

## Chef CTS – Conversions & Substitutions Quick Reference

Measurement	US	Metric
1 teaspoon	—	5 ml
1 tablespoon	—	15 ml
1 cup	—	240 ml
1 ounce (oz)	—	28 g
1 pound (lb)	—	454 g
Oven Temp	350°F	175°C

Missing	Use Instead	Reason
Buttermilk	1 cup milk + 1 tbsp lemon juice	Adds acidity for tenderness
Brown Sugar	White sugar + 1 tbsp molasses	Restores molasses flavor
Heavy Cream	$\frac{3}{4}$ cup milk + ■ cup melted butter	Matches fat content
Egg (baking)	1 tbsp flaxseed + 3 tbsp water	Provides binding
Sour Cream	Greek yogurt 1:1	Similar tang & texture

Roux Ratio: 1 part fat : 1 part flour.

Vinaigrette Ratio: 1 part acid : 3 parts oil.

Freezer Safety: Label with date & freeze cooked food up to 3 months.