

Herbs, Spices and Seasonings Substitutions

Food	Amount	Substitute
Allspice	1 tsp	1/2 tsp ground cinnamon, 1/4 tsp. ground cloves, 1/4 tsp ground nutmeg
Ammonium carbonate	3/4 tsp	1 tsp baking soda
Anchovy, mashed	1	1 tsp anchovy paste
Anise Extract	1 tsp	1 1/2 tsp anise seed
Aniseed	1 tsp	1 tsp Fennel seed or a few drops anise extract
Apple Pie Spice	1 tsp	1/2 tsp ground cinnamon, 1/4 tsp ground nutmeg, 1/8 tsp ground allspice, 1/8 tsp ground cardamom
Apple Pie Spice	1 tsp	1 tsp cinnamon plus 1/8 tsp ground nutmeg
Apple Pie Spice	1 tsp	1/2 tsp ground cinnamon, 1/4 tsp ground ginger, 1/8 tsp ground allspice and 1/8 tsp ground nutmeg
Apple Pie Spice	1 tsp	1/2 tsp cinnamon, 1/4 tsp nutmeg, and 1/8 tsp cardamom
Arrowroot	1 tbsp	2 tbsp all-purpose flour
Arrowroot	1 tbsp	1 tbsp cornstarch
Basil	1 tsp	1 tsp Oregano or thyme
Bay Leaf	1 whole	1/4 tsp crushed
Beau monde	1 tbsp	2 tsp onion powder, 1 tsp celery salt
Cardamom	1 tsp	1 tsp Ginger
Cardamom	1 tsp	1 tsp ground cinnamon
Cayenne	1/8 tsp	4 drops tabasco sauce
Celery Salt	1 tsp	3/4 tsp salt, 1/4 tsp crushed celery seed
Celery seed (for pickling)	1 tbsp	1 tbsp dill seed
Chervil	1 tsp	1 tsp dried parsley flakes plus 1/8 tsp rubbed, dried sage
Chervil	1 tsp	1 tsp parsley
Chili Hot Red, dried, whole	1 tsp	1 tsp Crushed red pepper
Chili Powder, hot	1 tbsp	2 tsp cumin, 1 tsp cayenne, 1 tsp oregano, 1/2 tsp garlic powder
Chinese Five Spice	1 tsp	1/4 tsp each of: Crushed anise seeds, ground cinnamon, ground cloves and ground ginger
Chives	equal amount	Green onion, onion, or leek
Cilantro	equal amount	Parsley
Cinnamon	1 tsp	1/4 tsp Nutmeg or allspice
Cinnamon Sugar	1 cup	7/8 cup granulated sugar, 2 tbsp ground cinnamon
Cloves	equal amount	Allspice, cinnamon, or nutmeg
Cumin	equal amount	Chili powder
Curry Powder	1 tbsp	1/2 tsp ground cardamom, 1/2 tsp cayenne, 1/2 tsp ground coriander seed, 1/2 tsp cumin, 1/2 tsp ground ginger, 1/2 tsp turmeric
Dill	3 tsp fresh chopped	1 tsp dried dill
Dried Herbs	1/2 tsp dried	1 tsp fresh
Fennel seeds	1 tsp	1 tsp caraway seeds
Fines Herbs	1 tsp	1/4 tsp each of dried thyme leaves, oregano leaves, sage leaves and rosemary



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Five Spice Power	5 tsp	1 tsp ground anise, 1 tsp ground fennel, 1 tsp ground cloves, 1 tsp ground cinnamon, 1 tsp ground pepper
Garlic	1 clove fresh	1/8 tsp garlic powder
Garlic	1 clove fresh	1 tsp garlic paste
Garlic	1 clove fresh	1/2 tsp garlic juice
Garlic	1 clove fresh	1/2 tsp garlic salt
Garlic	1 clove fresh	3/4 tsp minced garlic
Garlic Powder	1/8 tsp	1/2 tsp garlic juice
Garlic Powder	1/8 tsp	1/2 tsp garlic salt
Garlic Powder	1/8 tsp	1 tsp garlic paste
Garlic Salt	1/2 tsp	1/2 tsp garlic juice
Garlic Salt	1/2 tsp	1/8 tsp garlic powder
Garlic Salt	1/2 tsp	1 clove garlic, minced
Ginger	1 tbsp	Allspice, cinnamon, galangal, mace, or nutmeg
Ginger	1 tbsp	1/8 tsp powdered ginger
Gingerroot (grated fresh)	1/2 tsp	1/4 tsp ground ginger
Herbs, dried leaf	1 tsp	1/4 tsp herbs, powdered
Herbs, fresh	1 tsp	1/2 tsp herbs, dried
Italian Seasoning	2 tbsp	1 tsp each of: basil, oregano, marjoram, rosemary, sage and thyme
Leeks (sliced)	1/2 cup	1/2 cup sliced green onions or shallots
Mace	equal amount	Allspice, cinnamon, ginger, or nutmeg
Marjoram	equal amount	Basil, thyme, or savory
Mint	equal amount	Basil, marjoram, or rosemary
Nutmeg	equal amount	Cinnamon, ginger, or mace
Onion Powder	1 tsp	1 tbsp instant minced onion
Oregano	equal amount	Thyme, basil, or marjoram
Parsley, dried	1 tsp	1 tsp Chervil or cilantro
Parsley, fresh, chopped	1 tbsp	1 tsp parsley flakes
Pepper flakes, hot	1 tsp	1/2 tsp cayenne
Poultry Seasoning	1 1/3 tsp	3/4 tsp sage, 1/4 tsp thyme, 1/8 tsp ground cloves, 1/4 tsp pepper
Pumpkin Pie Spice	1 tsp	1/2 tsp ground cinnamon, 1/8 tsp ground nutmeg, 1/8 tsp ground mace, 1/8 tsp ground ginger, 1/8 tsp ground cloves
Pumpkin Pie Spice	1 tsp	1/2 tsp ground cinnamon, 1/4 tsp ground ginger, 1/8 tsp ground allspice, 1/8 tsp ground nutmeg
Red Pepper	equal amount	Dash bottled hot pepper sauce or black pepper
Rosemary	equal amount	Thyme, tarragon, or savory



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Sage		Poultry seasoning, savory, marjoram, or rosemary
Salt, seasoned	4 tsp	2 tsp salt, 1/2 tsp sage, 1/2 tsp parsley flakes, 1/2 tsp onion powder, 1/4 tsp marjoram, 1/4 tsp paprika
Salt, table	1 tbsp	1 1/2 tbsp kosher salt
Savory	equal amount	Thyme, marjoram, or sage
Sesame Seed	1 tbsp	1 tbsp finely chopped blanched almonds
Tarragon	equal amount	Chervil, dash fennel seed, or dash aniseed
Thyme	equal amount	Basil, marjoram, oregano, or savory
Tumeric	1 tsp	1 tsp dry mustard