

## Herbs, Spices and Seasonings Substitutions

Item	Amount	Substitute With
Allspice	1 teaspoon	1/2 teaspoon cinnamon, 1/2 teaspoon ground cloves OR
		1/2 teaspoon ground cinnamon, 1/4 teaspoon. ground cloves, 1/4 teaspoon ground nutmeg
Ammonium carbonate	3/4 teaspoon	1 teaspoon baking soda
Anchovy, mashed	1	1 teaspoon anchovy paste
Anise Extract	1 teaspoon	1 1/2 teaspoon anise seed
Aniseed	1 teaspoon	1 teaspoon Fennel seed or a few drops anise extract
Apple Pie Spice	1 teaspoon	Mix 1/2 teaspoon ground cinnamon, 1/4 teaspoon ground ginger, 1/8 teaspoon ground allspice and 1/8 teaspoon ground nutmeg OR
		1 teaspoon cinnamon plus 1/8 teaspoon ground nutmeg OR
		1/2 teaspoon cinnamon, 1/4 teaspoon nutmeg, and 1/8 teaspoon cardamom OR
		1/2 teaspoon ground cinnamon, 1/4 teaspoon ground nutmeg, 1/8 teaspoon ground allspice, 1/8 teaspoon ground cardamom
Arrowroot	1 tablespoon	2 tablespoon all-purpose flour OR
		1 tablespoon cornstarch
Basil	1 teaspoon	1 teaspoon Oregano or thyme
Bay Leaf	1 whole	1/4 teaspoon crushed
Beau monde	1 tablespoon	2 teaspoon onion powder, 1 teaspoon celery salt
Cardamom	1 teaspoon	1 teaspoon Ginger OR
		1 teaspoon ground cinnamon
Cayenne	1/8 teaspoon	4 drops tabasco sauce
Celery Salt	1 teaspoon	3/4 teaspoon salt, 1/4 teaspoon crushed celery seed
Celery seed (for pickling)	1 tablespoon	1 tablespoon dill seed
Chervil	1 teaspoon	1 teaspoon dried parsley flakes plus 1/8 teaspoon rubbed, dried sage OR
		1 teaspoon parsley
Chili Hot Red, dried, whole	1 teaspoon	1 teaspoon Crushed red pepper
Chili Powder, hot	1 teaspoon	1 teaspoon regular chili powder plus 1/8 teaspoon ground red pepper OR
	1 teaspoon	Dash bottled hot pepper sauce plus a combination of oregano and cumin OR

Item	Amount	Substitute With
Chili Powder, hot (Cont)	1 tablespoon	2 teaspoon cumin, 1 teaspoon cayenne, 1 teaspoon oregano, 1/2 teaspoon garlic powder
Chinese Five Spice	1 teaspoon	1/4 teaspoon each of: Crushed anise seeds, ground cinnamon, ground cloves and ground ginger
Chives		Green onion, onion, or leek
Cilantro		Parsley
Cinnamon	1 teaspoon	1/4 teaspoon Nutmeg or allspice
Cinnamon Sugar	1 cup	7/8 cup granulated sugar, 2 tablespoon ground cinnamon
Cloves		Allspice, cinnamon, or nutmeg
Cumin		Chili powder
Curry Powder	1 tablespoon	1/2 teaspoon ground cardamom, 1/2 teaspoon cayenne, 1/2 teaspoon ground coriander seed, 1/2 teaspoon cumin, 1/2 teaspoon ground ginger, 1/2 teaspoon turmeric
Dill	3 teaspoon fresh chopped	1 teaspoon dried dill
Dried Herbs	1/2 teaspoon dried	1 teaspoon fresh
Fennel seeds	1 teaspoon	1 teaspoon caraway seeds
Fines Herbs	1 teaspoon	1/4 teaspoon each of dried thyme leaves, oregano leaves, sage leaves and rosemary OR
	or	3 tablespoon parsley flakes, 2 teaspoon dried chervil, 2 teaspoon dried chives, 1 teaspoon dried tarragon
	1/3 cup	
Five Spice Power	5 teaspoon	1 teaspoon ground anise, 1 teaspoon ground fennel, 1 teaspoon ground cloves, 1 teaspoon ground cinnamon, 1 teaspoon ground pepper
Garlic	1 clove fresh	1/8 teaspoon garlic powder OR
		3/4 teaspoon minced garlic OR
		1/2 teaspoon garlic salt OR
		1/2 teaspoon garlic juice OR
		1 teaspoon garlic paste
Garlic Powder	1/8 teaspoon	1/2 teaspoon garlic juice OR
		1 teaspoon garlic paste OR
		1/2 teaspoon garlic salt
Garlic Salt	1/2 teaspoon	1/2 teaspoon garlic juice OR
		1 clove garlic, minced OR
		1/8 teaspoon garlic powder

Item	Amount	Substitute With
Ginger	1 tablespoon	Allspice, cinnamon, mace, or nutmeg OR
		1/8 teaspoon powdered ginger
Gingerroot (grated fresh)	1/2 teaspoon	1/4 teaspoon ground ginger
Herbs, dried leaf	1 teaspoon	1/4 teaspoon herbs, powdered
Herbs, fresh	1 teaspoon	1/2 teaspoon herbs, dried
	1 tablespoon	1 teaspoon herbs, dried
Juniper Berries	1 tablespoon	1 tablespoon Rosemary
Italian Seasoning	2 tablespoon	1 teaspoon each of: basil, oregano, marjoram, rosemary, sage and thyme
Leeks (sliced)	1/2 cup	1/2 cup sliced green onions or shallots
Mace		Allspice, cinnamon, ginger, or nutmeg
Marjoram		Basil, thyme, or savory
Mint		Basil, marjoram, or rosemary
Nutmeg		Cinnamon, ginger, or mace
Onion Powder	1 teaspoon	1 tablespoon instant minced onion
Oregano		Thyme, basil, or marjoram
Parsley, dried	1 teaspoon	1 teaspoon Chervil or cilantro
Parsley, fresh, chopped	1 tablespoon	1 teaspoon parsley flakes
Pepper flakes, hot	1 teaspoon	1/2 teaspoon cayenne
Poultry Seasoning	1 teaspoon	3/4 teaspoon sage, 1/4 ground thyme OR
	1 1/3 teaspoon	3/4 teaspoon sage, 1/4 teaspoon thyme, 1/8 teaspoon ground cloves, 1/4 teaspoon pepper
Pumpkin Pie Spice	1 teaspoon	1/2 teaspoon ground cinnamon, 1/4 teaspoon ground ginger, 1/8 teaspoon ground allspice, 1/8 teaspoon ground nutmeg OR
		1/2 teaspoon ground cinnamon, 1/8 teaspoon ground nutmeg, 1/8 teaspoon ground mace, 1/8 teaspoon ground ginger, 1/8 teaspoon ground cloves
Red Pepper		Dash bottled hot pepper sauce or black pepper
Rosemary		Thyme, tarragon, or savory
Sage		Poultry seasoning, savory, marjoram, or rosemary
Salt, seasoned	4 teaspoon	2 teaspoon salt, 1/2 teaspoon sage, 1/2 teaspoon parsley flakes, 1/2 teaspoon onion powder, 1/4 teaspoon marjoram, 1/4 teaspoon paprika
Salt, table	1 tablespoon	1 1/2 tablespoon kosher salt
Savory		Thyme, marjoram, or sage
Sesame Seed	1 tablespoon	1 tablespoon finely chopped blanched almonds
Tarragon		Chervil, dash fennel seed, or dash aniseed
Thyme		Basil, marjoram, oregano, or savory
Tumeric	1 teaspoon	1 teaspoon dry mustard