

EMERGENCY SUBSTITUTIONS: PART 2 - HERBS AND SPICES

Since meal prep time is so precious with our crazy schedules, there's no time to stress over a missing ingredient! Remember, don't panic, you may even end up improving the recipe! Here are some ideas on herb and spice substitutions (these are based on dried herbs and spices, unless specified).

Allspice (1 tsp) = 1/2 tsp of cinnamon + 1/2 tsp ground cloves

Basil (1 tsp) = 1 tsp oregano or thyme

Cardamom (1 tsp) = 1 tsp ginger or cinnamon

Chili powder (1 Tbsp) = dash hot pepper sauce (or 1/4 tsp cayenne) + 2 tsp cumin + 1 tsp oregano

Chinese five spice (1/4 cup) = 6 star anise pods + 1 Tbsp ground fennel seeds + 1/2 tsp ground cloves + 1 Tbsp ground cinnamon + 2 tsp black peppercorns (or Szechuan peppercorns) - toast if desired and then grind everything together.

Chipotle Chili powder (1 tsp) = 1 tsp smoked paprika (add dash of cayenne for heat)

Chives (1/4 cup chopped fresh) = 1/4 cup green onion, leek, onion

Cilantro (1/4 cup chopped fresh) = 1/4 cup parsley

Cinnamon (1/2 tsp) = 1/4 tsp nutmeg or allspice

Cloves (1/2 tsp) = 1/2 tsp allspice, cinnamon, or nutmeg

Coriander (1/2 tsp) = 1/2 tsp ground caraway seeds or cumin

Cumin (1 tsp) = 1 tsp chili powder

Curry powder (about 1 Tbsp) = 1 tsp coriander + 1/2 tsp turmeric + 1/2 tsp mustard powder + 1/2 tsp chili powder + 1/4 tsp cayenne + 1/4 tsp ground cumin + 1/4 tsp ground cardamom

Fennel seeds (1 tsp) = 1 tsp caraway seeds

Garlic (1 clove fresh garlic) = 1/4 tsp garlic powder or granulated garlic, or 1/2 tsp jarred minced garlic

Ginger (1/4 tsp) = 1/4 tsp allspice, cinnamon or nutmeg, (1/2 tsp fresh grated ginger = 1/4 tsp ground ginger)

Italian seasoning (1 Tbsp) = 1/2 tsp of each: basil, oregano, marjoram, rosemary, sage and thyme

Leeks (1 cup or 1 large leek, white and light green part only) = 1 cup chopped green onion, onion or shallot

Lemon extract (1/2 tsp) = 1 tsp of lemon zest (grated lemon peel)

Marjoram (1/2 tsp) = 1/2 tsp basil or thyme

Mint (1 tsp) = 1 tsp basil or rosemary

Mustard powder or dried mustard (1 tsp) = 1 Tbsp prepared mustard

Nutmeg (1/4 tsp) = 1/4 tsp cinnamon or ginger

Onion (1 tsp powder) = 1 Tbsp onion flakes, 1 tsp granulated onion, or 1/3 chopped fresh onion

Oregano (1 tsp) = 1 tsp basil, thyme or marjoram

Parsley (1/4 cup chopped fresh) = 1/4 cup chopped fresh cilantro

Poultry seasoning (1 tsp) = 1 tsp sage plus dash of black pepper, marjoram, rosemary and/or thyme

Pumpkin pie spice (1/4 cup) = 3 Tbsp ground cinnamon + 2 tsp ground ginger + 2 tsp ground nutmeg + 1 1/2 tsp ground allspice + 1 1/2 tsp ground cloves

Red pepper or crushed red pepper flakes (1/4 tsp) = 1/4 tsp cayenne, hot sauce or black pepper

Rosemary (1 tsp) = 1 tsp tarragon or thyme

Saffron (1/8 tsp) = 1/8 tsp turmeric or paprika

Sage (1 tsp) = 1 tsp marjoram or rosemary

Savory (1 tsp) = 1 tsp marjoram, sage or thyme

Seasoning Salt: 2 Tbsp salt + 1 tsp pepper + 1/2 tsp paprika + 1/2 tsp garlic powder (or granulated garlic) + 1/4 tsp onion powder (or granulated onion) + 1/4 tsp sugar

Sumac (1 tsp) = 1 tsp lemon pepper seasoning

Tarragon (1 tsp) = 1 tsp fennel seed

Thyme (1 tsp) = 1 tsp basil, marjoram or oregano

Turmeric (1/2 tsp) = 1/2 tsp dry mustard (can also add saffron)

Zaatar (also spelled Zahtar): 2 Tbsp sumac + 1 Tbsp thyme + 1/2 Tbsp toasted sesame seeds + 1 Tbsp marjoram + 1 Tbsp oregano + 1/2 tsp salt

A FEW OTHER TIPS:

- **Fresh and dried herbs are interchangeable.** For 1 Tbsp of any fresh herb, you can use 1 tsp in dried leaf form or 1/2 tsp in ground form. For example, 1 Tbsp fresh thyme = 1 tsp dried thyme leaves = 1/2 tsp ground thyme.
- **Fresh and dried garlic are also interchangeable.** For 1 clove of fresh garlic, use 1/4 tsp garlic powder or granulated garlic.
- **Nuts** are mostly interchangeable, so use whatever you are in the mood for (or whatever you have on hand!).
- **Dried fruits** are also fairly interchangeable...if a recipe calls for raisins, but you don't have any, you can easily substitute cranberries, dates, dried apricots or others.
- **For breadcrumbs,** you can process bread in a food processor or blender (1 slice of bread = 1/4 cup breadcrumbs).
- **For cornstarch** (1 Tbsp), you can use arrowroot (1 Tbsp) or flour (2 Tbsp). For thickening, use 2 parts water to 1 part thickener. Mix the thickener with water, and then add it to your meal. If using flour as a thickener, simmering it for 2-3 minutes after it has thickened will help remove the flour taste.

“ONE OF THE SECRETS, AND PLEASURES OF COOKING, IS TO LEARN TO CORRECT SOMETHING IF IT GOES AWRY; AND ONE OF THE LESSONS IS TO GRIN AND BEAR IT IF IT CANNOT BE FIXED.” - JULIA CHILD