

When & How To Use Baking Powder

First count the cups of flour your recipe calls for. You want to include at least 1 teaspoon of baking powder per cup. If your recipe contains a cup or more of decorative ingredients, add another 1/2 teaspoon of baking powder per cup of flour.

Example: Let's say your recipe calls for 3 cups of flour and 1 cup of raisins. First you'll need 1 teaspoon of baking powder for each cup of flour. That makes 3 teaspoons. To help lift those raisins, you'll want an extra 1/2 teaspoon of baking powder per cup of flour. This makes 1 1/2 teaspoons or 4 1/2 teaspoons of baking powder altogether.

When & How To Use Baking Soda

Baking soda is used generally when there is an ingredient in a batter that is particularly acidic, such as buttermilk or molasses, anything that can take the place of the acid in the baking powder.

Example: If our recipe contains 3 cups of flour plus 1 cup of raisins and we want to use 1 cup of sweet milk, we blend 4 1/2 teaspoons of baking powder into the flour. If we want to substitute 1 cup of buttermilk for the sweet milk, we'll blend 1/2 teaspoon of baking soda into the flour and use only 2 1/2 teaspoons of baking powder. In other words, 1/2 teaspoon of baking soda plus 1 cup of buttermilk (or an equivalent) can replace about 2 teaspoons of baking powder.

Here are some other ingredients that will react with 1/2 teaspoon of baking soda and can replace 2 teaspoons of baking powder. This list is by no means complete but it may give you a sense of what ingredients can be used.

- 1 cup sour milk
- 1 cup sweet milk soured with 1 tablespoon vinegar or lemon juice
- 1 cup sour cream
- 1 cup yogurt
- 1 cup fruit or vegetable sauces or juice
- 3/4 cup brown sugar
- 3/4 cup honey
- 3/4 cup molasses
- 2 tablespoon vinegar or lemon juice
- 1/2 cup cocoa (not Dutch cocoa, which has been "de-acidified")

Final Note:

There is no situation where you must use baking soda, even when you have an acidic ingredient in your dough or batter. Because baking powder contains both baking soda and an acid, it will create carbon dioxide bubbles even when there's extra acid present, such as the buttermilk.

You can choose to use baking powder completely, If you do, the flavor of the acidic ingredient (buttermilk, etc.) will be slightly more pronounced since there is no baking soda to react with or neutralize it. The texture will also be a bit finer than the coarse or "shaggy" texture that is characteristically caused by the action of baking soda.

You may find you like the flavor and texture of things leavened with baking soda or you may prefer baking powder. Try a recipe both ways. Just remember that you can't use baking soda in place of baking powder without something acidic to react to it. Without something to neutralize it, it will leave a bitter, salty taste. And always blend either one thoroughly into your dry ingredients first so it will be evenly distributed throughout the dough or batter.

Making a recipe that calls for buttermilk? Use this simple substitute, and you won't need to buy any:

Prep Time: 5 minutes

Total Time: 5 minutes

Ingredients:

- Milk (just under one cup)
 - 1 Tablespoon white vinegar or lemon juice
- Preparation:**
1. Place a Tablespoon of white vinegar or lemon juice in a liquid measuring cup.
 2. Add enough milk to bring the liquid up to the one-cup line.
 3. Let stand for five minute. Then, use as much as your recipe calls for.

4. Have heavy cream in the fridge? If so, you have everything you need to make real buttermilk:

- [How to Make Buttermilk](#)

Once you see how easy it is to make buttermilk, you'll want to make your own everytime. Here's how:

Prep Time: 10 minutes

Total Time: 10 minutes

Ingredients:

Heavy cream (avoid ultra-pasteurized)

Preparation: Just need an easy stand in for buttermilk? Then, check out:

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