

Sweetener Substitution Basics

Maple Syrup

A natural sweetener that can be used as a substitute for refined sugar and is high in minerals like zinc and manganese. Maple syrup is actually sweeter than sugar. The familiar maple flavor becomes less pronounced when used in baking. There are two common grades of maple syrup that you will likely see on your grocery shelf; Grade A has a mild flavor and light color, Grade B is darker in color with a stronger maple flavor. You can also source darker baking grades from maple producers, sometimes at a reduced cost. Certified Organic Maine produced maple syrup is readily available throughout most of the state. Any Maple used for the fair must be certified organic.

Honey

There are two types of honey that you are likely to see most often, pasteurized (clear, golden in color, thinner consistency) and raw (thick, cloudy, granular consistency). Raw honey has not been processed/heated, leaving more of the antioxidants, vitamins and minerals intact. It is also sweeter than white sugar, but very versatile and great for baking. Sustainably managed honey sourced from Maine is acceptable for the fair.

How to Substitute Sweeteners

1. **Honey and maple syrup are sweeter than sugar**, so use less. Substitute about $\frac{1}{2}$ to $\frac{3}{4}$ cup of honey or maple syrup for each cup of sugar the recipe calls for.
2. When substituting a liquid for a granulated sweetener (e.g. using honey when the recipe calls for sucanat or brown sugar,) **for every 1 cup of liquid sweetener, subtract $\frac{1}{8}$ to $\frac{1}{4}$ cup of liquid from the recipe. Keep in mind some recipes work better by increasing the flour rather than decreasing the liquid.**
3. When substituting a granulated for a liquid sweetener (e.g. granulated maple sugar when the recipe calls for maple syrup or honey,) **for every 1 cup of sweetener, add $\frac{1}{4}$ cup of liquid from the recipe.**
4. When substituting granulated maple sugar for granulated white or brown sugar the conversion rate is to **use $\frac{1}{2}$ cup maple sugar for each 1 cup of granulated sugar.**
5. If baking with honey or maple syrup, **reduce the oven temperature by 25 degrees Fahrenheit**, since maple syrup and honey will tend to caramelize and burn faster than granulated sweeteners.
6. Since maple syrup and honey are somewhat acidic, when baking, you may want to **add $\frac{1}{4}$ – $\frac{1}{2}$ tsp baking soda per cup of honey or maple syrup** to the batter so it will rise. Adding Bakewell cream in an amount equal to the baking soda removes the soda taste that can occur when increasing or adding baking soda. It also helps keep baked goods fluffy and well risen. Do not add baking soda if the recipe calls for buttermilk, sour milk, or sour cream since these liquids do the same thing.

General Substitution Notes

1. If you are increasing the amount of whole grain flours you will also have to add more flour and **increase leavening (baking soda, baking power, bakewell cream, etc.) or number of folded in egg whites.**
2. When substituting ingredients, you may find that you need to be flexible on the exact amount of dry or liquid ingredients added to ensure that the consistency turns out right.
3. When experimenting with your own recipes it is a good idea to record the amounts of all ingredients used, the amount that the liquid or flour was decreased or increased by, and the temperature of the oven. This will allow you to make accurate adjustments in the amounts, if needed, in the future.

Have fun perfecting your special goodies and testing them on family and friends!