

# FLAVOR SUBSTITUTIONS

If you run out of an ingredient at the last minute, don't panic. We've got a few tricks up our sleeve. Using what is recommended in a recipe is best. But if you have to substitute, try the following.



## IF YOUR RECIPE CALLS FOR

## YOU CAN USE

### Spices

1 teaspoon apple pie spice	3/4 teaspoon ground cinnamon plus 1/4 teaspoon ground nutmeg plus 1/8 teaspoon allspice
1 teaspoon pumpkin pie spice	1/2 teaspoon ground cinnamon plus 1/4 teaspoon ground ginger plus 1/8 teaspoon EACH ground cloves and ground nutmeg
1 teaspoon fresh chopped ginger	1/4 teaspoon ground ginger
1 teaspoon poultry seasoning	3/4 teaspoon ground sage plus 1/4 teaspoon ground thyme
1/4 teaspoon ground mace	1/4 teaspoon ground nutmeg
1 teaspoon Beau Monde	1 teaspoon Bon Appétit or 3/4 teaspoon Celery Salt
1 teaspoon Hot Chili Powder	1 teaspoon regular Chili Powder plus 1/8 teaspoon Ground Red Pepper
1 tablespoon prepared mustard	1 teaspoon Ground Mustard (in cooked dishes)
1 tablespoon prepared mustard	1/2 teaspoon Ground Mustard plus 2 teaspoons vinegar (in cold or uncooked dishes)
1 teaspoon grated fresh orange or lemon peel	Slightly less or equal amounts of Dehydrated Lemon or Orange Peel

### Herbs

3 teaspoons fresh chopped herb leaves (basil, dill, tarragon, thyme)	1 teaspoon dried leaves (basil, dill, tarragon, thyme)
2 teaspoons fresh chopped herb leaves (sage, rosemary, marjoram, mint, oregano)	1 teaspoon dried leaves (sage, rosemary, marjoram, mint, oregano)
1 teaspoon rubbed sage bouquet garni	1 teaspoon dried sage or 3/4 teaspoon ground sage 1 tablespoon EACH parsley flakes, tarragon leaves, thyme leaves, and marjoram leaves plus 1 teaspoon oregano leaves plus 1/4 teaspoon rubbed sage. Tie in a double thickness cheesecloth bag; remove before serving.
1 teaspoon chervil	1 teaspoon Dried Parsley Flakes plus 1/8 teaspoon Rubbed, Dried Sage
1 teaspoon Italian Seasoning	1/4 teaspoon EACH Oregano Leaves, Marjoram Leaves and Basil Leaves plus 1/8 teaspoon Rubbed Sage

### Garlic & Onion

1 medium-size clove garlic	1/4 teaspoon garlic powder
1/2 cup chopped onion	3 tablespoons dried minced onion or 2 1/2 teaspoons onion powder

### Extracts

1 1/2 teaspoons anise seed	1 teaspoon pure anise extract
1 tablespoon anise liqueur	1/2 teaspoon pure anise extract
1/2 to 1 vanilla bean, split	1 teaspoon pure vanilla extract
1 teaspoon freshly grated lemon peel	1 teaspoon pure lemon extract
1 teaspoon freshly grated orange peel	1 teaspoon pure orange extract
1 tablespoon orange liqueur	1 teaspoon pure orange extract
1 tablespoon amaretto	1/2 teaspoon pure almond extract
2 tablespoons brandy	1 1/4 teaspoons brandy extract
1 tablespoon dark (gold) rum	1 1/2 teaspoons pure rum extract
1 tablespoon light rum	1/2 teaspoon pure rum extract

### Baking

1 tablespoon Arrowroot	2 tablespoons all-purpose flour or 1 tablespoon cornstarch
1 teaspoon baking powder	1/2 teaspoon Cream of Tartar plus 1/4 teaspoon baking soda
1 cup reduced-fat buttermilk	1 tablespoon lemon juice or vinegar plus enough 2% milk to make 1 cup (let stand 5 minutes before using), or 1 cup 2% milk plus 1 3/4 teaspoons Cream of Tartar, or 2/3 cup plain yogurt plus 1/3 cup milk.
1 cup whole buttermilk	Same as above for reduced-fat buttermilk, but use whole milk
1 tablespoon cornstarch (for thickening)	2 tablespoons all-purpose flour or 2-3 teaspoons Arrowroot
1 tablespoon flour (as thickener)	1/2 tablespoon Arrowroot, cornstarch, potato starch or rice starch, or 1 tablespoon quick-cooking tapioca
1 cup self-rising flour	1 cup all-purpose flour plus 1 1/2 teaspoons baking powder and 1/2 teaspoon salt