

the

Soupstones



INGREDIENT THESAURUS

Your Ultimate Guide to Ingredient Substitution

For my tiny family
with love xx

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interactive document
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How to Use this Thesaurus

In my experience, if you are missing a particular ingredient there is ALWAYS an alternative. It may not give exactly the same results but sometimes you'll be surprised with something even more delicious. The trick to ingredient substitution is to basically look for alternative ingredients with 'similar' characteristics. As a writer, I like to think of it as finding 'ingredient synonyms'.

So I've grouped ingredients to make it easy to browse. OR just do a search to find exactly what you're after.

There are two options to use this thesaurus: modern electronic or old fashioned print and go. Of course you can always use a combo of both.

1. Save it everywhere

I recommend using the free program Adobe Reader. Download the computer version here:

www.get.adobe.com/reader/

There are also free versions for most mobile devices available here:

www.adobe.com/au/products/reader-mobile.html

The advantage of the electronic versions is that you'll always have them on you AND you can search for specific ingredients.

2. Print & Go

Skip to the final page in this ebook and print the 'one page' guide. Keep it handy in your kitchen.



Protein

tender cuts

chicken breasts = chicken thigh fillets = beef fillet = steak = pork fillet
= pork chops = lamb fillet = lamb cutlets = fish fillets = whole fish

slow cooking

stewing steak = beef cheeks = beef ribs = lamb shanks = lamb
shoulder = pork ribs = pork shoulder

vegetarian protein

eggs = tofu = seitan = legumes = mushrooms = eggplant = quinoa

soft cheese

ricotta = goats cheese = cottage cheese = blue cheese = brie =
camembert

hard cheese

parmesan = cheddar = gruyere = swiss

legumes

chickpeas = white beans = cannellini beans = lentils = butter beans =
black beans



Vegetables

leafy herbs

parsley = mint = coriander (cilantro) = basil = rocket (arugula) = sorrell

woody herbs

thyme = rosemary = sage = oregano = lemon grass = lemon thyme =
kaffir lime leaves

leafy veg

spinach = chard = silverbeet = collard greens = kale = cavolo nero =
beet tops = cabbage = carrot tops

root veg

potato = sweet potato = parsnip = beets = turnip = celeriac = swede
= rutabaga

brassicas

broccoli = cauliflower = cabbage = brussels sprouts

crunchy veg

celery = snow peas = shaved raw veg

green veg

zucchini = peas = beans = broad beans = broccoli

colourful

tomatoes = red peppers (capsicum) = beets = radicchio = carrots =
radish = eggplant (aubergine)

aromatic veg

onions = celery = carrots = garlic

salad veg

lettuce = radicchio = rocket (arugula) - leafy herbs (above) = endive =
witlof = beet tops



Accompaniments

starchy

pasta = polenta = potatoes = rice = bread = cauliflower 'rice' = sweet potato = pumpkin (winter squash) = flat bread

low GI (healthier)

quinoa = lentils = beans = vegetables



Sauces

asian

fish sauce = soy sauce = oyster sauce = hoisin sauce

tomato

canned tomatoes = tomato puree (passata) = tomato paste (+water) = tomato ketchup

hot

tabasco = chilli based sauces = dijon mustard = hot english mustard = horseradish

creamy

mayonnaise = hollandaise = yoghurt = coconut milk = cream = tahini = nut based sauces = satay

fresh

pesto = anything herb based = tapenade

liquids

stock = wine = water = tomato puree = coconut milk



Seasonings

hot

fresh chilli = chilli powder = chilli flakes = chilli sauce = chilli oil = black pepper = spicy paprika

salty

sea salt flakes = soy sauce = miso paste = olives = capers = anchovies = fish sauce

spices

cumin = coriander = smoked paprika = fennel seeds

curry

curry powder = curry paste = ground cumin = chilli powder

acid or sour

lemon juice = lime juice = sherry vinegar = rice vinegar = champagne vinegar = red wine vinegar = white wine vinegar = balsamic vinegar = natural yoghurt = tamarind

sweet

balsamic vinegar = fresh fruit = dried fruit = sugar = stevia = caramelised onion = vanilla = cinnamon = chocolate = caramel = honey, sweet wine (port, muscat)



PROTEIN

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slow cooking - stewing steak = beef cheeks = beef ribs = lamb shanks = lamb shoulder = pork ribs = pork shoulder

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hard cheese - parmesan = cheddar = gruyere = swiss

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low GI (healthier) - quinoa = lentils = beans = vegetables

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sweet - balsamic vinegar = fresh fruit = dried fruit = sugar = stevia = caramelised onion = vanilla = cinnamon = chocolate = caramel = honey, sweet wine (port, muscat)