



Spice and Herb Substitutions

There are a few reasons why you may want to substitute one spice for another. Allergies can be one reason, or the price of some spices may lead you to want to try another, or you may just have run out of the particular spice you happen to need. In any case it is nice to know which spice will work the best in place of another. Some are fairly similar in taste and others are just the next best thing but it is definitely helpful to have a list available in your spice cabinet that you can look to if you come across one of these situations.

Spices

Allspice a blend of cinnamon, cloves, and nutmeg (or mace), is the best option or any one of them individually will work.

Anise Seed fennel seed (milder), star anise (stronger), or caraway. You may find a blend works well.

Cardamom brown can be substituted for green, and a mixture of ginger, clove, and cinnamon may be your best bet for the one of a kind taste. Try adding lime zest if you have it.

Chili Powder a dash of hot sauce + oregano + cumin

Cinnamon nutmeg or allspice (use less)

Clove allspice

Coriander caraway or cumin

Cumin caraway (not much) + coriander + chili powder

Dill Seed dill weed, caraway, or celery seed

Fennel anise, cumin, or caraway

Ginger allspice or cinnamon for a sweet recipe and mace, or nutmeg for a savory dish

Mace nutmeg, allspice, pumpkin pie spice, cinnamon, or possibly ginger

Mustard Seed wasabi powder, horseradish

Saffron safflower, annatto seeds (for color), turmeric (for color)

Turmeric mustard, saffron

Vanilla Bean vanilla extract

Herbs

Basil oregano or thyme

Chervil tarragon or parsley

Chive green onion or leek

Cilantro parsley

Italian Seasoning blend of any of the following basil oregano, rosemary, and ground red pepper

Marjoram basil, thyme, or savory

Mint basil, marjoram, rosemary

Oregano thyme, basil

Parsley chervil or cilantro

Poultry Seasoning sage + a blend of any of these thyme, marjoram, savory, black pepper, and rosemary

Red Pepper a dash of hot sauce or black pepper

Rosemary thyme, tarragon, or savory

Sage poultry seasoning, savory, marjoram, or rosemary

Savory thyme, marjoram, or sage

Tarragon chervil or a dash of fennel seed or anise

Thyme basil, marjoram, oregano, savory

For some herbs and spices the best thing to do is to make a blend, this helps by making the flavors less distinguishable when it is not the one you are used to. We tried to list a few options so that you can work with what you have at hand. Some substitutions work better in some dishes than others for example cinnamon may be a good substitute for ginger in cookies but not so great in sushi. When you can, it helps to stick to spices that are similar like fennel, anise, and caraway are all seeds or dill seed and dill weed come from the same plant. For flavors that are very unique like cardamom you can blend very different flavors together to try and simulate its zesty pungent flavor. If you have any questions or suggestions about substituting herbs and spices you can email us at information@americanspice.com or message us on Facebook.