

# Spice Substitutions

This list includes all the spices that have adequate substitutes. As you cook more and more with spices, you will realize that combining various flavors imparts its unique taste. If you don't have one of the spices in a recipe, you can skip it or substitute it with something else. You may end up with a slightly different flavor, but it will taste good, so do not worry about it.

If you don't find the spice on this list you are looking for, eliminate it from the recipe. Use equal parts of the substitute unless otherwise specified.

SPICE	REPLACE WITH
Allspice	1-part nutmeg, 2 parts cloves, 2 parts cinnamon
Aniseed	Fennel seed or star anise
Basil	Mint
Bay leaf	3 - 5 black peppercorns
Black cumin	Black mustard seeds
Cardamom	Equal parts ground cinnamon and cloves
Cardamom pods	1/2 teaspoon ground cinnamon and cloves
Celery seed	1/3 cup diced celery per 1 teaspoon of celery seed
Chili	Any chili can fill in for another. Some chilis have a unique taste to them so try them first to see if you like it
Cinnamon	Allspice
Clove	Allspice
Cacao	1 square of dark chocolate for 3 -4 tablespoons of cacao
Coriander seeds	Cumin seeds
Cumin	Caraway, cut by 1/2
Fennel seed	Anise seed
Garlic, fresh	1 teaspoon powder for 2 cloves
Ginger, fresh	Dry ginger, cut by two thirds
Ginger powdered	Crystalized ginger
Horseradish	Wasabi, or true wasabi by half
Lemongrass	Lemon zest (one 2" x 2" piece) and a few slices of ginger
Marjoram	Thyme or basil
Mint, fresh	Cilantro
Mint, dried	Parsley
Mustard, dry	Wasabi powder cut by half
Nutmeg	Half the amount of ground allspice or clove
Onion, fresh	1 tablespoon of minced dried onion per 1/4 cup of fresh onion
Oregano	Marjoram, increase by 50%
Parsley	Mint or celery leaf
Rosemary	Thyme
Sage, fresh	1/4 teaspoon dried sage per 4 leaves
Sage, dried	Rosemary
Thyme	Half marjoram and half parsley
Turmeric	1 teaspoon ground yellow mustard and a pinch of saffron
Vanilla bean	2 teaspoons of extract to 1 whole bean
Wasabi	Chinese or English hot mustard



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