

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

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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



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