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Fact Sheet # FS 6001 FCS
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Seasoning Substitution

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All spice, ground	1 teaspoon	½ teaspoon ground cinnamon plus ½ teaspoon ground cloves
Apple pie spice	1 teaspoon	½ teaspoon ground cinnamon, ¼ teaspoon ground nutmeg plus 1/8 teaspoon ground cardamom
Bay Leaf	1 whole	¼ teaspoon crushed bay leaf
Chives, chopped	1 tablespoon	1 tablespoon chopped green onion tops
Dillweed, fresh or dried	3 heads	1 tablespoon dill seed
Garlic	1 small clove	1/8 teaspoon garlic powder, or minced dried garlic
Garlic Salt	1 teaspoon	1/8 teaspoon garlic powder plus 7/8 teaspoon salt
Ginger, crystallized	1 tablespoon	1/8 teaspoon ground ginger
Ginger, fresh, grated	1 tablespoon	1/8 teaspoon ground ginger
Ginger, ground	1/8 teaspoon	1 tablespoon crystallized ginger rinsed in water to remove sugar, and finely cut, or 1 tablespoon grated fresh ginger
Herbs, fresh, chopped	1 tablespoon	1 teaspoon dried herbs, or ¼ teaspoon ground herbs
Horseradish, fresh grated	1 tablespoon	2 tablespoons prepared horseradish
Mustard, dried	1 teaspoon	1 tablespoon prepared mustard

Onion powder	1 tablespoon	1 medium onion, chopped, or 1 tablespoon dried minced onion
Onion, chopped	¼ cup	1 tablespoon instant minced
Parsley, Dried	1 teaspoon	1 tablespoon fresh parsley, chopped
Pimiento, chopped	2 tablespoons	rehydrate 1 tablespoon dried sweet red pepper, or 2 to 3 tablespoons chopped fresh sweet red pepper
Pumpkin pie spice	1 teaspoon	½ teaspoon ground cinnamon, ¼ teaspoon ground ginger, 1/8 teaspoon ground allspice plus 1/8 teaspoon ground nutmeg
Spearmint or Peppermint, dried	1 tablespoon	3 tablespoons chopped fresh mint
Vanilla bean	1 (1 inch)	1 teaspoon vanilla extract
Worcestershire sauce	1 teaspoon	1 teaspoon bottled steak sauce