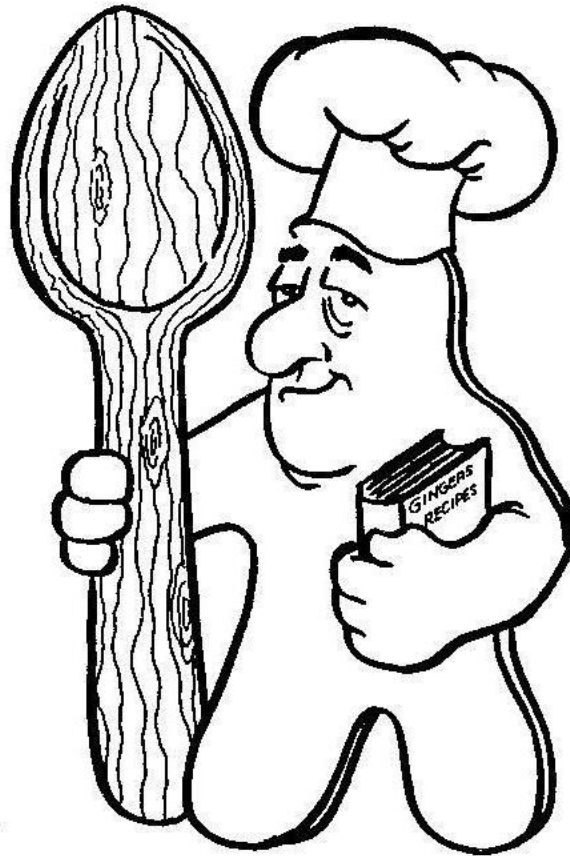


**Helpful Tips From
BERTRAND
FAVORITES**



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Spices, Seasonings, and Common Ingredients

- Accent
- Allspice
- Almond Extract
- Baking Powder
- Baking Soda
- Basil
- Bay Leaves
- Beau Monde Seasoning
- Bon Appétit Seasoning
- Bread Crumbs
- Butter Flavoring
- Celery Flakes
- Celery Salt
- Celery Seed
- Chili Powder
- Chives
- Cinnamon, Ground
- Cinnamon Sticks
- Cloves, Ground
- Cloves, Whole
- Cornstarch
- Cream of Tartar
- Cumin
- Curry Powder
- Dill Weed
- Flour, Cake
- Flour, All-Purpose
- Garlic Cloves
- Garlic Juice
- Garlic Powder
- Garlic Salt
- Ginger, Crystallized
- Ginger, Ground
- Gumbo File Powder
- Horseradish
- Italian Seasoning
- Lemon Extract
- Lemon Peel
- Mace
- McCormick's "Salad Supreme"
- Mustard Powder
- Nutmeg
- Onion Flakes
- Onion Juice
- Orange Peel
- Oregano
- Paprika
- Parsley Flakes
- Pepper, Black
- Pepper, Cayenne
- Pepper, Ground White
- Pepper, Red Flakes
- Pickling Spice
- Poppy Seeds
- Rosemary
- Saffron
- Salt, Seasoned
- Salt, White
- Soy Sauce
- Sugar, Brown
- Sugar, Granulated
- Sugar, Powdered
- Summer Savory Leaves
- Tabasco Sauce
- Taco Seasoning Mix
- Tony Chachere's Creole Seasoning
- Tarragon
- Thyme
- Vanilla Extract
- Vinegar, Apple Cider
- Vinegar, Red Wine
- Vinegar, Tarragon
- Vinegar, White
- Worcestershire Sauce

Substitutions for a Missing Ingredient

1 oz chocolate	=	3 or 4 Tbsp cocoa plus 1/2 Tbsp fat
1 Tbsp cornstarch	=	2 Tbsp flour
1 c sifted all-purpose flour	=	1 c plus 2 Tbsp sifted cake flour
1 c sifted cake flour	=	1 c minus 2 Tbsp sifted all-purpose flour
1 tsp baking powder	=	1/4 tsp baking soda plus 1/2 tsp cream of tartar
1 c sour milk	=	1 c sweet milk into which 1 Tbsp vinegar or lemon juice has been stirred (let stand 5 min)
3/4 c cracker crumbs	=	1 c bread crumbs
1 c heavy sour cream	=	1/3 c butter and 2/3 c milk
1 tsp dried herbs	=	1 Tbsp fresh herbs
1 Tbsp instant minced onion, rehydrated	=	1 small fresh onion
1 Tbsp prepared mustard	=	1 tsp dry mustard
1/8 tsp garlic powder	=	1 small pressed clove of garlic
1 lb whole dates	=	1-1/2 c pitted and cut dates
3 medium bananas	=	1 c mashed bananas
3 c dry corn flakes	=	1 c crushed corn flakes
10 miniature marshmallows	=	1 large marshmallow

Equivalent Chart

3 tsp = 1 Tbsp	1/4 lb crumbled Bleu cheese = 1 c
2 Tbsp = 1/8 c	1 lemon = 3 Tbsp juice
4 Tbsp = 1/4 c	1 orange = 1/3 c juice
8 Tbsp = 1/2 c	1 lb unshelled walnuts = 1-1/2 to 1-3/4 c shelled
16 Tbsp = 1 c	2 c fat = 1 lb
5 Tbsp + 1 tsp = 1/3 c	1 lb butter = 2 c or 4 sticks
12 Tbsp = 3/4 c	2 c granulated sugar = 1 lb
4 oz = 1/2 c	3-1/2 - 4 c unsifted powdered sugar = 1 lb
8 oz = 1 c	2-1/4 c packed brown sugar = 1 lb
16 oz = 1 lb	4 c sifted flour = 1 lb
1 oz = 2 Tbsp fat or liquid	4-1/2 c cake flour = 1 lb
2 c = 1 pint	3-1/2 c unsifted whole-wheat flour = 1 lb.
2 pints = 1 qt	1 jigger = 1-1/2 fl oz (3 Tbsp)
1 qt = 4 c	7 oz spaghetti = 4 c cooked
5/8 c = 1/2 c + 2 Tbsp	8 to 10 egg whites = 1 c
28 saltine crackers = 1 c crumbs	12 to 14 egg yolks = 1 c
4 slices bread = 1 c crumbs	1 c unwhipped cream = 2 c whipped
14 sq graham crackers = 1 c crumbs	1 lb shredded American cheese = 4 c
22 vanilla wafers = 1 c crumbs	

Contents of Cans

8 oz = 1 cup	No. 2 = 2-1/2 cups
Picnic = 1-1/4 cups	No. 2-1/2 = 3-1/2 cups
No. 300 = 1-3/4 cups	No. 3 = 4 cups
No. 1 tall = 2 cups	No. 10 = 12 to 13 cups
No. 303 = 2 cups	

Kitchen Hints

If you've oversalted soup or vegetables, add cut, raw potatoes and discard once they have cooked and absorbed the salt.

Make pale gravy browner by adding a bit of instant or prepared coffee.

Thicken gravy by adding a mixture of flour (or cornstarch), a pinch of flour, and water that has been mixed to a smooth paste. Add the mixture gradually, stirring constantly with a whisk while bringing it to a boil.

Add a small amount of baking soda to gravy to eliminate excess grease.

Drop a lettuce leaf into a pot of homemade soup to absorb excess grease from the top.

If fresh vegetables are wilted or blemished, pick off the brown edges, sprinkle with cool water, wrap in a paper towel, and refrigerate for an hour or so.

Cream will whip faster and better if you first chill the cream, bowl, and beaters. (Ginger puts her bowl and beaters in the freezer for a half hour.)

A few drops of lemon juice added to whipping cream helps it to whip faster and better.

Cream whipped ahead of time will not separate if you add 1/4 tsp unflavored gelatin per cup of cream.

Place an apple slice in the brown sugar container to keep the sugar from hardening.

To avoid crying when peeling onions, freeze them for 4 to 5 minutes before peeling.

A lump of butter or a few teaspoons of cooking oil added to water will prevent noodles, spaghetti, and rice from boiling over. Add a few drops of lemon juice to simmering rice to keep the grains separate.