

Handy Substitutions - Spices

allspice, ground, 1 tsp	1/2 tsp ground cinnamon + 1/2 tsp ground cloves
apple pie spice, 1 tsp	1/2 tsp ground cinnamon, 1/4 tsp ground nutmeg, 1/8 tsp ground cardamom
anise, 1 tsp	1/2 tsp dill leaf + 1/2 tsp cumin
basil dry 1 tsp	1/2 tsp oregano and 1/2 tsp thyme
bay leaf, 1 whole	1/4 tsp crushed bay leaf
caraway seeds	use anise or fennel seeds
cardamom 1 tsp	1/2 tsp cinnamon and 1/2 tsp ground cloves
cayenne pepper 1 tsp	1/2 tsp paprika plus 1/2 tsp chili powder
chives, chopped, 1 tbsp	1 tbsp chopped green onion tops
dill plant, fresh or dry 3 head	1 tbsp dill weed
garlic salt, 1 tsp	1/8 tsp garlic powder plus 7/8 tsp salt
garlic, 1 small clove	1/8 tsp garlic powder or dried garlic
ginger, raw 1 tbsp	1/8 tsp powdered
herbs fresh 1 tbsp	1 tsp dried herbs
horseradish, fresh 1 tbsp	2 tbsp bottled
lemon peel, dry 1 tsp	2 tsp grated fresh peel or 1/2 tsp lemon extract
lemon juice, fresh	1/2 tsp vinegar
mustard, dry, 1 tsp	1 tbsp prepared mustard
onion powder, 1 tbsp	1 medium onion, chopped or 1 tbsp dried minced onion
orange peel, dry 1 tbsp	2 to 3 tbsp grated fresh orange peel or 1 tsp orange extract
parsley, dry, 1 tsp	1 tbsp fresh parsley chopped
pepper, 1 small hot	1 small hot pepper, use ¼ tsp cayenne pepper or ¼ tsp Tabasco sauce
pepper, 1 mild	1 tbsp chili powder
peppermint or spearmint, dry 1 tbsp	1/4 cup chopped fresh mint
pumpkin pie spice, 1 tsp	1/2 tsp ground cinnamon, 1/4 tsp ground ginger, 1/8 tsp ground allspice, 1/8 tsp ground nutmeg
tomato paste, 1 tbsp	1/2 cup tomato sauce minus 1/4 cup of liquid in recipe OR 1 tbsp ketchup
vanilla bean, 1	1 tsp vanilla extract
worcestershire sauce, 1 tsp	1 tsp bottled steak sauce