



♥ **INTRODUCING** ♥

HELPING PAWS

♥ **KITCHEN COMPANIONS** ♥

A series of handy reference cards created to help in the kitchen when you need it most!

- ♥ Quick substitutions
- ♥ Smart swaps
- ♥ Handy conversions
- ♥ Baking & cooking rescues
- ♥ Flavor fixes

DESIGNED TO TUCK RIGHT IN WITH YOUR DOG IN THE KITCHEN RECIPE CARD COLLECTION!

♥ IHANA & SOOT ARE YOUR HELPING PAWS! ♥

1 FRESH & DRIED HERBS



2 BAKING RESCUES



3 SAUCES, STOCKS & PANTRY SAVERS



4 MEASURE, CONVERT & SCALE



**5 SOMETHING'S MISSING?
FIX THE FLAVOR!**



♥ **COLLECT ALL AND KEEP YOUR KITCHEN COVERED!** ♥

♥ SANDRAMILLER.ART ♥

FRESH ↔ DRIED HERBS

• EASY CONVERSIONS & COOKING TIPS •

FRESH HERBS

1 TBSP	BASIL	=	1 TSP
1 TBSP	OREGANO	=	1 TSP
1 TBSP	THYME	=	1 TSP
1 TBSP	ROSEMARY (chopped)	=	1 TSP
1 TBSP	SAGE (chopped)	=	1 TSP
1/4 CUP	PARSLEY (chopped)	=	1 TSP
1 TBSP	DILL	=	1 TSP
1 TBSP	TARRAGON	=	1 TSP
1 TBSP	MINT (chopped)	=	1 TSP
1 TBSP	CHIVES (chopped)	=	1 TSP

DRIED HERBS

1 TBSP
FRESH HERBS
≈
1 TSP
DRIED HERBS



COOKING TIP:

Dried herbs are more concentrated.
Add dried herbs early in cooking
to bring out their flavor.
Add delicate fresh herbs
at the end for brightness and color.



GOOD TO KNOW:

Store dried herbs in a cool,
dark place in an airtight
container for best flavor.

DOG IN THE KITCHEN

OUT OF THAT HERB?

♥ SMART SWAPS & EASY SUBSTITUTIONS ♥

NOT EXACT, BUT DELICIOUS!



BASIL



oregano
parsley + oregano



PARSLEY



cilantro
chives
celery leaves



OREGANO



marjoram
thyme



DILL



tarragon
parsley +
a little fennel



THYME



oregano
marjoram
herbes de Provence



CILANTRO



parsley
+ squeeze
of lime



ROSEMARY



thyme
sage



TARRAGON



dill
thyme



SAGE



thyme
poultry seasoning



MINT



basil
lemon balm

♥ ITALIAN SEASONING ♥



oregano + basil + thyme
+ rosemary + marjoram

♥ POULTRY SEASONING ♥



sage + thyme + rosemary
+ marjoram



TIP: Start with a smaller amount,
you can always add more!



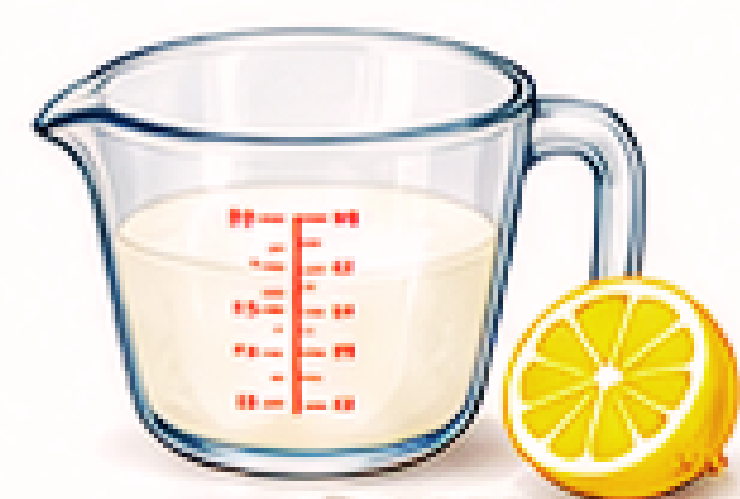
SAVOR THE JOURNEY



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BAKING RESCUES

♥ QUICK SUBSTITUTIONS WHEN YOU'RE IN A PINCH! ♥



1 CUP BUTTERMILK = **1 TBSP LEMON JUICE OR VINEGAR**
+ enough milk to make 1 cup



1 CUP CAKE FLOUR = **1 CUP ALL-PURPOSE FLOUR**
minus 2 TBSP,
replace with 2 TBSP CORNSTARCH



1 CUP BROWN SUGAR = **1 CUP WHITE SUGAR**
+ 1 TBSP MOLASSES



1 CUP SELF-RISING FLOUR = **1 CUP ALL-PURPOSE FLOUR**
+ 1½ TSP BAKING POWDER
+ ¼ TSP SALT



1 TSP BAKING POWDER = ¼ TSP BAKING SODA
+ ½ TSP CREAM OF TARTAR



1 TSP VANILLA EXTRACT = ½ TSP ALMOND EXTRACT
or 1 tsp vanilla paste
or seeds from ½ vanilla bean



1 CUP SOUR CREAM = **1 CUP PLAIN GREEK YOGURT**
or 1 CUP CREME FRAÎCHE

HANDY TIP

These swaps work in most recipes, but results may vary.
Bake with love and taste is your best guide!



• A PINCH OF KNOWLEDGE •

Room temperature ingredients blend better and create smoother, more even bakes.



EGGS, BUTTER & DAIRY SWAPS

♥ EASY SUBSTITUTIONS THAT WORK! ♥



BUTTER

=

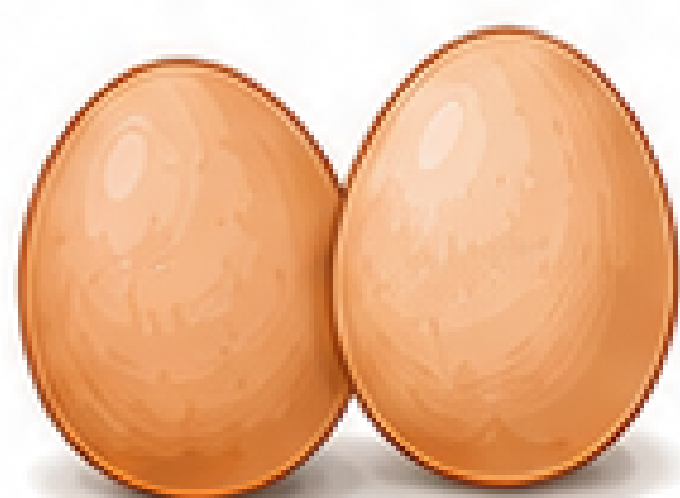
- Margarine (1:1)
- Coconut oil (solid, 1:1)
- Vegetable oil ($\frac{3}{4}$ cup oil = 1 cup butter)
- Applesauce ($\frac{3}{4}$ cup = 1 cup butter)



OIL

=

- Melted butter ($\frac{3}{4}$ cup butter = 1 cup oil)
- Applesauce ($\frac{3}{4}$ cup = 1 cup oil)
- Mashed banana ($\frac{3}{4}$ cup = 1 cup oil)
- Greek yogurt ($\frac{3}{4}$ cup = 1 cup oil)



EGGS

=

- 1 Tbsp ground flaxseed + 3 Tbsp water (let sit 5 min)
- $1\frac{1}{2}$ tsp baking powder + 2 Tbsp water
- $\frac{1}{4}$ mashed banana
- $\frac{1}{4}$ cup unsweetened applesauce
- $\frac{1}{4}$ cup silken tofu, blended



HEAVY CREAM

=

- $\frac{1}{2}$ cup whole milk + 2 Tbsp butter, melted
- $\frac{1}{2}$ cup evaporated milk
- $\frac{1}{2}$ cup full-fat coconut milk (shake well)
- $\frac{1}{4}$ cup Greek yogurt (thinned with 1 Tbsp milk)



HALF-AND-HALF

=

- $\frac{1}{2}$ cup whole milk + $1\frac{1}{2}$ Tbsp heavy cream
- $\frac{3}{3}$ cup whole milk + 1 tsp melted butter
- $\frac{1}{2}$ cup evaporated milk + $\frac{1}{2}$ cup water
- $\frac{1}{2}$ cup plain Greek yogurt + 2 Tbsp milk



WHOLE MILK

=

- 2% milk
- Evaporated milk (dilute 1:1 with water)
- Buttermilk (thinned 1:1 with water)
- Unsweetened almond or oat milk (plain)



SOUR CREAM

=

- Plain Greek yogurt (1:1)
- Crème fraîche (1:1)
- Buttermilk (thick part, 1:1)
- Mayonnaise ($\frac{1}{2}$ cup mayo + 1 tsp lemon juice)



SAUCES, STOCKS & PANTRY SAVERS

♥ SMART SHORTCUTS FOR BIG FLAVOR! ♥



SAUCES

EASY SWAPS & SHORTCUTS



MARINARA SAUCE

Use jarred sauce + fresh garlic, herbs & a pinch of sugar to taste.



PESTO

Mix with a little pasta water or olive oil to thin. Great for pasta, veggies & sandwiches.



CREAM SAUCE

Start with a roux or use cream cheese + milk + seasoning for a quick fix.



GRAVY

Use pan drippings + broth + a slurry (flour or cornstarch + water).

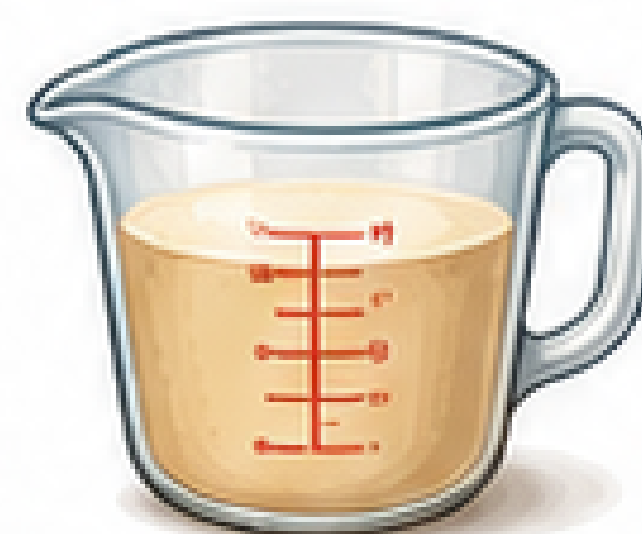


VINAIGRETTE

3 parts oil + 1 part acid + Dijon + herbs. Shake it up!

STOCKS

BUILD FLAVOR FAST



CHICKEN STOCK

Use store-bought or bouillon: 1 cube or 1 tsp per cup water.



BEEF STOCK

Adds rich depth to soups, sauces & braises.



VEGGIE STOCK

Perfect for soups, rice, grains & vegetarian dishes.

♥ STOCK SAVER TIP

Freeze extra in ice cube trays. Pop out and store in a bag for easy use anytime!

PANTRY SAVERS

KEEP THESE ON HAND!



CANNED TOMATOES

Crushed, diced or whole – the base of so many delicious dishes.



CANNED BEANS

Protein-packed & ready to go. Rinse & season for soups, salads & sides.



COCONUT MILK

Adds creaminess & flavor to curries, soups & sauces.



OLIVE OIL

A splash adds instant flavor. Use for drizzling, cooking & finishing.



HERBS & SPICES

Dried herbs, garlic, onion, pepper & spices bring dishes to life.

SAUCE & CONDIMENT SWAPS

♥ EASY ALTERNATIVES YOU PROBABLY ALREADY HAVE! ♥



**MARINARA
SAUCE**

=

1 (15 oz) can crushed tomatoes
+ 1 tsp olive oil + 1 clove garlic, minced
+ 1 tsp Italian herbs + pinch of sugar + salt & pepper



**CREAM
SAUCE**

=

½ cup milk + 1 Tbsp butter
+ 1 Tbsp flour (or cornstarch) cooked until thick
+ salt, pepper & seasonings



GRAVY

=

Pan drippings or broth + 1 tsp Worcestershire
+ 1 tsp soy sauce + 1 tsp flour or cornstarch
(whisk until smooth & thickened)



PESTO

=

2 cups fresh basil + ¼ cup nuts (pine nuts or walnuts)
+ ¼ cup Parmesan + ½ cup olive oil
+ 1 clove garlic + salt & pepper (blend until smooth)



**DIJON
MUSTARD**

=

2 Tbsp yellow mustard + 1 tsp Dijon mustard
+ ½ tsp honey or maple syrup
+ 1 tsp vinegar or lemon juice



VINAIGRETTE

=

3 parts oil + 1 part acid
(olive oil + vinegar, lemon juice or Dijon)
+ herbs, garlic, salt & pepper



MAYONNAISE

=

½ cup plain Greek yogurt
+ 1 tsp Dijon mustard + squeeze of lemon
+ pinch of salt (mix until creamy)



SOY SAUCE

=

2 Tbsp tamari or coconut aminos
+ 1 tsp water (or rice vinegar for brightness)



HOT SAUCE

=

2 Tbsp hot sauce
+ 1 tsp honey or maple syrup + splash of lime juice

♥ **HANDY TIP**

Taste as you go!
Small tweaks can make a
big difference.



♥ These swaps are starting points—feel free to adjust
with your favorite herbs, spices & seasonings.

♥ **COOK CLEVER, EAT WELL, ENJOY MORE!**





DOG IN THE KITCHEN



MEASURE, CONVERT, SCALE

♥ HANDY REFERENCE FOR YOUR KITCHEN ADVENTURES! ♥

OVEN TEMPERATURE CONVERSIONS



°F	°C	GAS MARK
250°F	120°C	1/2
275°F	140°C	1
300°F	150°C	2
325°F	160°C	3
350°F	175°C	4
375°F	190°C	5
400°F	200°C	6
425°F	220°C	7
450°F	230°C	8
475°F	240°C	9
500°F	260°C	10

WEIGHT CONVERSIONS

STANDARD EQUIVALENTS

1 OZ = 28 G

1/4 LB = 4 OZ
113 G

1/2 LB = 8 OZ
227 G

1 LB = 16 OZ
453 G

2 LB = 32 OZ
907 G

♥ KITCHEN CONFIDENCE TIP ♥

Oven temperatures can vary.
Use an oven thermometer for
best results!



♥
KEEP THIS CARD
HANDY & COOK
WITH CONFIDENCE!

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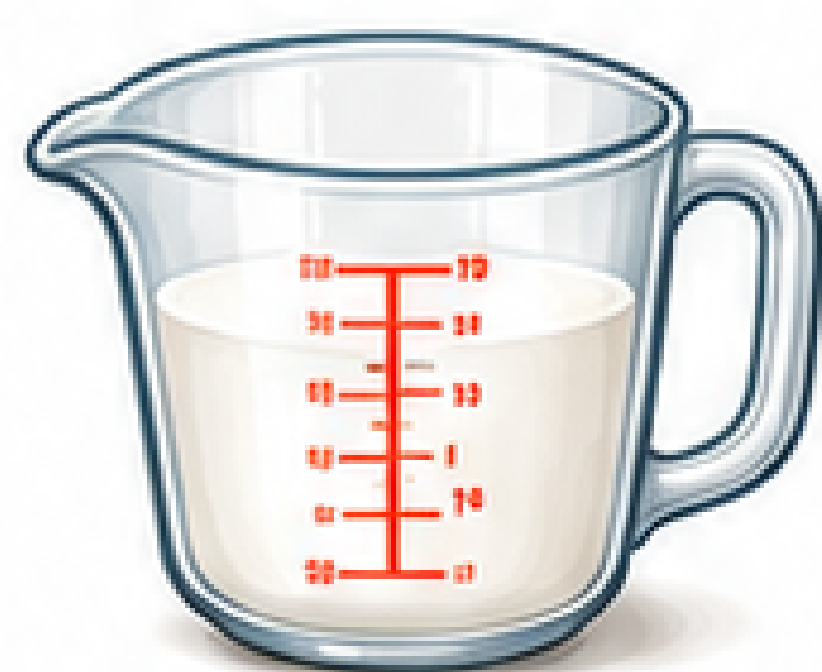
MEASURE CONFIDENTLY, COOK DELICIOUSLY!





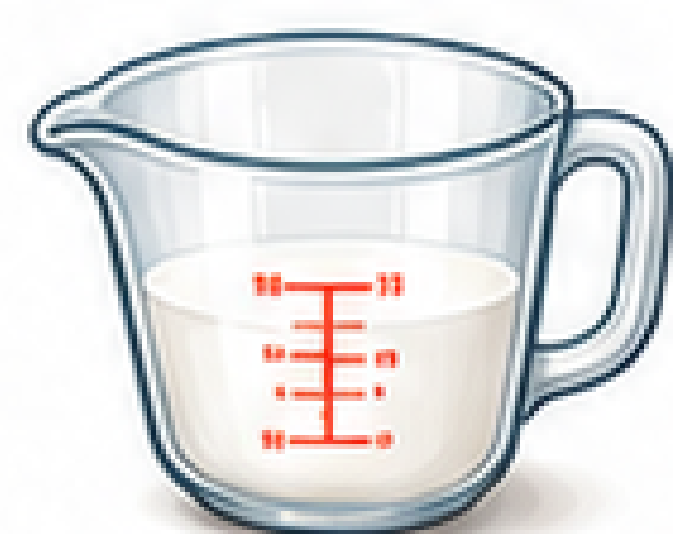
MEASURE, CONVERT, SCALE

DRY MEASUREMENTS



1 CUP

= 16 TBSP
= 8 FL OZ
(240 ml)



1/2 CUP

= 8 TBSP
= 4 FL OZ
(120 ml)



1/3 CUP

= 5 TBSP + 1 TSP
= 2.67 FL OZ
(80 ml)



1/4 CUP

= 4 TBSP
= 2 FL OZ
(60 ml)



1 TBSP

= 3 TSP
= 1/2 FL OZ
(15 ml)



1 TSP

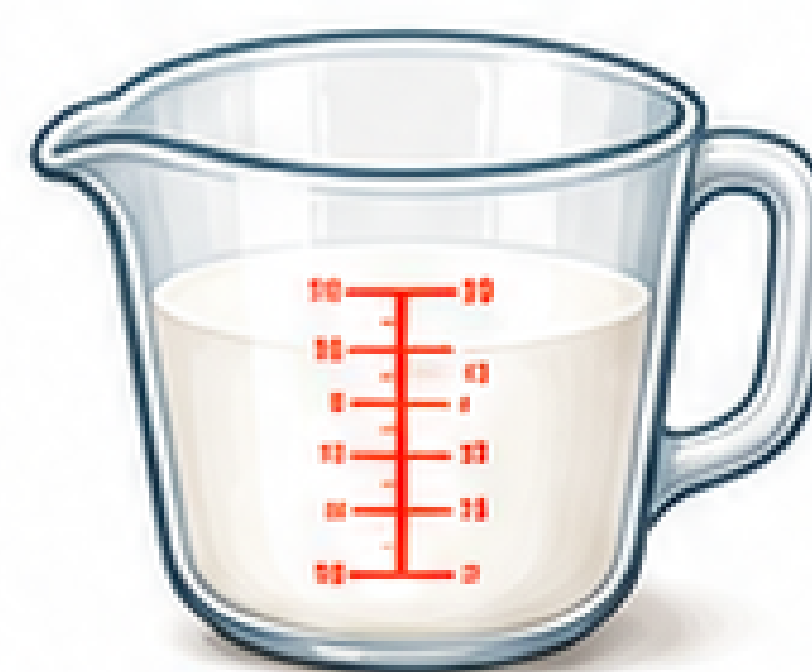
= 1/3 TBSP
= 0.17 FL OZ
(5 ml)



1/2 TSP

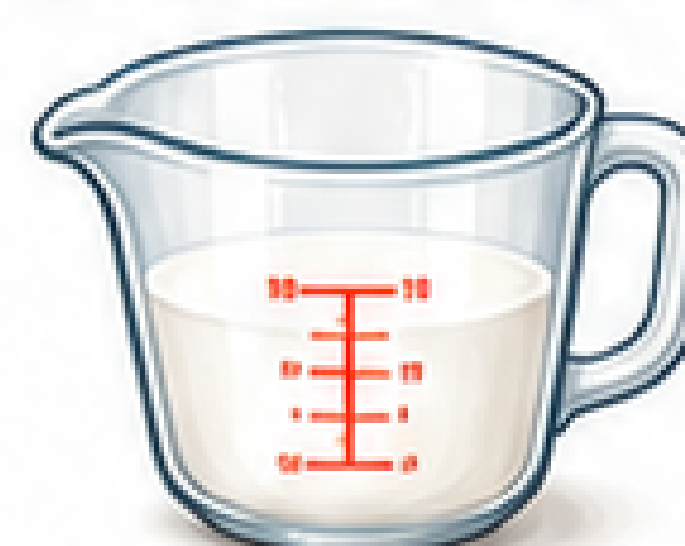
= 0.08 FL OZ
(2.5 ml)

LIQUID MEASUREMENTS



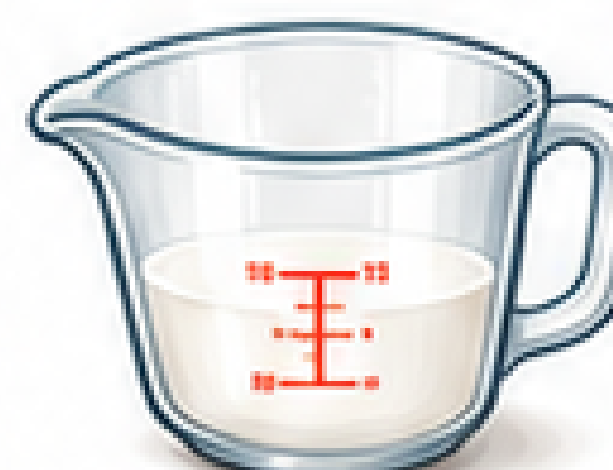
1 CUP

= 16 TBSP
= 8 FL OZ
(240 ml)



1/2 CUP

= 8 TBSP
= 4 FL OZ
(120 ml)



1/3 CUP

= 5 TBSP + 1 TSP
= 2.67 FL OZ
(80 ml)



1/4 CUP

= 4 TBSP
= 2 FL OZ
(60 ml)



1 TBSP

= 3 TSP
= 1/2 FL OZ
(15 ml)



1 TSP

= 0.17 FL OZ
(5 ml)



1/2 TSP

= 0.08 FL OZ
(2.5 ml)





DOG IN THE KITCHEN



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SOMETHING'S MISSING?

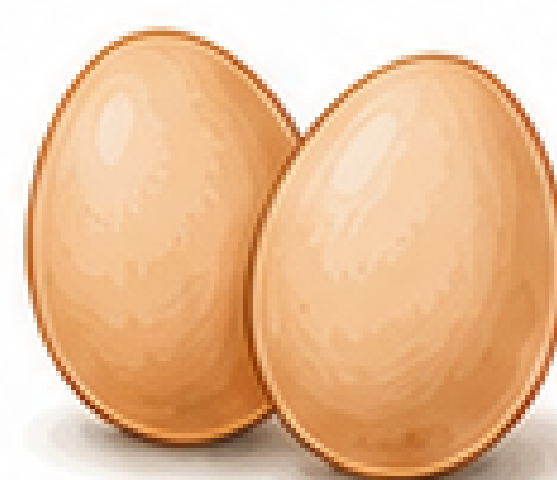
♥ SIMPLE SWAPS TO SAVE THE DAY! ♥

OUT OF BUTTERMILK?



= 1 CUP MILK
+ 1 TBSP LEMON JUICE
OR VINEGAR
(let sit 5 minutes)

OUT OF EGGS?



= 1 EGG =
1/4 CUP UNSWEETENED
APPLESAUCE OR
1/2 BANANA,
MASHED

OUT OF BREAD CRUMBS?



= CRUSH CRACKERS,
CRUNCHY CEREAL
OR STALE BREAD
INTO CRUMBS

OUT OF BROWN SUGAR?



= 1 CUP WHITE SUGAR
+ 1 TBSP MOLASSES
OR MAPLE SYRUP

OUT OF HEAVY CREAM?



= 3/4 CUP MILK
+ 1/4 CUP BUTTER,
MELTED

OUT OF LEMON?



= 1 TBSP VINEGAR
OR LIME JUICE
(OR 1/2 TSP
CITRIC ACID)

OUT OF VANILLA?



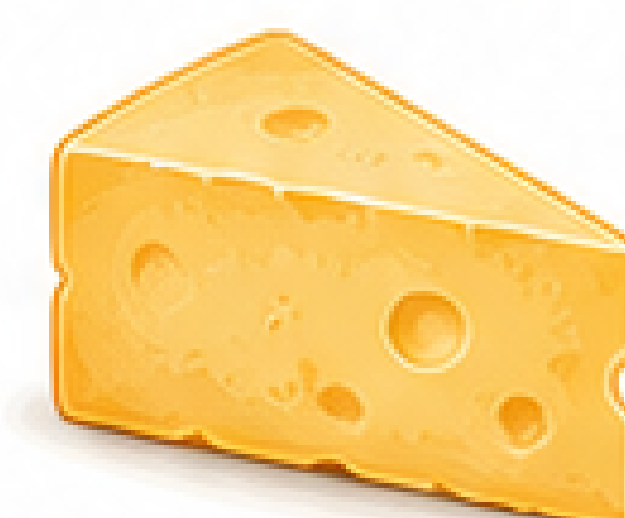
= 1 TSP ALMOND EXTRACT
OR MAPLE EXTRACT
OR 1/2 TSP
ALMOND FLAVORING

OUT OF MILK?



= USE ANY OF THESE:
WATER + BUTTER
EVAPORATED MILK
CANNED COCONUT MILK
OR PLANT-BASED MILK

OUT OF CHEESE?



= TRY PARMESAN,
NUTRITIONAL YEAST
OR A LITTLE
CREAM CHEESE

OUT OF FLOUR?



= 1 CUP OAT FLOUR
ALMOND FLOUR
OR CORNSTARCH
(FOR THICKENING)

OUT OF YEAST?



= 1 TSP BAKING POWDER
+ 1/4 TSP BAKING SODA
(FOR QUICK BREADS)

OUT OF TOMATOES?



= 1/2 CUP TOMATO SAUCE
+ 1 TBSP TOMATO PASTE
OR 1/2 CUP
ROASTED RED PEPPERS

OUT OF HONEY?



= MAPLE SYRUP
AGAVE NECTAR
OR BROWN SUGAR

OUT OF CORNSTARCH?



= 1 TBSP FLOUR
OR ARROWROOT
POWDER

♥ **KITCHEN TIP** ♥

Cooking is about creativity,
not perfection.
You've got this!



COOK CLEVER, EAT WELL, ENJOY MORE





HOW TO FIX THE FLAVOR

♥ QUICK SOLUTIONS FOR BETTER, BOLDER, DELICIOUS! ♥

FLAVOR PROBLEM

HOW TO FIX IT



TOO BLAND

- ♥ ADD SALT A LITTLE AT A TIME
- ♥ ADD ACID: LEMON JUICE, VINEGAR, TOMATO, OR WINE
- ♥ ADD HERBS, SPICES, OR A PINCH OF GARLIC OR ONION POWDER



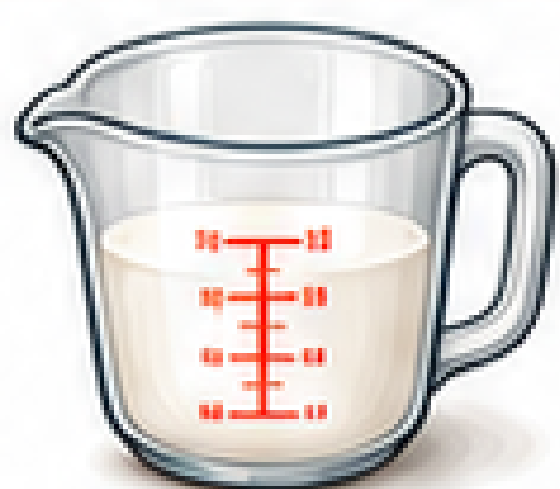
TOO SALTY

- ♥ ADD MORE OF THE MAIN INGREDIENT
- ♥ ADD ACID: LEMON JUICE OR VINEGAR
- ♥ ADD A TOUCH OF SWEETNESS
- ♥ ADD A SPLASH OF CREAM OR MILK



TOO SOUR

- ♥ ADD A TOUCH OF SWEETNESS
- ♥ ADD A PINCH OF BAKING SODA (FOR TOMATO OR CITRUS)
- ♥ ADD MORE OF THE MAIN INGREDIENT



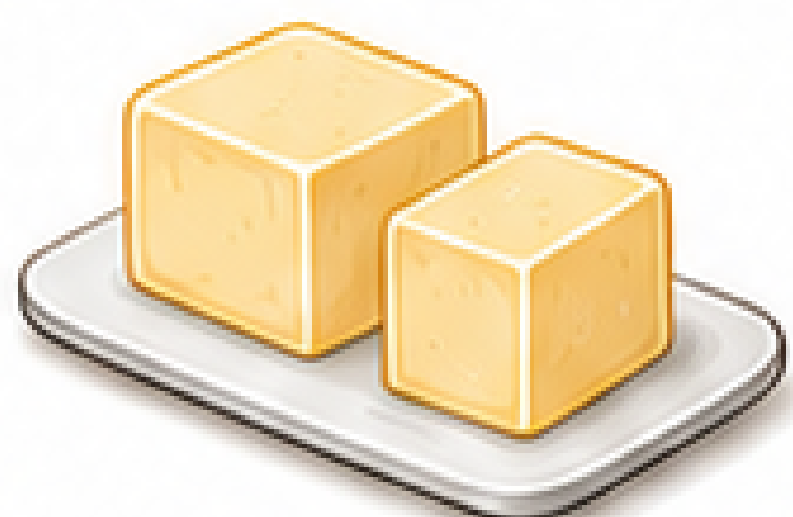
TOO THICK

- ♥ ADD BROTH, WATER, MILK, OR CREAM
- ♥ ADD A LITTLE AT A TIME UNTIL IT'S JUST RIGHT



NOT ENOUGH FLAVOR DEPTH

- ♥ ADD AROMATICS: GARLIC, ONION, GINGER
- ♥ ADD HERBS OR SPICES
- ♥ ADD UMAMI: SOY SAUCE, MISO, WORCESTERSHIRE, PARMESAN



TOO FLAT

- ♥ ADD A PAT OF BUTTER OR A DRIZZLE OF OLIVE OIL
- ♥ ADD CHEESE, CREAM, OR YOGURT
- ♥ FINISH WITH FRESH HERBS

