

# 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 the recipe calls for and add more as need. For homemade spice blends visit [www.GettyStewart.com](http://www.GettyStewart.com)

Spice	Quantity	Substitutes
Allspice	1 teaspoon	½ tsp cinnamon + ¼ tsp nutmeg + ¼ tsp cloves
Apple Pie Spice	1 teaspoon	½ tsp cinnamon + ¼ tsp nutmeg + ⅛ tsp ginger + ⅛ tsp allspice
Basil	1 teaspoon	1 tsp oregano OR 1 tsp thyme
Cardamom	1 teaspoon	1 tsp ginger
Cayenne Pepper	1 teaspoon	1 tsp hot pepper flakes OR hot pepper sauce OR black pepper
Chili Powder	1 Tablespoon	1 tsp paprika + ½ tsp cumin + ½ tsp cayenne pepper + ½ tsp oregano + ½ tsp garlic powder
Chives	1 teaspoon	1 tsp green onions OR onions OR leeks OR ¼ tsp onion powder
Cilantro	1 teaspoon	1 tsp parsley
Cinnamon	1 teaspoon	¼ tsp nutmeg
Cloves	1 teaspoon	1 tsp allspice OR ½ tsp nutmeg
Coriander	1 teaspoon	Seeds: 1 tsp caraway seeds Ground: 1 tsp Garam Masala
Cumin	1 teaspoon	½ tsp chili powder
Garam Masala	1 Tablespoon	¾ Tbsp cumin + ¼ tsp allspice
Ginger	1 teaspoon	4 Tbsp fresh grated ginger OR 1 tsp allspice
Italian seasoning	1 Tablespoon	1½ tsp basil + ½ tsp parsley + ½ tsp oregano + ½ tsp garlic powder
Mace	1 teaspoon	1 tsp nutmeg OR 1 tsp allspice
Marjoram	1 teaspoon	1 tsp oregano OR basil
Mint	1 teaspoon	1 tsp basil OR parsley
Nutmeg	1 teaspoon	1 tsp cinnamon OR 1 tsp mace
Oregano	1 teaspoon	1 tsp thyme OR basil OR marjoram
Parsley	1 teaspoon	1 tsp cilantro OR mint OR chervil
Poultry seasoning	1 teaspoon	¾ tsp sage + ¼ tsp thyme OR 1 tsp rosemary
Pumpkin Pie Spice	1 teaspoon	½ tsp cinnamon + ¼ tsp ginger + ⅛ tsp nutmeg + ⅛ tsp cloves
Rosemary	1 teaspoon	1 tsp thyme OR sage
Saffron	1 teaspoon	dash turmeric (for color)
Sage	1 teaspoon	1 tsp poultry seasoning OR rosemary OR thyme
Taco Seasoning	1 Tablespoon	1 ½ tsp chili powder + 1 tsp cumin + ¼ tsp coriander + ¼ tsp cayenne
Thyme	1 teaspoon	1 tsp basil OR oregano OR rosemary
Turmeric	1 teaspoon	1 tsp dry mustard

Created by Professional Home Economist, Getty Stewart. For more information on growing, cooking and storing herb and spices, visit [www.gettystewart.com](http://www.gettystewart.com).