

HERB AND SPICE SUBSTITUTIONS



| Don't Have This Ingredient? | Use This Substitution |
|-----------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Mace | Ground allspice; ground cinnamon; ground ginger; ground nutmeg |
| Marjoram | Basil; thyme; savory |
| Mint | Basil; marjoram; rosemary |
| Mustard, Dry | Prepared mustard |
| Nutmeg | Ground cinnamon; ground ginger; ground mace |
| Oregano | Basil; thyme |
| Parsley | Chervil; cilantro |
| Pepper, Black | 1 teaspoon = 1/8 teaspoon cayenne pepper |
| Poultry Seasoning | 1 teaspoon = 3/4 teaspoon dried sage + 1/4 teaspoon blend of any – thyme; marjoram; savory; black pepper; rosemary |
| Rosemary | Thyme; tarragon; savoy |
| Saffron | Dash ground turmeric for color |
| Sage | Poultry seasoning; savory; marjoram; rosemary |
| Savory | Thyme; marjoram; sage |
| Sugar | 1 cup = 1 cup packed brown sugar |
| Tarragon | Chervil; dash fennel seed; dash anise seed |
| Thai Seasoning | 1 Tablespoon = 1 teaspoon coriander + 1 teaspoon crushed red pepper + 1/4 teaspoon salt + 1/4 teaspoon ground ginger + 1/4 teaspoon garlic powder + 1/4 teaspoon onion powder |
| Thyme | Basil; marjoram; oregano; savory |
| Vanilla Beans | 1 bean = 2 Tablespoons vanilla extract |

