

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

By 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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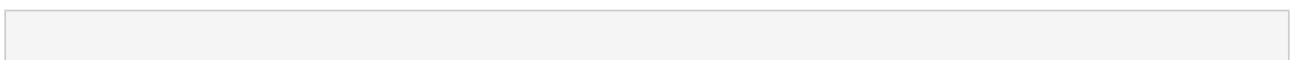
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### Editorial Review

#### Review

If you're building a cookbook library or looking for a last-minute gift, pick up a copy of "The Food Substitutions Bible," by David Joachim. The newly released second edition has hundreds of new ideas for substitutions in the kitchen, whether the issue is cooking techniques, equipment or, of course, ingredients for recipes. (Don't like the calories in whipped cream? Evaporated milk, which whips up nicely, is a good, low-calorie alternative.) Bon appétit! (*Wall Street Journal* 2010-12-20)

Editor's Pick. It may not be the first book to catch your eye on the bookstore shelf, and it won't dazzle you with stunning photography or passionate prose. But *The Food Substitutions Bible: More Than 6,500 Substitutions for Ingredients, Equipment and Techniques, 2nd Edition* is one you'll use often and for which you likely will, on more than one occasion, thank author David Joachim out loud. How many times have you begun cooking only to find that you don't have everything you need? No need to throw up your hands or toss your plans. Just turn to Joachim. If you cook a lot, you'll find his classic to be a prized possession -- an indispensable guide that will save the day when you're faced with last-minute dilemmas or missing ingredients and save you from more than a few ruined meals and disappointing dinner parties. (Kate Jackson *Today's Diet and Nutrition Magazine* 2011-02-14)

The answers to so many questions are found here. (Bonnie Benwick *Washington Post* 2010-11-30)

Perhaps the most useful book ever written for the home cook. This encyclopedia-style book has over 6500 substitutions for ingredients, equipment and techniques. Simply look up the item you need to replace, because yet again you have gone to the grocery store and failed to remember the one thing you went in specifically to get . . . The whole book is just a wonderful and helpful endeavor. . . one of the rare books I would recommend for everyone. . . Even those people run out of eggs once in a while. (Theresa Albert *My Friend in Food Blog* 2011-07-25)

I do recommend 'The Food Substitutions Bible' for yourself and a copy for a friend that loves to cook. (Irene Watson *Reader Views* 2011-01-04)

[Review of previous edition:] A blessing to cooks all over... 5,000 substitutions for almost every kind of food, ingredient and measurement imaginable. (Jo Ellen O'Hara *Birmingham News* 2005-10-26)

[Review of previous edition:] Packed with useful information... more than two pages of substitutes for butter alone. (Janice Okun *Buffalo News* 2005-12-25)

[Review of previous edition:] Offering practical information and great ideas, this book is packed with creative solutions for the home kitchen as well as the commercial. (*Detroit News* 2005-09-29)

[Review of previous edition:] This is the book to turn to when you've found what you want to make in another cookbook but are unable or unwilling to run to the store for a special ingredient or pan. (Kim Davaz *Eugene Register-Guard* 2005-12-07)

[Review of previous edition:] [This] is one of the best resources on the subject. (Jill Wendholt Silva *Houston Star-Telegram* 2009-08-07)

[Review of previous edition:] It is truly the bible of food substitutions and should be in every reader's kitchen. It is alphabetized from Abalone to Zugenwurst to Zwieback and includes over 600 pages and 5,000 substitutions for every ingredient, piece of equipment or technique you could ever imagine. There are even two pages of substitutions for butter! (Sue Epstein *Jerusalem Post* 2009-09-24)

[Review of previous edition:] From abalone to zwieback, *The Food Substitution Bible* by David Joachim is one of the best resources on the subject. (*Kansas City Star* 2009-10-27)

[Review of previous edition:] More than 5,000 substitutions for almost every type of food... directions for making reliable replacements. (Sharon Thompson *Knight Ridder Newspapers* 2005-09-28)

[Review of previous edition:] This great book is packed with more than 5,000 creative solutions and fascinating info on everything from exotic ingredients to common cooking techniques. (Lynn Nusom *Las Cruces Sun-News* 2005-11-15)

[Review of previous edition:] With the world pantry at our fingertips, today we need a guide; this is the hands-down best I have ever found... you need this book. (Susan Miller *Lewisboro Ledger* 2006-01-19)

[Review of previous edition:] A solid, useful work on using substitute ingredients and tools in the home kitchen... a clearly written and well-organized book. (Andrea Dietze *Library Journal*)

[Review of previous edition:] If you're out of an ingredient, want to use a healthier choice or desire to change the flavor of a recipe... this would be handy reference for any cook to keep on the bookshelf. (Natalie Houghton *Los Angeles Daily News* 2005-09-13)

[Review of previous edition:] Well-researched, well-tested reference book... The guy is seriously detailed-oriented... endlessly useful. (Andrea Clurfeld *Neptune Asbury Park Press* 2005-09-14)

[Review of previous edition:] A complex, valuable guide to alternative ingredients, techniques and equipment. (Douglas Levy *Oakland Press* 2005-11-28)

[Review of previous edition:] Entries are careful, offering definitions, detailed substitutions and often including suggestion for varying flavors or boosting nutrition. (Food Network Kitchens *Orange County Register* 2006-08-10)

[Review of previous edition:] Most informative... I find I am using it all the time... information about the characteristics of foods, equivalents, and measurements. (Peg Rahn *Pasadena Star-News* 2006-03-28)

[Review of previous edition:] Full of very practical information such as how to substitute different pan sizes, charts for chilies, flours and grains and oils... A must for the inquisitive cook. (Jennifer Mackenzie *Peterborough Examiner* 2005-12-07)

[Review of previous edition:] This book is a must-have for the serious cook. All charts, no recipes and no prose. Useful when you need it. (Marlene Parrish *Pittsburgh Post-Gazette* 2005-12-15)

[Review of previous edition:] A compendium of alternatives for everything from allspice to wild rice. (Plus antelope, alligator, bear... (Aleta Watson *San Jose Mercury News* 2005-11-23)

[Review of previous edition:] A terrific resource... an instant must-have reference in my kitchen, and I know

of nothing like it... a great way to come up with ideas. (Dana Carpender *Ventura County Star* 2006-12-13)

A must-have for any new cook... Joachim has added 1,500 new food and equipment substitutions, bringing the total to 6,500, plus five new tables in the appendix.... The layout is set up for quick reference and easy reading.... All cooks have found themselves in the middle of making a special dish after the stores have closed only to discover they are missing an ingredient or don't own a special pan -- this book is the answer. (*Health News Digest* 2012-04-29)

#### About the Author

David Joachim is the author of more than 30 cookbooks. Recently, *The Science of Good Food*, which he co-authored with Andrew Schloss, was nominated for a James Beard Award.

### Users Review

#### From reader reviews:

##### **Kristy Taylor:**

As people who live in typically the modest era should be revise about what going on or details even knowledge to make them keep up with the era that is certainly always change and make progress. Some of you maybe may update themselves by reading books. It is a good choice for you but the problems coming to you is you don't know what type you should start with. This *The Food Substitutions Bible: More Than 6,500 Substitutions for Ingredients, Equipment and Techniques* is our recommendation to make you keep up with the world. Why, since this book serves what you want and need in this era.

##### **Leslie Bennett:**

Information is provisions for anyone to get better life, information nowadays can get by anyone with everywhere. The information can be a expertise or any news even a problem. What people must be consider when those information which is inside former life are challenging be find than now could be taking seriously which one is appropriate to believe or which one the resource are convinced. If you get the unstable resource then you understand it as your main information there will be huge disadvantage for you. All of those possibilities will not happen throughout you if you take *The Food Substitutions Bible: More Than 6,500 Substitutions for Ingredients, Equipment and Techniques* as the daily resource information.

##### **Dona Cole:**

*The Food Substitutions Bible: More Than 6,500 Substitutions for Ingredients, Equipment and Techniques* can be one of your nice books that are good idea. Most of us recommend that straight away because this guide has good vocabulary that may increase your knowledge in language, easy to understand, bit entertaining however delivering the information. The article author giving his/her effort to place every word into enjoyment arrangement in writing *The Food Substitutions Bible: More Than 6,500 Substitutions for Ingredients, Equipment and Techniques* however doesn't forget the main stage, giving the reader the hottest as well as based confirm resource facts that maybe you can be among it. This great information can certainly drawn you into brand-new stage of crucial pondering.

**Brooke Lambeth:**

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