



The Winterville Center for Community and Culture

371 North Church Street • P. O. Box 306 • Winterville • Georgia • 30683

2020 Winterville Community Cookbook Fundraiser BONUS!

Spice Substitution Chart

Run out of a spice or simply do not have it? No problem — try a substitution suggested below.

Spice or Herb:	Substitute With:
Allspice (1 tsp ground)	1/2 teaspoon ground cinnamon + 1/4 teaspoon ground cloves + 1/4 teaspoon ground ginger OR 1/2 teaspoon ground cinnamon + 1/2 teaspoon ground cloves OR 1/2 teaspoon ground cinnamon + 1/4 teaspoon ground cloves + 1/4 teaspoon ground nutmeg 6 whole allspice berries = 1/4 to 1/2 teaspoon ground allspice
Apple pie spice (1 teaspoon)	a combination of 1/2 teaspoon ground cinnamon, + 1/4 ginger, + 1/8 teaspoon ground allspice + 1/8 tsp nutmeg OR 1 tsp cinnamon + 1/8 teaspoon ground nutmeg
Aniseed (1 teaspoon)	1 tsp Fennel seed or a few drops anise extract
Arrowroot (1 tablespoon)	2 tablespoon all-purpose flour OR 1 tablespoon cornstarch
Basil (1 teaspoon)	1 tsp Oregano or thyme
Bay Leaf (1 whole)	1/4 teaspoon crushed bay leaf OR 1/4 teaspoon dried thyme
Beau Monde	2 tsp onion powder, 1 tsp celery salt
Cajun spice	equal parts white pepper, black pepper, garlic powder, paprika, cayenne, and onion powder
Cardamom (1 teaspoon)	Ginger OR 1/4 tsp dried thyme
Celery Seed (1 teaspoon)	1 tsp dill seed
Chervil	Tarragon or parsley
Chili Powder (1 teaspoon hot)	2 teaspoon cumin, 1 teaspoon cayenne, 1 teaspoon oregano, 1/2 teaspoon garlic powder OR dash bottled hot pepper sauce
Chinese Five Spice (1 teaspoon)	1/4 tsp each of: Crushed anise seeds, ground cinnamon, ground cloves and ground ginger
Chives	half the amount called for with finely chopped scallions, or finely chopped leeks (no dark leaves) that have been soaked in ice water for 1 hour
Cilantro	Parsley



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Cinnamon (1 teaspoon)	1/4 tsp Nutmeg or allspice
Cinnamon Sugar (1 cup)	7/8 cup granulated sugar, 2 tablespoons ground cinnamon
Cloves (1 teaspoon, whole)	3/4 tsp ground cinnamon, allspice; OR nutmeg
Cloves (1 teaspoon, ground)	1 tsp ground allspice
Cumin	Chili powder
Curry Powder (1 tablespoon)	1/2 teaspoon cardamom + 1/2 teaspoon cayenne + 1/2 teaspoon coriander seed + 1/2 teaspoon cumin + 1/2 teaspoon ginger + 1/2 teaspoon turmeric
Fennel seeds (1 teaspoon)	anise seed (but use less) caraway seed, cumin seeds, OR dill
Garlic (1 clove fresh)	1/8 to 1/4 teaspoon garlic powder, 3/4 teaspoon jarred minced garlic, 1/2 teaspoon garlic flakes (dehydrated garlic), or 1/2 teaspoon garlic salt (which adds 3/8 teaspoon salt so adjust accordingly)
Ginger (1 tablespoon)	Allspice; cinnamon; mace; or nutmeg or powdered ginger
Ginger Root (grated fresh, 1/2 teaspoon)	1/4 teaspoon ground ginger
Herbs, Dried Leaf (1 teaspoon)	1/4 teaspoon powdered herbs
Italian Seasoning (2 tablespoons)	1/2 teaspoon each of basil, oregano, marjoram, rosemary, sage, and thyme.
Mace	Allspice; cinnamon; ginger; or nutmeg
Marjoram	Basil, thyme, or savory
Mint (1 tablespoon dried)	1/4 cup fresh mint leaves chopped; Basil, marjoram, or rosemary
Mustard (dry or ground)	Wasabi powder (1/4 to 1/2 as much since it is hotter); horseradish powder; 1 teaspoon dry mustard powder = 1 Tablespoon prepared mustard
Mustard Seed (1 teaspoon)	1 tablespoon prepared mustard
Nutmeg	Cinnamon; ginger; or mace
Onion Powder (1 teaspoon)	1 tablespoon onion flakes OR 1/3 cup fresh onion chopped
Oregano	thyme, basil, or marjoram
Parsley, fresh (1 tablespoon)	1 teaspoon dried parsley flakes, Chervil or cilantro



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Pepper flakes, hot (1 teaspoon)	1/2 teaspoon cayenne pepper
Poultry seasoning (1 teaspoon)	3/4 teaspoon sage plus a dash of marjoram, rosemary, thyme, and black pepper
Pumpkin pie spice	1 tablespoon substitute with a combination of 1/2 teaspoon cinnamon, 1/8 teaspoon cloves, 1/4 teaspoon ginger, and 1/8 teaspoon nutmeg
Red Pepper	black pepper or a dash of bottled hot pepper sauce
Rosemary	thyme, tarragon, or savory
Saffron	Dash turmeric or annato powder (for color)
Sage	poultry seasoning, savory, marjoram, or rosemary
Savory	thyme, marjoram, or sage
Seasoned Salt (4 teaspoons)	with 2 teaspoon salt, 1/2 teaspoon sage, 1/2 teaspoon parsley flakes, 1/2 teaspoon onion powder, 1/4 teaspoon marjoram, and 1/4 teaspoon paprika
Sesame Seeds (1 tablespoon)	1 tablespoon finely chopped blanched almonds
Table Salt (1 tablespoon)	1 1/2 tablespoons kosher salt
Tarragon	Chervil, dash fennel seed, or dash aniseed
Thyme	basil, marjoram, oregano, or savory
Turmeric (1 teaspoon)	Dash saffron (for color) plus 1 teaspoon ground dry mustard
Vanilla	maple syrup, vanilla almond or soy milk, seeds from half of a vanilla bean (for 1 teaspoon extract), or half the amount of almond extract



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