

# Herb & Spice Substitution Chart

Use this helpful chart when the recipe calls for an herb or spice that's not in your cupboard.

HERBS & SPICES	SUBSTITUTIONS
Allspice	1 teaspoon = 1/2 teaspoon cinnamon + 1/4 teaspoon cloves + 1/4 teaspoon ginger <b>OR</b> Cinnamon, dash of Nutmeg, or dash of Cloves
Anise	Fennel Seed or a few drops of Anise Extract
Basil	Oregano or Thyme
Bay Leaves	1 Bay Leaf = 1/4 teaspoon dried thyme
Bouillon Cubes	Broth or Stock
Caraway Seed	Rye Bread or flavoring for other breads, biscuits, cakes - Anise Seed or Dill
Cardamom	Ginger
Celery Seed	1 teaspoon Celery Seed = 1 teaspoon Dill Seed
Chili Powder	Dash of bottled hot pepper sauce plus a combination of Oregano and Cumin
Chives	Green Onion, Onion, or Leek
Cinnamon	Nutmeg or Allspice - only use 1/4 the amount
Cloves	Allspice, Cinnamon, or Nutmeg
Coriander, ground	Caraway or Cumin
Cumin, ground	Chili Powder
Curry Powder	Combine equal amounts of Turmeric, Cumin, Coriander, Ground Red Pepper, and Cloves.  <b>NOTE:</b> If you want a more mild Curry Powder, lessen the amount of the Ground Red Pepper or just leave it out.
Dill Weed	Dried Tarragon
Garlic Powder	1/8 teaspoon = 1 clove garlic
Ginger, ground	Allspice, Cinnamon, Mace, or Nutmeg <b>OR</b> 1/8 teaspoon = 1 Tablespoon raw or candied ginger

<b>Marjoram, dried</b>	Basil, Thyme, or Savory
<b>Mint, dried</b>	Basil, Marjoram, or Rosemary <b>OR</b> 1 Tablespoon = 1/4 cup fresh mint leaves, chopped
<b>Mustard, dried ground</b>	1 teaspoon = 1 Tablespoon prepared Mustard
<b>Nutmeg</b>	Cinnamon, Ginger, or Mace
<b>Onion, dehydrated</b>	1 Tablespoon = 1 teaspoon onion powder = 1/3 cup onion
<b>Onion Powder</b>	1 teaspoon = 1 Tablespoon dehydrated onion flakes = 1/3 cup onion
<b>Oregano, dried</b>	Thyme or Basil
<b>Paprika, Hungarian sweet</b>	1 Tablespoon = 1 Tablespoon Ancho Powder or Chipotle Powder. <b>OR</b> a pinch of Cayenne
<b>Parsley</b>	Cilantro or Chervil
<b>Pepper, black</b>	Grind black peppercorns
<b>Pepper, cayenne, dried red flakes</b>	Dash of bottled hot pepper sauce or black pepper
<b>Peppercorns, dried black</b>	Black Pepper
<b>Poppy Seeds</b>	Sesame Seeds
<b>Rosemary, dried</b>	Thyme, Tarragon, or Savory
<b>Sage, dried and rubbed</b>	Poultry Seasoning, Savory, Marjoram, or Rosemary
<b>Thyme, ground and dried</b>	Basil, Marjoram, Oregano, or Savory