



# **The Food Substitutions Bible: More Than 6,500 Substitutions for Ingredients, Equipment and Techniques**

*David Joachim*

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Cooks need information on how to substitute ingredients -- often in a hurry.

This expanded, updated and revised edition of the IACP-award-winning reference puts even more useful cooking information at the fingertips of home cooks. This reissue is perfectly timed as the perfect companion to the new, second edition of *The Cook's Essential Kitchen Dictionary*.

This comprehensive, easy-to-use guide is organized from A to Z, with thousands of alternatives that can quickly and easily solve on-the-spot cooking dilemmas. Whether a substitute for a key ingredient or utensil, or simply how to create a different flavor or texture, there is a wealth of fresh and enjoyable ideas that will inspire confidence in the kitchen.

This Second Edition is 25 percent bigger, with 1,500 new substitutions, 5 new ingredient guides and measurement tables, expanded entries and reference material plus 50 new recipes.

When a cook is caught in a pinch, these valuable tips are very handy:

- No powdered mustard? Substitute 1 tsp (5 mL) powdered mustard with 1 tbsp (15 mL) prepared mustard minus 1 tsp (5 mL) liquid from the recipe.
- No Bialy? Just substitute an onion or plain bagel (thicker) or 1 soft pretzel.

This book is practical and enjoyable as a reference, and will inspire fresh ideas with all the crucial information needed to improvise with confidence at home or in a commercial kitchen.

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