamon tree (*Cinnamomum Zeylanicum*).

Cinnamon Toast Roll-Ups

1/4 cup sugar
2 tsp. cinnamon
12 slices white bread, crusts removed
1/2 stick butter, melted

Mix cinnamon and sugar in small bowl. Roll bread slices flat between sheets of waxed paper. Brush both sides of bread with butter. Sprinkle 1 tsp. of cinnamon sugar mixture on one side of the bread. Roll bread tightly. Slice the edges in a diagonal to make a clean edge. Place seam side down on sprayed baking sheet. Bake 15 minutes at 350 until lightly browned. Makes 12.

Cinnamon Sugar

Mix 1 cup sugar and 2 tsp. cinnamon (or to your taste). Keep in a shaker and use to sprinkle on oatmeal, ice cream, fresh fruit, cookies before baking, pancakes, waffles, baked sweet potatoes, custard, and have on hand for cinnamon toast.

Cinnamon Sugar Chips

Flour tortillas
Melted butter
Cinnamon sugar mix

Brush one side of tortilla with melted butter. Sprinkle cinnamon mix onto butter. Cut tortilla into wedges. Place on sprayed baking sheet. Bake 10-12 minutes at 325. Cool completely and store in airtight containers.

You can also deep fry tortilla wedges and sprinkle them with cinnamon and sugar. Serve warm.

Add cinnamon to:

Eggnog, rice pudding, cranberry juice, chicken before baking, honey, chocolate cake batter, curry, hot chocolate, apple pie.

HERBAL MIXES

Parmesan Herb Mix

- | | |
|--------------------------------|-------------------------------|
| 1/4 cup grated Parmesan cheese | 1/2 tsp. dried oregano leaves |
| 2 Tb. dried parsley flakes | 1/2 tsp. dried basil leaves |
| 2 tsp. dried minced onion | 1/2 tsp. dried thyme leaves |
| 2 tsp. sugar | 1/2 tsp. garlic powder |
| 1/4 tsp. coarse pepper | |

1. Place ingredients in small bowl and blend with whisk.
2. Divide equally between 2 suitable mix containers (approx. 3 Tb. each). If keeping for yourself leave mix in one container.
3. This mix keeps 60 days. *In fridge*

Parmesan Herb Dip

- | | |
|------------------|--------------------|
| 1 cup sour cream | 3 Tb. Parmesan mix |
| 1 cup mayonnaise | |

1. Blend sour cream and mayo in medium bowl.
2. Add Parmesan Herb mix and blend well. Refrigerate.
Serve with chips or raw vegetables. Much better if made 8 hours ahead or the day before.
*Can use fat free sour cream and mayo.

Parmesan Herb Sprinkle for Vegetables

Place Parmesan Herb Mix in a shaker. Keep on hand to sprinkle over hot buttered vegetables.

Creamy Parmesan Herb Salad Dressing

- | | |
|--------------------|-------------------------|
| 1/2 cup mayonnaise | 2 Tb. Parmesan Herb Mix |
| 1/2 cup buttermilk | 1/4 tsp. coarse pepper |

Place ingredients in medium bowl and blend with whisk. Refrigerate 30 minutes or longer before serving. Serve over green salad.

Parmesan Herb Mashed Potatoes

Sprinkle Parmesan Herb Mix (to taste) into hot buttered mashed potatoes. Taste and add more herb mix and a little salt if desired.

Parmesan Herb Salad Dressing

- | | |
|--------------------------------|-------------------------|
| 1/2 cup good quality olive oil | 3 Tb. Parmesan Herb Mix |
| 1/4 cup cider vinegar | |

Place all ingredients in container with lid. Shake to mix well. Serve over green salad.

Mexican Fiesta Mix

3 Tb. chili powder	1 tsp. dried cilantro leaves
2 Tb. dried parsley flakes	1/2 tsp. cayenne pepper
3 tsp. sugar	1/2 tsp. coarse black pepper
2 tsp. garlic powder	1/2 tsp. salt
1 tsp. onion powder	

Place ingredients in small bowl and blend with whisk. Divide equally (approx. 2 Tb. each) among 3 suitable mix containers. If keeping for yourself leave in one container.

Mexican Fiesta Dip

1 cup sour cream	2 Tb. Mexican Mix
1 cup mayonnaise	

Blend sour cream and mayo in medium bowl. Add Mexican Mix and blend well. Refrigerate. Serve with chips or raw vegetables. Much better if made 8 hours ahead or the day before.

*Can use fat free sour cream and mayo.

Mexican Fiesta Baked Beans

2 (16 oz.) cans pork and beans, drained	2 Tb. sugar
2 Tb. Mexican Fiesta Mix	1/3 cup catsup
1 1/2 Tb. mustard	1/2 cup chopped onions, (opt.)

Place all ingredients in large bowl and mix well. Place in small baking dish. Bake at 375 degrees for 30 to 45 minutes until thoroughly heated. Serves 4.

Mexican Fiesta Pimento Cheese

Add 1 to 1 1/2 tsp. Mexican Fiesta Mix to each cup of prepared pimento cheese spread.

Mexican Fiesta Steak Seasoning

Sprinkle Mexican Fiesta Mix lightly over both sides of steak before broiling or grilling.

Mexican Fiesta Meat Loaf

Add 3 Tb. Mexican Fiesta Mix to each pound of meat in your favorite meat loaf recipe.

Simmering Peppercorns

1/4 Whole Cloves

2 to 3 Cinnamon Sticks

2 Orange slices

2 Lemon wedges

Garden Dill Mix

4 tsp. dried parsley flakes	2 tsp. dried dill weed
1 tsp. salt free seasoning (such as Mrs. Dash, Grandma's, or Lawry's Salt-Free seasoning)	1 tsp. sugar
	1/8 tsp. salt

Place ingredients in small bowl and blend with whisk. Place in suitable mix container.

*Don't make more than one recipe at a time. Some ingredients will settle to the bottom and won't be divided into each container. Repeat the recipe several times, putting each recipe into its own container.

Garden Dill Dip

1 cup sour cream	1 container Garden Dill Mix
1 cup mayonnaise	

Blend sour cream and mayo in medium bowl. Add Garden Dill Mix and blend well. Refrigerate. Best if made 8 hours ahead or the day before. Serve with chips or raw vegetables.

*Can use fat free sour cream and mayo.

Garden Dill Pasta Salad

Add 1 to 2 Tb. Garden Dill Mix to prepared pasta salads.

Garden Dill Tuna Salad

Add Garden Dill Mix to your favorite tuna salad recipe. To a tuna salad made with one 6 oz. can of tuna, add 2 Tb. Garden Dill Mix. Taste and add salt if desired. Increase the amount of Garden Dill Mix proportionately to amount of tuna used.

Garden Dill Sprinkle for Vegetables

Place Garden Dill Mix in a shaker. Keep on hand to sprinkle over hot buttered vegetables.

Garden Dill Potato Salad

Add 1 1/2 tsp. Garden Dill Mix to each cup of prepared potato salad. (Don't use a mustard potato salad - the mustard will overpower the dill).

RYE BREAD

You may use caraway seeds and allspice to make an unusual spicy rye bread or omit them for a good conventional bread. Caraway is what gives rye bread its unique flavor. You may use it with or without the allspice.

1 package yeast (1 Tb.)
2 cups rye flour
2 cups bread or all purpose flour
2 Tb. dry nonfat milk powder
1 Tb. sugar
1 tsp. salt
1 Tb. honey
1 Tb. butter (Use ingredients at room temperature.)
1 tsp. ground allspice, (opt.)
1 Tb. caraway seeds (opt.)
1 1/2 cups warm water

Mix all ingredients together. Knead for 8-10 minutes. Turn into a lightly greased bowl. Cover. Let rise until doubled. Turn out on *slightly* floured surface. Divide into 2 loaves and place in loaf pans. Cover with plastic wrap and let rise until doubled. Bake in preheated oven at 350 degrees for approx. 45 minutes.

Fine Herbs Mix

Perfect in omelets, scrambled eggs, and to perk up dressings and sauces.

3 Tb. dried leaf thyme	3 Tb. dried grated lemon peel
3 Tb. dried leaf basil	3 Tb. dried leaf marjoram
3 Tb. dried leaf savory	3 Tb. dried rubbed sage

In a small bowl, blend all ingredients. Spoon into a screw-top jar. Cover tightly and store in a cool dry place. Makes about 1 cup.

Chinese Five-Spice Seasoning

Use sparingly to flavor chicken dishes; also goes well with pork and fish.

1/4 cup ground ginger	1 Tb. crushed anise seeds
2 Tb. ground cinnamon	1 1/2 tsp. ground cloves
1 Tb. ground allspice	

In a screw-top jar, combine all ingredients. Cover tightly and shake well. Store in a cool dry place. Makes about 1/2 cup.

BAKING SPICE MIX

Combine:

- 8 Tbsp. cinnamon
- 2 Tbsp. nutmeg
- 1 Tbsp. allspice
- 1 tsp. cloves (opt.)

MINI-MIX

Combine:

- 1 tsp. cinnamon
- 1/4 tsp. nutmeg
- 1/8 tsp. allspice
- pinch of cloves (opt.)

SEASONING SALT MIX

Combine:

- 2 cups salt
- 3/4 cup sugar
- 1/4 cup dehydrated cheese
- 1/4 cup taco seasoning
- 3 Tbsp. onion powder
- 1 Tbsp. garlic powder
- 1 Tbsp. thyme
- 1 Tbsp. paprika

MINI-MIX

Combine:

- 1/2 cup salt
- 3 Tbsp. sugar
- 1 Tbsp. dehydrated cheese
- 1 Tbsp. taco seasoning
- 2 tsp. onion powder
- 1 tsp. garlic powder
- 1 tsp. thyme
- 1 tsp. paprika

ITALIAN SPICE MIX

Combine:

- 1/4 cup crushed basil leaf
- 1/4 ground oregano
- 2 Tbsp. garlic powder
- 1/2 cup parsley

MINI-MIX

Combine:

- 1/8 tsp. crushed basil leaf
- 1/8 tsp. ground oregano
- 1/16 tsp. garlic powder
- 1/4 tsp. parsley

RANCH DRESSING MIX

Combine:

- 1 cup powdered milk or powder buttermilk
- 6 Tbsp. onion powder
- 3 Tbsp. garlic powder
- 3 Tbsp. parsley, crushed
- 1 1/2 Tbsp. beef bouillon (soup base)
- 1 1/2 Tbsp. chicken bouillon (soup base)
- 1 1/2 Tbsp. black pepper
- 1 1/2 Tbsp. celery seed
- 1 1/2 Tbsp. dehydrated cheese

MINI-MIX

Combine:

- 2 1/2 Tbsp. powdered milk or powdered buttermilk
- 1 Tbsp. onion powder
- 1 1/2 tsp. garlic powder
- 1 1/2 tsp. crushed parsley
- 1 tsp. beef bouillon
- 1 tsp. chicken bouillon
- 1 tsp. black pepper
- 1 tsp. celery seed
- 1 tsp. dehydrated cheese

RANCH DRESSING

Combine:

- 1 cup fat-free sour cream
- 1-2 Tbsp. skim milk
- 1-2 Tbsp. vinegar
- 3 Tbsp. Ranch Dressing Mix (above)

HERB FOCACCIA BREAD

Fun to do with children, this crusty on the outside and chewy on the inside, focaccia makes any sandwich *delizioso!*

2 cups lukewarm water
1 tsp. sugar
1 packet active dry yeast (3 Tb.)
1 1/2 tsp. salt
4 1/2 to 5 cups unbleached flour
5 Tb. (for dough) plus 1/3 cup (for drizzle) olive oil
Cornmeal, for dusting
2 cloves garlic, minced
1 1/2 Tb. chopped fresh rosemary
2 tsp. fresh thyme leaves
Coarse salt (opt.)

Step 1: Pour the water into a large mixing bowl and stir in the sugar. Sprinkle the yeast over the water and set it aside for 5 minutes to dissolve. Note: If the yeast doesn't begin to bubble within 5 minutes, repeat the process with fresh ingredients.

Step 2: Add the salt, 3 cups of the flour, and 2 tablespoons of the olive oil to the yeast mixture and beat the ingredients with a wooden spoon for 100 strokes. Set the dough mixture aside for 10 minutes.

Step 3: Add the remaining flour about 1/4 cup at a time, beating well after each addition. When the dough is too stiff to be stirred, turn it out onto a well floured surface. Using floured hands, knead the dough for 8 to 10 minutes, using more flour as necessary to keep the dough from sticking.

Step 4: Pour 1 tablespoon of the olive oil into the bottom of a large mixing bowl, roll the dough around in the oil to coat it, and cover the bowl with plastic wrap. Set the dough aside in a warm spot until it doubles in size, about 1 hour.

Step 5: when the dough has doubled in size, punch it down and turn it out onto a floured surface. Knead it for 1 minute then cut the dough in half and knead each half into a rectangle. Flatten each one and set them aside on a floured surface to rest for 10 minutes.

Step 6: While the dough is resting, lightly oil a large baking sheet, then sprinkle on a light coating of cornmeal.

Step 7: Transfer the dough to the baking sheet. Press and stretch it into oblong shapes, about 1/2 to 3/4 inch thick, leaving 2 inches between the loaves. Brush the tops of the loaves with 2 tablespoons of the olive oil. Set the dough aside to rise for 15 minutes. Heat the oven to 400 degrees.

Step 8: In a measuring cup, combine the 1/3 cup of olive oil with the garlic, rosemary, and thyme, and stir.

Step 9: Dimple the loaves with your fingertips, then spoon the oil and herb mixture over them, dividing it evenly. Sprinkle the loaves lightly with coarse salt, if you like.

Step 10: Bake the focaccia on the center oven rack until the tops are golden brown, 22 to 25 minutes. Transfer the loaves to a wire rack. To slice them for sandwiches, cut each loaf into quarters, then slice the pieces horizontally. Makes enough bread for 8 sandwiches.

Thick or thin slices? The free-form focaccia is a flat loaf that produces thin slices for sandwiches. For a taller loaf that offers thicker slices, bake the recipe in two 9-inch round cake pans, adding 3 to 5 minutes to the baking time.

Apr 1-06

USU 070

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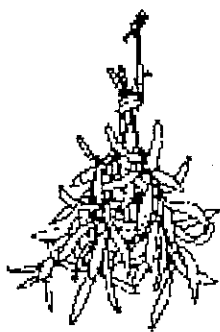
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HERBS AND SPICES

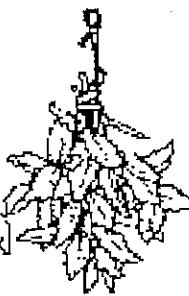
To Give Flavor To Your Foods



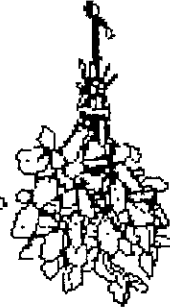
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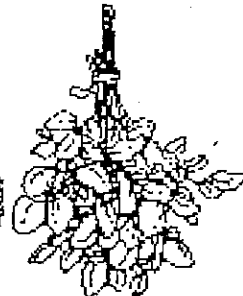
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HOW TO USE SPICES

The term "spice" or "spices" is often used in a general sense to mean any aromatic flavoring material of vegetable origin, and is often used in a more specific sense, together with the terms "herb," "seed" and "condiment" as defined below.

Spices: Aromatic natural products which are the dried seeds, buds, fruit or flower parts, bark or roots of plants, usually of tropical origin.

Herbs: Aromatic leaves and sometimes the flowers of plants, usually of temperate origin.

Seeds: Aromatic, dried, small, whole fruits or seeds, usually of temperate origin.

Blend: A mixture of spices, herbs, seeds or other flavoring materials either ground or whole.

Condiment: Any spice, herb or seed; but more frequently a pungent, prepared mixture of seasonings sometimes in liquid form. Condiments in many forms may be served as an accompaniment to foods.

Tastes differ greatly; therefore, it is very difficult to give exacting and precise directions for seasoning. What may taste good to one person may be too strong to another. The seasoning of food must vary to suit the tastes of those whom you are serving. Seasonings lose their flavor if stored for long periods.

USING FRESH HERBS

Gather fresh herbs from your garden as you need them; wash in cold water when you bring them in and discard any bad leaves. Keep garden or produce-market herbs crisp for several days by storing them in sealed plastic bags in the refrigerator. Mince or chop amounts as you need them.

PRESERVING FRESH HERBS

Drying is the most common way to preserve fresh herbs. To "hang dry", tie the ends of the stems of one type of herb together with a string and hang upside down in a place that is warm, dry, and away from direct sunlight. Hang them where air can circulate all around. If the area is dusty, place the bunch in a paper bag that has been perforated all around for air circulation; tie the bag around the stems. This is a good method for drying seed heads, since the seeds are caught in the bottom of the bag as they fall.

If you need to **dry herbs in a hurry**, spread the leaves on a cheesecloth covered rack in the oven at its **lowest** temperature. Leave the oven door open and stir the leaves until they are crisp; this will only take a few minutes.

To use dried herbs, break them up finely to release their stored flavor. You can simply pulverize them between your fingers as you add them to a dish. Since oils become concentrated in the drying process, it usually takes less of the dried herb in a recipe than it does the fresh herb. The general rule of thumb is:

¼ teaspoon **DRIED, FINELY POWDERED** herb =
¾ to 1 teaspoon **DRIED, LOOSELY CRUMBLLED** herb
½ to 2 teaspoons **FRESH, CHOPPED** herb

Freezing herbs is recommended for basil, fennel, tarragon, chives, dill and parsley. Simply tie a small bundle of the herb together and dip it head first into boiling water for a few seconds. Cool immediately by plunging into ice water for a few minutes. The blanching isn't necessary for basil, chives, and dill. Remove leaves from the stems and put into freezer containers and freeze. To use frozen herbs, remove only the amount you'll be using. Add frozen to foods that are to be cooked, or let thaw before adding to cold foods.

STORING PRESERVED HERBS

To retain their flavor, **dried herbs** should be kept as whole as possible and stored in airtight containers **AWAY FROM HEAT, MOISTURE, AND LIGHT**. When stored in a cool place, leafy herbs can expect to retain freshness for a year. Commercially available herbs and spices will last six months or slightly longer in a cool place before beginning to lose their flavors.

Frozen herbs are best used within a year. Once they have been thawed, they cannot be refrozen.

USING SEASONINGS

Seasonings are used in small quantities and tend to lose strength so should be replenished within one year. Label and date your containers and store in cool, dark area. Add spices to your taste.

COMMON COMBINATIONS

Four Spices or Spice Parisienne = 1 teaspoon each cloves, nutmeg, ginger, and 1 tablespoon cinnamon.

Five Spices Powder = equal amounts of ground star anise, fennel, black pepper, cloves, and cinnamon. This is also available in oriental markets already prepared.

Italian Seasoning = 3 parts oregano, 2 parts basil, 1 part thyme, garlic powder to taste.

SPICE COMPATIBILITY CHART

NAME	DESCRIPTION	COMPATIBLE WITH
Allspice (spice)	Whole or ground <u>Color</u> : dried brown, pea-sized berries <u>Flavor</u> : spicy-sweet, mild, pleasant	Fruit compote, preserves, baked bananas, all cranberry dishes; spice cake, molasses cookies; spiced wine; beets, spinach, squash, turnips, red cabbage, carrots; green pea soup*; meat loaf, hamburgers, beef stew, baked ham, lamb, meat gravies*; mincemeat; boiled fish*; pickles*, pickle relishes; tapioca pudding, chocolate pudding.
Anise (seed)	Whole and Ground <u>Color</u> : brown with tan stripes <u>Flavor</u> : sweet licorice aroma and taste	Coffee cake*, sweet breads, rolls*, cookies*; fruit compote*, stewed apples*, preserved fruits*, all fruit pie fillings*; licorice candies; sweet pickles*; beef and veal stew*; cottage cheese.
Basil (herb)	Fresh or dried leaves and stems. <u>Color</u> : light green <u>Flavor</u> : pleasant, mild, sweet, distinctive	All tomato dishes, peas, squash, string beans, potatoes, spinach, French and Russian dressing or sprinkle over salads; bean soup, pea soup, beef soup, Manhattan clam chowder; broiled lamb chops, venison, beef, lamb and veal stews, veal roasts: shrimp, shrimp creole, boiled and steamed lobster, spaghetti sauce; scrambled eggs; souffles.
Bay Leaves (herb)	Available as dried whole leaves. <u>Color</u> : light green <u>Flavor</u> : very mild, sweet, distinctive ❑ Remove from dish and discard before serving	Pickled beets, beets, boiled carrots, boiled artichokes, boiled potatoes, vegetable soup, fish chowders; lamb, beef, veal, venison, poultry, fish stews; boiled or steamed shrimp and lobster; chicken casserole, boiled chicken; pickled meats; brine for smoked meats; pot roast; boiled pork; meat gravies; marinades.

NAME	DESCRIPTION	COMPATIBLE WITH
Caraway (seed)	<u>Color</u> : dark brown with light brown stripes <u>Flavor</u> : tastes like rye bread, in fact, caraway gives rye bread its flavor	Mild cheese spreads, cream cheese, cottage cheese; bread, rolls, buns, muffins, coffee cake, cookies; cooked cabbage, cauliflower, potatoes, tomatoes, carrots, celery, onions, turnips beets, broccoli, Brussels sprouts; cooked sauerkraut, cole slaw, salads, soup, suerbraten, beef a la mode, roast pork, roast goose.
Cardamon (seed)	Whole and Ground <u>Color</u> : pod is cream colored, seeds dark brown <u>Flavor</u> : bitter-sweet, distinctive	Danish pastry, buns, coffee cake; grape jelly; custards; baked apple* fruit cup, sprinkled on chilled melon; sweet potato dishes, pumpkin pie, cookies, frozen ice cream puddings.
Cayenne (spice)	Ground <u>Color</u> : burnt orange <u>Flavor</u> : hot	Deviled eggs; clam and oyster stews, poached salmon; seafood sauces, barbecue sauce for meat and fish; tuna fish salad; cottage and cream cheeses; cooked green vegetables; Welsh rarebit, cheese souffles; pork chops, veal stew, ham croquettes.
Celery Seed (seed)	Whole <u>Color</u> : deep to light shades of brownish-green <u>Flavor</u> : bitter celery	Cream of celery soup, meat loaf, meat stews; fish chowders and stews; celery sauce, cole slaw, pickles; cabbage, turnips, braised lettuce, white potatoes, stewed tomatoes; rolls, biscuits, salty bread stuffings; eggs; salads and salad dressings.
Chili Powder (blend)	<u>Color</u> : ranges from light to dark red <u>Flavor</u> : distinctive	Mexican cookery, arroz con pollo, chili con carne; meat loaf, hamburgers, beef, pork, veal stew; shellfish, creamed seafood; boiled and scrambled eggs; cocktail sauces; Spanish rice, gravies, pepperpot soup; vegetable relishes, French dressing.
Cinnamon (spice)	Whole and ground <u>Color</u> : light brown <u>Flavor</u> : distinctive, sweet, spicy	Buns, coffee cake, muffins, spice cake, molasses cookies, butter cookies, cinnamon toast; custards, tapioca, chocolate pudding, rice pudding, fruit pies, broiled grapefruit, apples in any form, stewed fruits*, pickled fruits*, heated spiced beverages, hot cocoa and chocolate drinks; sweet gherkins; sweet potatoes, pumpkin, squash.
Cloves (spice)	Whole and ground <u>Color</u> : dark brown <u>Flavor</u> : distinctive, spicy, sweet, penetrating	Ham*, boiled tongue*, park roast*, pickled fruits*, preserved fruits*, stewed fruits*; apple, minced and pumpkin pies; beets, baked beans, candied sweet potatoes, squash; hot spiced wines, hot tea, spice cake; sweet gherkins; rice pudding, chocolate pudding; tapioca; bean soup, beef soup, cream of pea soup, cream of tomato soup.
Red Pepper (spice)	<u>Color</u> : bright red to orange <u>Flavor</u> : hot	Pizzas, sausages, Italian specialties; whenever heat and spot color are desired.

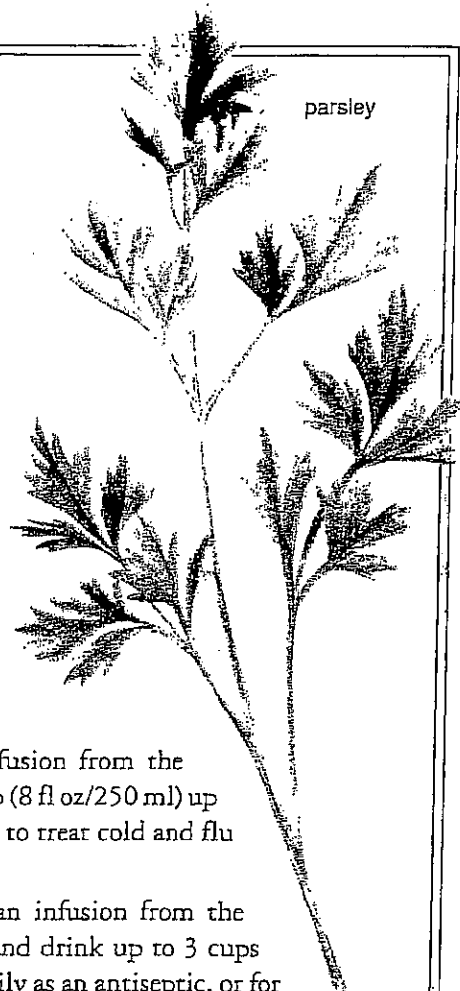
NAME	DESCRIPTION	COMPATIBLE WITH
Cumin (seed)	Ground <u>Color</u> : gold with a hint of green <u>Flavor</u> : distinctive, salty-sweet, a principal flavoring ingredient of chili powder	Deviled eggs; cream, cottage and Cheddar cheeses*; meat loaf, hamburgers, chili con carne; fruit pies; cabbage*, rice; sauerkraut; fish.
Curry Powder (blend)	<u>Color</u> : varies depending on ingredients, predominately rich gold <u>Flavor</u> : distinctive, exotic, with heat depending on blend	Eggs, deviled eggs; fish; shrimp; poultry, chicken hash; meat; vegetables, rice, scalloped tomatoes, creamed vegetables, cottage and cream cheeses; French dressing, mayonnaise, white sauce; clam and fish chowders, tomato soup, cream of mushroom soup; salted nuts; sweet pickles.
Dill (seed)	Whole and ground <u>Color</u> : dark purplish brown with tan stripes <u>Flavor</u> : similar to caraway, but milder and sweeter	Pickling*; sauerkraut; potato salad; macaroni, cottage and cream cheese; split pea soup, navy bean soup, cream of tomato soup, apple pie; broiled lamb chops, lamb stew, creamed chicken, French dressing; sour cream salad dressing; drawn butter for shellfish; spiced vinegar, peas, carrots, beets, cabbage, cauliflower, snap beans, turnips.
Fennel (seed)	Whole <u>Color</u> : light sand-colored seed with brown stripes <u>Flavor</u> : sweet licorice, mild, anise-like	Sweet pickles; boiled fish; bread, buns, coffee cake, muffins, sugar cookies, apples in any form; beef stew, squashes, roast pork.
Garlic (bulb)	Bulb <u>Color</u> : white <u>Flavor</u> : pungent	Dried bulb - paper and parched. Bulb can be separated into sections called cloves.
Garlic Powder (vegetable seasoning)	<u>Color</u> : white <u>Flavor</u> : garlic (product is result of dehydrating and grinding garlic). Contains no salt. Granulated garlic is similar product but more coarsely ground.	Wherever garlic is used.
Garlic Salt (vegetable seasoning)	<u>Color</u> : white <u>Flavor</u> : similar to garlic powder but much milder because of addition of salt	Wherever slight garlic flavor is desired.
Ginger (spice)	Whole <u>Color</u> : tan <u>Flavor</u> : distinctive spicy, penetrating Ground <u>Color</u> : light tan <u>Flavor</u> : same as above	Cookies, spice cake, pumpkin pie; Indian pudding; baked, stewed and preserved fruits, apple sauce; custard; conserves, chutney; buttered beets, carrots, squash; poultry, broiled and chopped beef, lamb and veal, bean soup; pickles; baked beans; cheese dishes; meat stews; French dressing.



hyssop



yarrow



parsley

Garlic Use raw cloves to prepare antibiotic and antiseptic infusions, syrups, and plasters. (If you ingest raw garlic, chew a sprig of parsley afterwards to freshen your breath.)

Hops Make an infusion from the fresh "cones" and drink 1 cup (8 fl oz/250 ml) up to three times daily to calm nerves and settle an upset stomach.

Horehound Make an infusion from the leaves and drink 1 cup (8 fl oz/250 ml) up to three times daily as an expectorant. Make a syrup from the leaves and take ½ to 1 teaspoon up to three times daily for coughs, colds, sore throats, and bronchitis.

Hyssop Make an infusion from the leaves and tops and drink up to 2 cups (16 fl oz/500 ml) per day as a cold and flu remedy. Add honey to disguise hyssop's bitter taste.

Marsh Mallow Make a decoction from the roots and drink 1 cup (8 fl oz/250 ml) up to three times daily to soothe sore throats and calm upset stomachs.

Parsley Make an infusion from the leaves or seeds and drink 1 cup (8 fl oz/250 ml) two to three times daily as a diuretic and mild laxative.

Passionflower Make an infusion from the leaves and drink 1 cup (8 fl oz/250 ml) up to three times daily to relieve nervous tension, aid digestion, and ease menstrual discomfort.

Peppermint Make an infusion from the leaves and drink 1 cup (8 fl oz/250 ml) up to three times daily as a decongestant, or for an upset stomach.

Rose Make an infusion from the hips and drink 1 cup (8 fl oz/250 ml) up to three times daily to treat cold and flu symptoms.

Rosemary Make an infusion from the leaves and flowers and drink up to 3 cups (24 fl oz/750 ml) daily as an antiseptic, or for stomach upsets.

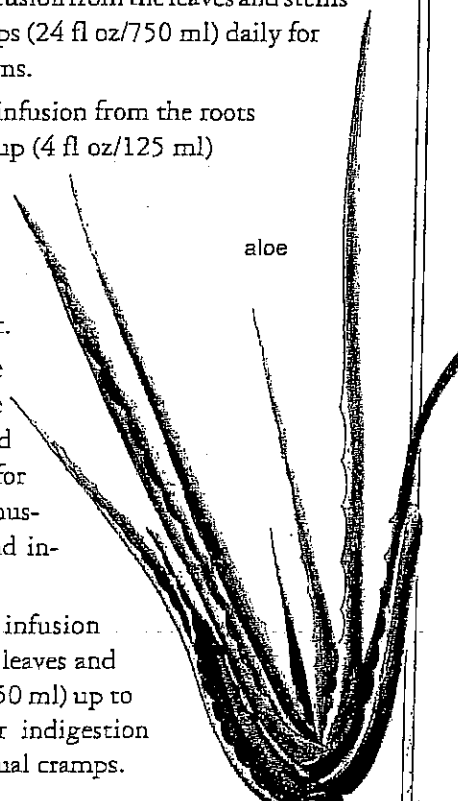
Sage Make an infusion from the leaves and drink as needed, up to 3 cups (24 fl oz/750 ml) daily, for cold symptoms and stomach upsets, and to aid digestion.

Thyme Make an infusion from the leaves and stems and drink up to 3 cups (24 fl oz/750 ml) daily for cold and flu symptoms.

Valerian Make an infusion from the roots and drink about ½ cup (4 fl oz/125 ml) once or twice daily to calm the nerves and relieve insomnia, headaches, and menstrual discomfort.

Witch Hazel Make a decoction from the leaves or the bark and use it as a compress for aching joints, sore muscles, cuts, bruises, and insect bites.

Yarrow Make an infusion from the flowers and leaves and drink 1 cup (8 fl oz/250 ml) up to three times daily for indigestion and to relieve menstrual cramps.



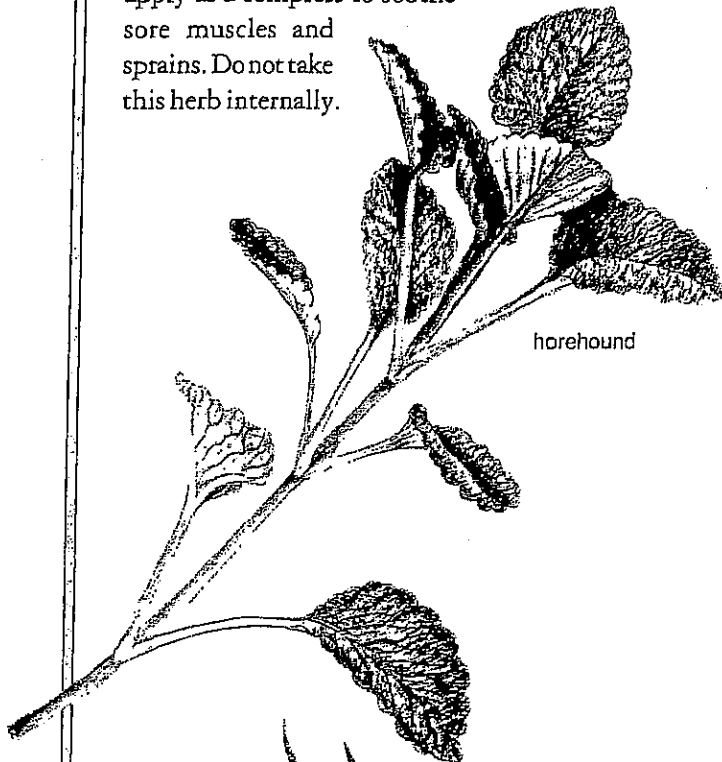
aloe

Quick Guide to Medicinal Herbs

Use the following as a quick reference to some of the more common and beneficial medicinal herbs and their soothing and healing properties.

Aloe Apply the fresh transparent gel from the leaves externally to scalds and sunburn, blisters, scrapes, and acne to promote healing and prevent infection. Do not take internally.

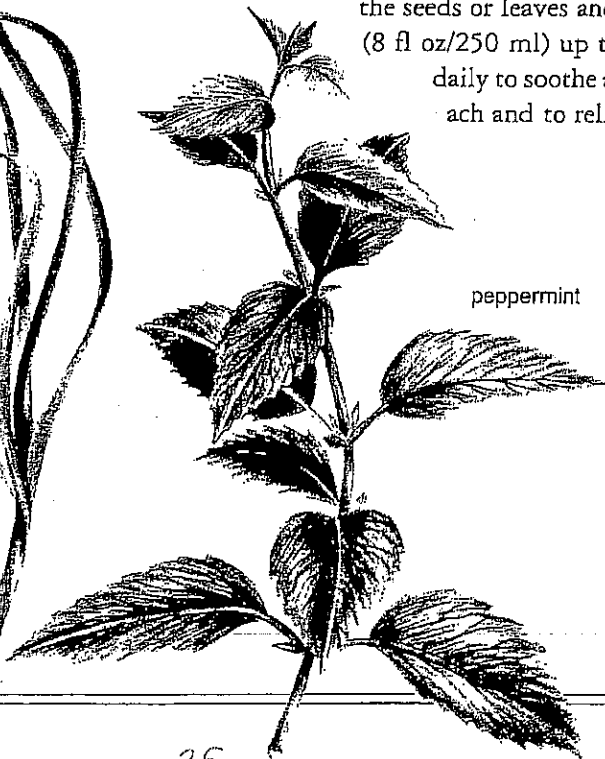
Arnica Make a tincture from the flower heads and apply as a compress to soothe sore muscles and sprains. Do not take this herb internally.



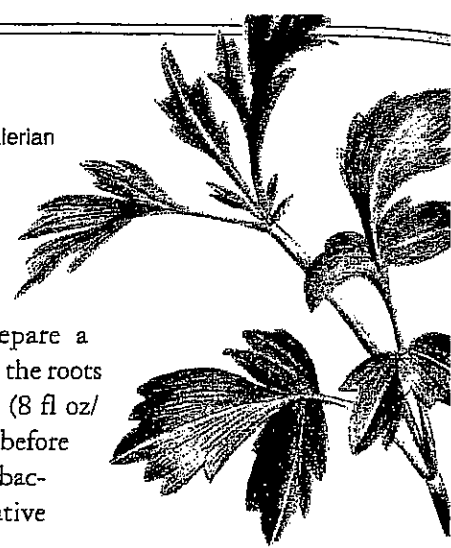
horehound



garlic



peppermint



valerian

Barberry Prepare a decoction from the roots and take 1 cup (8 fl oz/250 ml) daily before meals for antibacterial and laxative properties.

Calendula Make a compress from the flowers and apply to stings, bruises, scrapes, and burns.

Catnip Make an infusion from the flowers and leaves and drink 1 cup (8 fl oz/250 ml) for a calming effect and to aid digestion.

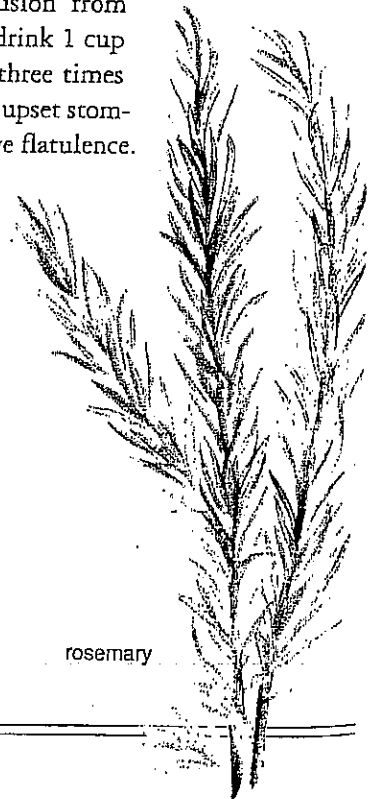
Chamomile Make an infusion from the flowers and drink 1 cup (8 fl oz/250 ml) two to three times daily to relieve cramps and upset stomachs, and to aid digestion.

Comfrey Make a compress or poultice from the leaves and apply to bruises and sprains. Or make an ointment to treat burns and abrasions.

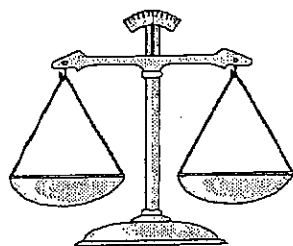
Dandelion Make an infusion from the leaves or a decoction from the roots. Drink 1 cup (8 fl oz/250 ml) up to three times daily as a diuretic and laxative.

Eucalypt Make an infusion from the leaves and inhale the vapors as a decongestant and to relieve other cold and flu symptoms.

Fennel Make an infusion from the seeds or leaves and drink 1 cup (8 fl oz/250 ml) up to three times daily to soothe an upset stomach and to relieve flatulence.



rosemary



INGREDIENT SUBSTITUTION

Georgia C. Lauritzen, PhD, Food and Nutrition Specialist

At times it is necessary to use a substitution for a recipe ingredient. The substituted food may not perform exactly as the original food. Each ingredient has specific functions in a recipe, and a substitute may alter the flavor, color, texture, or volume, but may still result in an acceptable finished product.

Ingredient	Amount	Substitute or Equivalent
LEAVENING AGENTS		
Baking Powder	1 teaspoon	¼ teaspoon baking soda plus ⅝ teaspoon cream of tartar, or ¼ teaspoon soda plus ½ cup fully soured milk or buttermilk, or ¼ teaspoon baking soda plus ½ tablespoon vinegar or lemon juice used with sweet milk to make ½ cup, or ¼ teaspoon baking soda plus ¼ to ½ cup molasses
Yeast, active dry	1 tablespoon	1 package active dry yeast, or 1 compressed yeast cake
LIQUID		
Whole egg, raw	1 large = 3 T. 1 c. = 5 large 1 c. = 6 medium	2 egg yolks, or 3 tablespoons plus 1 teaspoon thawed frozen egg, or 2 tablespoons and 2 teaspoons dry whole egg powder plus an equal amount of water
Egg yolk, raw	1 = 1½ T. 1 cup = 12 large	3½ teaspoons thawed frozen egg yolk, or 2 tablespoons dry egg yolk plus 2 teaspoons water
Egg white, raw	1 = 2 T. 1 c. = 8 large	2 tablespoons thawed frozen egg white, or 2 teaspoons dry egg white plus 2 tablespoons water
Cream, half & half (12-16% fat)	1 cup	⅔ cup milk plus 1½ tablespoons butter or margarine (for use in cooking), or 1 cup evaporated milk, undiluted
Cream, light (18-20% fat)	1 cup	⅔ cup milk and 3 tablespoons butter or margarine (for use in cooking and baking), or 1 cup evaporated milk, undiluted
Cream, heavy (36-40% fat)	1 cup (2-2½ cups whipped)	¾ cup milk and ⅓ cup butter or margarine (for use in cooking and baking)
Milk, whole	1 cup	1 cup reconstituted nonfat dry milk plus 2½ teaspoons butter or margarine, or ½ cup evaporated milk plus ½ cup water, or ¼ cup sifted dry whole milk powder plus ⅔ cup water

Ingredient	Amount	Substitute or Equivalent
Milk	1 cup	$\frac{1}{3}$ cup instant nonfat dry milk plus 1 cup minus 1 tablespoon water, or 3 tablespoons sifted regular nonfat dry milk plus 1 cup minus 1 tablespoon water
Milk, sweetened, condensed	1 can = $1\frac{1}{3}$ cup	1 cup plus 2 tablespoons dry milk plus $\frac{1}{2}$ cup warm water; mix well, add $\frac{3}{4}$ cup sugar and 3 tablespoons melted butter or margarine, stir until smooth; or $\frac{1}{3}$ cup plus 2 tablespoons evaporated milk, 1 cup sugar, and 3 tablespoons melted butter or margarine. Heat and stir until sugar and butter dissolve.
Buttermilk or Sour milk	1 cup	1 tablespoon vinegar or lemon juice plus enough sweet milk to make 1 cup (let stand 5 minutes) or $1\frac{3}{4}$ teaspoons cream of tartar plus 1 cup sweet milk, or 1 cup plain yogurt
Sour Cream	1 cup	1 cup plain yogurt, or $\frac{7}{8}$ cup sour milk plus $\frac{1}{3}$ cup butter
SUGAR		
Granulated sugar	1 cup	1 cup corn syrup (decrease liquid called for in recipe by $\frac{1}{4}$ cup), or 1 cup molasses (decrease liquid called for in recipe by $\frac{1}{4}$ cup), or 1 cup brown sugar, firmly packed, or $\frac{3}{4}$ cup honey (decrease liquid called for in recipe by $\frac{1}{4}$ cup; for each cup of honey in baked goods, add $\frac{1}{2}$ teaspoon soda) <i>Equivalent: 1 pound granulated sugar = $2\frac{1}{4}$ cups</i>
Brown sugar	1 cup (firmly packed)	1 cup granulated sugar <i>Equivalent: 1 pound brown sugar = $2\frac{1}{4}$ cups firmly packed</i>
Light brown sugar	1 cup	$\frac{1}{2}$ cup dark brown sugar plus $\frac{1}{2}$ cup granulated sugar
Powdered sugar		<i>Equivalent: 1 pound powdered sugar = $3\frac{1}{2}$–4 cups</i>
Corn syrup	1 cup	1 cup sugar plus $\frac{1}{4}$ cup liquid
Dark corn syrup	1 cup	$\frac{3}{4}$ cup light corn syrup and $\frac{1}{4}$ cup light molasses
Honey	1 cup	$1\frac{1}{4}$ cups sugar plus $\frac{1}{4}$ cup liquid
FLOUR		
Flour used as thickener	1 tablespoon	$\frac{1}{2}$ tablespoon cornstarch, potato starch, rice starch or arrowroot starch, or 1 tablespoon quick-cooking tapioca
All-purpose flour	1 cup sifted	1 cup unsifted all-purpose flour minus 2 tablespoons, or 1 cup plus 2 tablespoons cake flour; <i>Equivalent: 1 pound = 4 cups sifted or $3\frac{1}{3}$ cups unsifted</i>
Cake flour	1 cup sifted	1 cup minus 2 tablespoons sifted all-purpose flour ($\frac{7}{8}$ cup); <i>Equivalent: 1 pound = $4\frac{3}{4}$ cups</i>
Self-rising flour	1 cup sifted	1 cup sifted all-purpose flour plus $1\frac{1}{2}$ teaspoons baking powder and $\frac{1}{2}$ teaspoon salt
Whole wheat flour	1 cup	1 cup all-purpose flour; <i>Equivalent: 1 pound = $3\frac{3}{4}$ cups</i>
Cornmeal, self-rising	1 cup	$\frac{7}{8}$ cup plain, $1\frac{1}{2}$ tablespoons baking powder and $\frac{1}{2}$ teaspoon salt; <i>Equivalent: 1 pound = 3 cups</i>

Ingredient	Amount	Substitute or Equivalent
FAT		
Shortening, solid (used in baking)	1 cup	$\frac{7}{8}$ cup lard, or $1\frac{1}{8}$ cups butter or margarine (decrease salt in recipe by $\frac{1}{2}$)
Shortening, melted	1 cup	1 cup cooking oil
Cooking oil*	1 cup	1 cup melted shortening
Butter	1 cup	1 cup margarine, or $\frac{7}{8}$ to 1 cup hydrogenated fat plus $\frac{1}{2}$ teaspoon salt, or $\frac{7}{8}$ cup lard plus $\frac{1}{2}$ teaspoon salt, or $\frac{4}{5}$ cup bacon fat, clarified, or $\frac{3}{4}$ cup chicken fat, clarified, or $\frac{7}{8}$ cup oil
*Do not substitute oil for solid fat in a baking recipe unless you have a baking recipe which specifically calls for oil or melted fat. Characteristics of the final product could be significantly different.		
RICE & PASTA		
Rice	1 pound	8 cups cooked, or $2\frac{1}{4}$ - $1\frac{1}{2}$ cups uncooked
	1 cup uncooked (regular)	1 cup uncooked converted rice, or 1 cup uncooked brown rice, or 1 cup uncooked wild rice <i>Equivalent: 1 cup uncooked = $3\frac{1}{2}$ - 4 cups cooked</i>
Rice, instant		<i>Equivalent: 1 cup uncooked = 1 cup cooked</i>
Macaroni, 1-inch pieces	1 pound	$3\frac{3}{4}$ cups uncooked macaroni, or 16 ounces of any pasta <i>Equivalent: 1 pound = 9 cups cooked</i>
Macaroni, shell	1 pound	4-5 cups uncooked macaroni <i>Equivalent: 1 pound = 9 cups cooked</i>
Noodles, 1-inch pieces	1 pound	6-8 cups uncooked noodles <i>Equivalent: 1 pound = 8 cups cooked</i>
Spaghetti	1 pound	4-5 cups of 2-inch pieces <i>Equivalent: 1 pound = 9 cups cooked</i>
SPICES		
Allspice	1 teaspoon	$\frac{1}{2}$ teaspoon cinnamon and $\frac{1}{2}$ teaspoon ground cloves
Apple pie spice	1 teaspoon	$\frac{1}{2}$ teaspoon cinnamon, $\frac{1}{4}$ teaspoon nutmeg, $\frac{1}{8}$ teaspoon cardamon
Pumpkin pie spice	1 teaspoon	$\frac{1}{2}$ teaspoon cinnamon, $\frac{1}{4}$ teaspoon ginger, $\frac{1}{8}$ teaspoon allspice, $\frac{1}{8}$ teaspoon nutmeg
MISCELLANEOUS		
Chocolate	1 ounce	3 tablespoons cocoa plus 1 tablespoon fat
Semisweet chocolate	1 ounce	$\frac{1}{2}$ ounce baking chocolate plus 1 tablespoon sugar

Ingredient	Amount	Substitute or Equivalent
Cocoa	¼ cup or 4 tablespoons	1 ounce (square) unsweetened chocolate (decrease fat called for in recipe by ½ tablespoon)
Cornstarch (for thickening)	1 tablespoon	2 tablespoons all-purpose flour; or 2 tablespoons granular tapioca
Gelatin, flavored	3 ounces	1 tablespoon plain gelatin and 2 cups fruit juice
Lemon		<i>Equivalent: 1 medium = 1 to 3 tablespoons juice, 1 to 2 teaspoons grated peel</i>
Lemon juice	1 teaspoon	½ teaspoon vinegar

Equivalent Measures

This Much	Equals This Much	This Much	Equals This Much
1 gallon	4 quarts	¾ cup	6 tablespoons
1 quart	2 pints	⅓ cup	5⅓ tablespoons
1 pint	2 cups	¼ cup	4 tablespoons
1 bushel	4 pecks	⅛ cup	2 tablespoons
1 peck	8 quarts	1/16 cup	1 tablespoon
1 cup	16 tablespoons	1 tablespoon	3 teaspoons
⅞ cup	14 tablespoons or 1 cup minus 2 tablespoons	¾ tablespoon	2¼ teaspoons
¾ cup	12 tablespoons	⅔ tablespoon	2 teaspoons
⅔ cup	10⅔ tablespoons	½ tablespoon	1½ teaspoons
⅖ cup	10 tablespoons	⅓ tablespoon	1 teaspoon
½ cup	8 tablespoons	¼ tablespoon	¾ teaspoon
		Pinch or dash	1/16 teaspoon

References

Handbook of Food Preparation, Eighth Edition. American Home Economics Association, Washington, D.C.

"Ingredient Substitution and Equivalent Chart," Circular HE-585. Oleane Carden Zenoble, Alabama Cooperative Extension Service, Auburn University.

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