

SPICE SUBSTITUTES

If a recipe calls for a spice you don't have, try these substitutes. They won't taste identical, but they will have complementary flavours. Let your taste buds guide the way. Start with half the amount that the recipe calls for and more as needed.

Allspice	1 tsp.	1/2 tsp. cinnamon + 1/4 tsp. nutmeg + 1/4 tsp. cloves
Apple pie spice	1 tsp.	1/2 tsp. cinnamon + 1/4 tsp. nutmeg + 1/8 tsp. ginger + 1/8 tsp. allspice
Basil	1 tsp.	1 tsp. oregano OR 1 tsp. thyme
Cardamom	1 tsp.	1 tsp. ginger
Cayenne pepper	1 tsp.	1 tsp. hot pepper flakes OR hot pepper sauce OR black pepper
Chili powder	1 tbsp.	1 tsp. paprika + 1/2 tsp. cumin + 1/2 tsp. cayenne pepper + 1/2 tsp. oregano + 1/2 tsp. garlic power
Chives	1 tsp.	1 tsp. green onions OR onions OR leeks OR 1/4 tsp. onion powder
Cilantro	1 tsp.	1 tsp. parsley
Cinnamon	1 tsp.	1/4 tsp. nutmeg
Cloves	1 tsp.	1 tsp. allspice OR 1/2 tsp. nutmeg
Coriander	1 tsp.	Seeds: 1 tsp. caraway seeds; Ground: 1 tsp. Garam masala
Cumin	1 tsp.	1/2 tsp. chili powder
Garam masala	1 tbsp.	3/4 tbsp. cumin + 1/4 tsp. allspice
Ginger	1 tsp.	4 tbsp. fresh grated ginger OR 1 tsp. allspice
Italian seasoning	1 tbsp.	1-1/2 tsp. basil + 1/2 tsp. parsley + 1/2 tsp. oregano + 1/2 tsp. garlic powder
Mace	1 tsp.	1 tsp. nutmeg OR 1 tsp. allspice
Marjoram	1 tsp.	1 tsp. oregano OR basil
Mint	1 tsp.	1 tsp. basil OR parsley
Nutmeg	1 tsp.	1 tsp. cinnamon OR 1 tsp. mace
Oregano	1 tsp.	1 tsp. thyme OR basil OR marjoram
Parsley	1 tsp.	1 tsp. cilantro OR mint OR chervil
Poultry seasoning	1 tsp.	3/4 tsp. sage + 1/4 tsp. thyme OR 1 tsp. rosemary
Pumpkin pie spice	1 tsp.	1/2 tsp. cinnamon + 1/4 tsp. ginger + 1/8 tsp. nutmeg + 1/8 tsp. cloves
Rosemary	1 tsp.	1 tsp. thyme OR sage
Saffron	1 tsp.	dash turmeric (for colour)
Sage	1 tsp.	1 tsp. poultry seasoning OR rosemary OR thyme
Taco seasoning	1 tbsp.	1-1/2 tsp. chili powder + 1 tsp. cumin + 1/4 tsp. coriander + 1/4 tsp. cayenne
Thyme	1 tsp.	1 tsp. basil OR oregano OR rosemary
Turmeric	1 tsp.	1 tsp. dry mustard