

Simple Herb & Spice Substitutions

allspice - cinnamon, dash of nutmeg or cloves

basil - oregano or thyme

cilantro - parsley

cinnamon - nutmeg or allspice (1/4 of the amount)

cloves - allspice, cinnamon, or nutmeg

cumin - chili powder

ginger - allspice, cinnamon, mace or nutmeg

mace - allspice, cinnamon, ginger, or nutmeg

marjoram-basil, thyme

nutmeg - cinnamon, ginger, or mace

oregano-thyme, basil

rosemary-thyme

sage-marjoram, rosemary

thyme-basil, marjoram, oregano

cardamom-ginger

savory-thyme, majoram, sage

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