

# HERB AND SPICE SUBSTITUTIONS



Don't Have This Ingredient?	Use This Substitution
Allspice	1 teaspoon = 1/2 teaspoon ground cinnamon + 1/4 teaspoon ground cloves + 1/4 teaspoon nutmeg; apple pie spice; pumpkin pie spice
Anise	Fennel seed
Apple Pie Spice	1 teaspoon = 1/2 teaspoon ground cinnamon + 1/4 teaspoon nutmeg + 1/8 teaspoon cardamom or allspice
Basil	Oregano; thyme
Bay Leaf	1 leaf = 1/4 teaspoon thyme
Cajun Seasoning	1 teaspoon = 1 clove minced garlic + 1/2 teaspoon dried thyme + 1/4 teaspoon dried basil + 1/4 teaspoon cayenne pepper
Cardamom	Ground ginger
Chervil	Parsley; tarragon
Chili Powder	Hot pepper sauce
Chives	Green onion; leek; onion
Cilantro	Parsley
Cinnamon	1 teaspoon = 1/4 teaspoon ground nutmeg or allspice
Cloves	Ground allspice, ground cinnamon; ground nutmeg
Cumin	Chili powder; half amount of ground coriander or caraway seeds; taco powder; garam masala
Curry Powder	1 teaspoon = 1/4 teaspoon garam masala; mix of turmeric, ginger, black pepper, coriander, cumin and chili powder
Dill	Tarragon; fennel
Fajita Seasoning	1 Tablespoon = 1 1/2 teaspoons cumin + 1/2 teaspoon oregano = 1/4 teaspoon salt + 1/4 teaspoon cayenne pepper + 1/4 teaspoon black pepper + 1/8 teaspoon garlic powder + 1/8 teaspoon onion powder
Garlic	1 clove = 1/2 teaspoon minced; 1/4 teaspoon granulated garlic; 1/8 teaspoon garlic powder; 1/2 teaspoon garlic flakes
Ginger	Ground allspice; ground cinnamon; ground mace; ground nutmeg
Herbs	1 Tablespoon fresh herb = 1 teaspoon dried herb
Italian Seasoning	1 Tablespoon = 2 teaspoons parsley, 1 teaspoon basil, and 1/2 teaspoon oregano; basil; oregano; rosemary