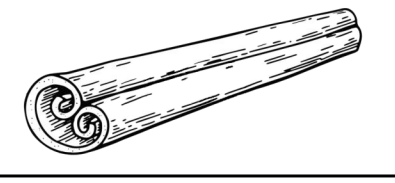
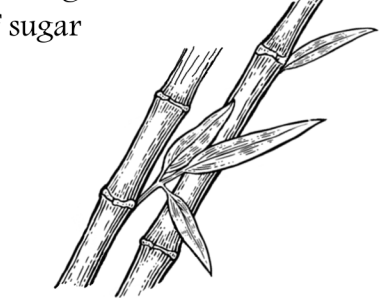

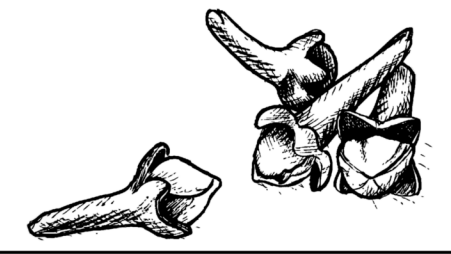








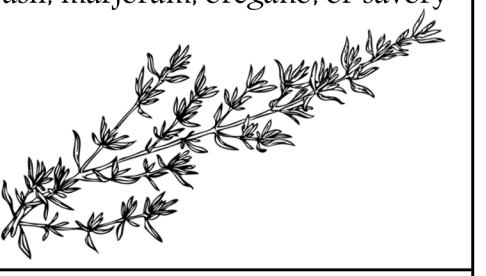


Allspice	Allspice is the dried, unripe berries of <i>Pimenta dioica</i> , a tree native to southern Mexico and Central America. The name "Allspice" was coined as early as 1621 by the English, who thought it combined the flavor of cinnamon, nutmeg, and cloves.	Cinnamon, cassia, dash of nutmeg or mace, or dash of cloves			
Aniseed	Anise is a flowering plant native to the eastern Mediterranean region and Southwest Asia. It is sweet and very aromatic, similar to star anise, fennel, and liquorice.	Fennel seed, a few drops of anise extract, or anise stars			
Apple Pie Spice	British colonists first brought pies to the new world as airtight pastry shells (called " <i>coffins</i> " meaning baskets) stuffed with beef or venison. In America, the shells became flakier, like the strudels made by German immigrants, though it took some time for the right ingredients for apple pie to appear. Apple trees are usually propagated by grafting, as clones, but in the New World, planting from seeds was more popular, and quickly led to hundreds of new native varieties. And once the apple trees had matured, meat pie fillings were sometimes replaced with apples as a way to use up imperfect fruit. By the 18th century, apple pies had become very popular in North America. It was a comfort food for soldiers in the Civil War, and by World War II, "For mom and apple pie" was supposedly the stock answer of American soldiers when journalists asked why they were going to war.	1/2 teaspoon ground cinnamon plus 1/4 teaspoon ground nutmeg plus 1/8 teaspoon ground allspice plus 1/8 teaspoon cardamom for 1 teaspoon Apple Pie Spice			
Asafetida	Asafetida is a resin exuded from the root of several species of <i>Ferula</i> , a giant fennel that exudes a vile odour. The species is native to the deserts of Iran and mountains of Afghanistan, and is mainly cultivated in nearby India. As its name suggests, asafetida has a fetid smell, like rotten garlic, but it delivers a smooth flavor reminiscent of leeks when cooked.	Use a mix of onion and garlic that has been slowly cooked in butter			
Balsamic Vinegar	Originating in Italy, balsamic vinegar is a very dark, intense vinegar made wholly or partially from grape must — the juice of freshly-harvested white grapes boiled down to approximately 30% of the original volume. It is then fermented in wooden casks, becoming sweet, viscous and very concentrated. During this time a portion evaporates. It is said that this is the "angels' share," a term also used in the production of liquor. None of the product may be withdrawn until the end of the minimum aging period of 12 years.	Sherry or cider vinegar (if you want to match balsamic vinegar's sweetness, add a half-teaspoon of honey or brown sugar per tablespoon of cider or red wine vinegar)			
Basil	Basil is a tender plant, best known for its place in Italian cuisine, though it also plays a major role in Southeast Asian cuisines. The leaves may taste somewhat like anise, with a strong, pungent, and often sweet smell.	Oregano or thyme			
Bay leaf	Often used to flavor soups, stews, braises and pâtés in Mediterranean cuisine and beans in Brazilian cuisine, bay leaves taste somewhat similar to oregano and thyme. Their visual similarity to the poisonous mountain laurel has led to the belief that they are removed from food after cooking because they are poisonous. This is not true — bay leaves are safe, though they remain unpleasantly stiff even after thorough cooking.	For 1 bay leaf, substitute 1/4 teaspoon crushed bay leaf or 1/4 teaspoon thyme. Oregano and basil can also work in a pinch			
Brown Sugar	The <i>Codex Alimentarius</i> requires brown sugar to contain at least 88% of sucrose plus inverted sugar syrup. Its distinctive taste and brown color come from the presence of sugarcane molasses, as it's either unrefined sugar with some residue molasses content, or refined white sugar with molasses added back in. In the late 1800s, the newly consolidated refined-white-sugar-industry, which did not have control over brown sugar production, mounted a smear campaign against brown sugar using microscopic photographs of harmless but scary-looking microbes living in brown sugar. Brown sugar is naturally moist from the nature of the molasses. It adds flavor to desserts and baked goods, and caramelizes much more readily than refined sugar.	1 Tbsp of light molasses added to 1 cup of sugar			
Cajun Spice	Cajun cooking styles originated in Louisiana, with the French-speaking Acadian people. They were deported from their settlements in Canada by the British and eventually resettled in the swamps and bayous of the Acadiana region in southern Louisiana. The original French cuisine is further influenced by African, Caribbean, Italian, Spanish, and other culinary traditions mixed together in New Orleans. Cajun seasonings consist of a blend of salt with a variety of spices, most common being cayenne pepper and garlic. The spicy heat comes from the cayenne pepper, while other flavors come from bell pepper, paprika, green onions, parsley and more.	Equal parts white pepper, black pepper, garlic powder, paprika, cayenne and onion powder			
Caraway	Caraway is probably best known for its use in Eastern European and Scandinavian cuisines, but it is used throughout the world as a spice in breads, desserts, liquors, casseroles, sauerkraut, and to add flavor to cheeses. In Middle Eastern cuisine, caraway pudding, called <i>Meghli</i> , is a popular dessert during Ramadan, and in Aleppian, Syrian cuisine it is used to make the sweet scones named <i>kelecha</i> . Caraway seeds come from part of the carrot family, and have a pungent, anise-like flavor and aroma.	In order of preference: anise seed, whole cumin seeds, or dill seeds			
Cardamom	Made from the seeds of several plants native to India, Cardamom is the world's third-most expensive spice, after vanilla and saffron. It is a common ingredient in Indian cooking and is often used in baking in the Nordic countries. Cardamom has a strong, unique taste, with an intensely aromatic, resinous fragrance.	A flavor that can't really be duplicated, but ginger or a mixture of equal parts cinnamon and nutmeg with just a hint of white pepper can approximate the warming sensation of cardamom. Equal parts cinnamon and ginger or cinnamon and ground cloves can work in a pinch			
Chervil	Chervil is one of the four traditional French <i>finest herbes</i> (along with tarragon, chives, and parsley), which are essential to French cooking. An annual herb related to parsley, it is native to the Caucasus but was spread by the Romans through most of Europe. Chervil is used to season poultry, seafood, young spring vegetables, soups, and sauces. More delicate than parsley, it has a faint taste of liquorice or aniseed.	Tarragon or parsley			
Chili Powder	A finely-ground mixture of dried chili peppers, sometimes with the addition of other spices, such as cumin, onion, garlic powder, and occasionally salt. The chili peppers chosen for the powder can alter the taste, and will often include <i>aleppo</i> , <i>ancho</i> , <i>cayenne</i> , <i>chipotle</i> , <i>chile de árbol</i> , <i>Cheongyang jalapeño</i> , <i>New Mexico pasilla</i> , and <i>piri piri</i> chili pepper varieties.	A dash of bottled hot pepper sauce plus a combination of oregano and cumin			
Chives	The only species of its genus native to both the New and the Old Worlds, Chives are one of the <i>finest herbes</i> of French cuisine. Both the scapes and the unopened, immature flower buds are diced and used as an ingredient for fish, potatoes, soups, and other dishes. Chives have a delicate onion flavor.	Green onion, onion, or leek			
Cilantro	Also known as Chinese parsley, Cilantro is the Spanish name for coriander leaves. Coriander seeds come from the same plant, though you'd never know it from their aromas and flavors. It is often used in Asian and Latin American cooking and has a lively citrusy and, to some, a slightly soapy flavor.	Parsley			
Cinnamon	Cinnamon has been known from remote antiquity. It was imported to Egypt as early as 2000 BCE and was so prized throughout the world that it was regarded as a gift fit for monarchs or a god. Though its source was kept mysterious for centuries by the middlemen who handled the spice trade to protect their monopoly, cinnamon is native to India, Sri Lanka, Bangladesh, and Myanmar. A spice obtained from the inner bark of several tree species, Cinnamon has a sweet-spicy flavor.	Nutmeg or allspice (use only 1/4 of the amount)			
Cloves	Native to the Maluku Islands in Indonesia, the clove tree is an evergreen, with large leaves and flower buds that turn bright red when ready for harvest. Cloves are used in Asian, African, and Near and Middle East countries to season everything from meats and marinades to curries and even fruits. Cloves may be used to flavor hot beverages, often mixed with lemon and sugar, and are a common element in spice blends such as pumpkin-pie spice. In Mexican cuisine, cloves are best known as <i>clavos de olor</i> , and often accompany cumin and cinnamon. They have a pungent, strong and sweet taste, with a bitter, astringent flavor, and a distinct and undeniable warmth. It leaves a sensation in the mouth similar to that of nutmeg.	Allspice, cinnamon, or nutmeg			
Coriander	The seeds of the coriander plant. Coriander is sweet and toasty, nutty, spicy, and orange-flavored, with a warm aroma and flavor. It is often paired with cumin and cinnamon, which share some of those traits.				
Cumin	Cumin is the dried seed of a flowering herb native from the east Mediterranean to South Asia. It's been found in ancient Egypt, and mentioned in the Bible in both the Old and New Testaments. The ancient Greeks kept cumin at the dining table in its own container, and this practice continues in Morocco. Cumin has an earthy, nutty, spicy taste with somewhat bitter undertones and a warm, penetrating aroma with hints of lemon. It helps to add an earthy and warming feeling to food, making it a staple in certain stews and soups, as well as spiced gravies such as curry and chili.				
Dill (weed or seed)	An annual herb in the celery family. Dill is widely grown in Eurasia. Dill weed is the bright green, feathery fronds of the dill plant. It's highly aromatic, and tastes of caraway or anise, with a bit of citrus thrown in. Dill seeds taste similar to dill weed or caraway seeds, but they have a slightly bitter edge to them. They appear frequently in pickles, bread, salad dressing and soup recipes. Dill is best when used fresh as it loses its flavor rapidly if dried; however, freeze-dried dill leaves retain their flavor relatively well for a few months.				
Fennel	A hardy, perennial herb with yellow flowers and feathery leaves. It is indigenous to the shores of the Mediterranean but has become widely naturalized around the world, and is considered an invasive species and a weed in Australia and the United States. It has a mild, anise-like flavor, but is sweeter and more aromatic. It's one of the three main herbs used in the preparation of absinthe.	Anise seed			
Galangal	Also known as galanga root, Galangal is a rhizome (root) similar to ginger but with a personality all its own. Often used in the cuisines of Asia, especially in Indonesian and Thai cuisines.	Fresh ginger makes a good substitute. Use sparingly as galangal is more subtle			
Ginger	Ginger has a warm, spicy bite. When it is cooked in its fresh form, ginger tenderizes and spreads its flavor to everything it touches. It is thought to have originated on the Indian subcontinent because the ginger plants grown in India show the most genetic variation. Ginger was exported to Europe in the first century AD in the spice trade and was used extensively by the Romans. Traditionally, the rhizome is gathered when the stalk withers. It is immediately scalded, or washed and scraped, to kill it and prevent sprouting.	Allspice, cinnamon, mace, or nutmeg			
Italian Seasoning	A premade blend of basil, oregano, rosemary, and thyme, with garlic powder, sage, and cilantro to taste, mostly used outside of Italy to flavor many Italian dishes.	Blend of any of these – basil, oregano, rosemary, and ground red pepper			
Lemon grass	Lemon grass is a tropical plant in the grass family from South and Southeast Asia. It is a popular misconception that lemongrass must taste very similar to lemon. However, lemongrass has a flavor profile all its own. While it is citrusy with a lemony flavor, it tastes almost like a mix of lemon and mint. The flavor is quite light and does not overpower other flavors in a dish.	Lemon balm or lemon verbena if at all possible. Otherwise use lemon zest			
Mace	Mace is made from the reddish seed covering (aril) of the nutmeg seed. The aril is removed, flattened out and dried for 10 to 14 days. Its flavor is similar to nutmeg but more delicate; it is used to flavor baked goods, meat, fish, vegetables and in preserving and pickling.	Allspice, nutmeg, cinnamon, or ginger			
Marjoram	Marjoram is a somewhat cold-sensitive perennial herb or undershrub with sweet pine and citrus flavors. It is cultivated for its aromatic leaves, either green or dry, and is often used in herb combinations such as <i>herbes de Provence</i> and <i>zatar</i> . Marjoram is a member of the mint and oregano family and it's flavor is similar to oregano; however, it is often described as sweeter and more delicate, without oregano's spicy undertones.	Basil, thyme, savory, or sage. Oregano can work though it will add heat, so flavor to taste			
Mint	It's estimated that 13 to 18 species of mint exist, and the exact distinction between species is unclear. Its leaves have a warm, fresh, aromatic, sweet flavor with a cool aftertaste. Fresh mint is better than dried if possible.	Basil, marjoram, or rosemary			
Mustard	Mustard is made from the seeds of one of several species of mustard plants. The Romans were probably the first to experiment with using it as a condiment — they mixed unfermented grape juice (the must) with ground mustard seeds (called <i>sinapis</i> ) to make "burning must", <i>mustum ardens</i> — hence "must ard". A recipe for mustard appears in <i>De re coquinaria</i> , the anonymously-compiled Roman cookbook from the late 4th or early 5th century, and was intended as a glaze for spit-roasted boar. The Romans likely brought mustard seed to Gaul, and by the 10th century, monks of <i>Saint-Germain-des-Prés</i> in Paris had absorbed their mustard-making knowledge and started their own production. Mustard makers first appeared on the royal registers in Paris in 1292, and Dijon, France, became a recognized center for mustard making by the 13th century. The phrase "eye of newt" in Shakespeare's <i>Macbeth</i> refers to mustard seed.	Wasabi powder (using only 1/4 to 1/2 as much as the recipe calls for since it is hotter), horseradish powder, or dry mustard powder using the equivalent 1 teaspoon dry mustard powder = 1 tablespoon prepared mustard			
Nutmeg	Nutmeg is made from the seed of the fragrant nutmeg tree. It is more pungent and sweeter than mace, with a distinctive fragrance and a warm, slightly sweet taste. It is used in everything from baked goods to meat, to eggnog. Until the mid-19th century, the Banda Islands (also known as the "Spice Islands") in the eastern part of Indonesia, were the only place in the world where nutmeg and mace were produced. As with cinnamon, the traders who sold it kept the location of its source a secret. Wars were eventually fought for control of the islands and spice.	An equal amount of mace or allspice, or a half-measure of cinnamon, as it's a bit more pungent. You can also use an equal measure of Pumpkin Pie Spice, as it contains nutmeg and several other spices that work well as a nutmeg substitute. For savory recipes, Garam Masala can work, as it usually contains mace, nutmeg, cinnamon and cloves, but also peppercorns, bay leaves and cumin. Replace it measure for measure. Ginger can also work for savory recipes			
Oregano	Oregano is a flowering, perennial herb in the mint family. It is native to temperate western and southwestern Eurasia and the Mediterranean region. It was not widely used in the United States until after the Second World War, when U.S. soldiers in Italy developed a taste for it. Used for the flavor of its leaves, which can be more potent when dried than fresh, it has an aromatic, warm, and slightly bitter taste with a hint of sweetness, which can vary in intensity. Good-quality oregano may be strong enough almost to numb the tongue.				Thyme, basil, or marjoram
Parsley	Parsley is widely used in Middle Eastern, European, Brazilian, and American cooking. Native to the central Mediterranean region, Parsley is naturalized across Europe and North America, and widely cultivated as a herb, a spice, and a vegetable. Its mild bitter, herby, kind-of-peppery taste adds balance and a fresh, green taste to savory dishes and it's often used as a garnish. It is one of the French <i>finest herbes</i> .				Chervil or cilantro
Poultry Seasoning	An American blend of predominantly sage, with savory, thyme, marjoram, rosemary, and in some cases celery seed, onion powder, nutmeg or other seasonings, used when cooking chicken or turkey.				Sage plus a blend of any of these: thyme, marjoram, savory, black pepper, nutmeg, and rosemary
Red Pepper	Thought to have originated in the town of Bukovo in the Republic of Macedonia, and sometimes named for the town, crushed red pepper is usually made from dried and crushed cayenne-type peppers, although a variety of different cultivars, usually within the 30,000–50,000 Scoville unit range are often used.				A dash of bottled hot pepper sauce or black pepper
Rosemary	Rosemary is a woody, perennial herb with flowers and fragrant, evergreen, needle-like leaves native to the Mediterranean region. Rosemary leaves are used as a flavoring in foods such as stuffings and roast meat and in traditional Mediterranean cuisine. They have a bitter, astringent taste and a characteristic aroma which complements many cooked foods. In the Middle Ages, rosemary was part of wedding ceremonies. The bride would wear a rosemary headpiece and the groom and wedding guests would wear a sprig of rosemary.				Thyme, tarragon, or savory
Saffron	Saffron comes from the vivid crimson stigmas and styles of the <i>saffron crocus</i> flower. The threads are collected and dried for seasoning and coloring food. Almost all saffron grows in a belt from Spain in the west to India in the east, though it was probably first cultivated in or near Greece. It's among the world's most costly spices by weight today, and in the Middle Ages, those caught selling adulterated saffron could be executed under the <i>Satranschou</i> code. It's taste can be very slight — floral, or honey with woody, hay-like, and earthy notes.				A dash of turmeric, annatto powder, or annatto seed (1 tsp. of seeds steeped in 1/2 cup water for 30 minutes) for color
Sage	Sage is a perennial, evergreen shrub and a member of the mint family native to the Mediterranean region, though it has naturalized in many places around the world. It has a savory, slightly peppery flavor, sweet and somewhat bitter. Fresh sage can be quite strong and can be used more sparingly than other herbs.				Poultry seasoning, savory, marjoram, or rosemary
Savory	Savory, also called Summer Savory, is the annual, less-bitter cousin of the perennial, winter savory. Summer savory is a characteristic ingredient of <i>herbes de Provence</i> and has a clean, piney fragrance and peppery flavor. It is a traditional popular herb in Atlantic Canada, where it is used in the same way sage is elsewhere.				Thyme, marjoram, or sage
Sour Orange	Sour Orange is a used in a number of Caribbean and Latin cuisines. Also known as the Seville orange, bigarade orange, or bitter orange, the fruit has a bumpy, blotchy, thick skin encasing a pale, seedy yellow pulp. It can be used like a lemon or a lime, but has a spicy, flowery fragrance like no other citrus and a greener, wilder, almost salty citrus flavor. It is used in everything from drinks to marinades, melding savory and sweet flavors and perking them up with an exotic, fruity tang.				3 parts orange juice to 1 part lime juice
Star Anise	Star anise has come into use in the west as a cheaper substitute for anise, but it is used all over the Indian subcontinent, in Chinese, Malay, and Indonesian cooking, and is an integral part of Chinese 5 Spice Powder. It closely resembles anise in its sweet, licorice-like flavor, though it's an unrelated plant and a slightly more potent spice. Star Anise is the star-shaped pericarp of the fruit of an evergreen tree native to northern Vietnam and southwest China, which are harvested just before ripening. Japanese star anise, a similar tree, is highly toxic and inedible, and only used as incense. Cases of illness after drinking star anise tea have been attributed to adulteration with this plant.				Chinese 5 Spice Powder or anise seed if you don't have that
Tamarind	Tamarind adds a tart, citrusy note to the foods of many cuisines. It is indigenous to tropical Africa, but has been cultivated for so long on the Indian subcontinent that it is sometimes reported to be indigenous there. It likely reached South Asia through human transportation and cultivation several thousand years BC, and is widely distributed throughout the tropical belt, from Africa to South Asia, northern Australia, Southeast Asia, Taiwan and China. In the 16th century, it was introduced to Mexico and South America by Spanish and Portuguese colonists, where it became a staple ingredient in the region.				Mango powder or lime juice cut 1/2 and 1/2 with water
Tarragon	One of a handful of herbs that has no strong traditions of medicinal use, Tarragon is a species of perennial herb in the sunflower family. It grows wild across much of Eurasia and North America, and is part of European, Russian, and Middle-eastern cuisine. French tarragon is the variety most used for seasoning, and is propagated by root division instead of grown from seed, as its flowers are sterile. Tarragon is one of the four <i>finest herbes</i> of French cooking, and is particularly suitable for chicken, fish, and egg dishes. Tarragon has a bittersweet, anise-like flavor.				Chervil, a dash of fennel seed, or a dash of aniseed
Thyme	Like cinnamon, the Ancient Egyptians used thyme for embalming. The ancient Greeks used it in their baths and burnt it as incense in their temples, believing it was a source of courage. The Romans spread it through Europe as they used it to purify their rooms, and Europeans in the Middle Ages placed it under their pillows to ward off nightmares. Thyme has a subtle, dry aroma and an earthy, piney and peppery taste with bitter, slightly lemony and minty notes. It is a vital ingredient of <i>zatar</i> and a common component of the <i>bouquet garni</i> , and of <i>herbes de Provence</i> . Thyme retains its flavor on drying better than many other herbs.				Basil, marjoram, oregano, or savory
Turmeric	Turmeric is part of the ginger family native to Southeast Asia, gathered annually for its rhizomes. When not used fresh, the rhizomes are boiled and then dried in hot ovens, and ground into a deep-orange-yellow powder commonly used for color and flavor in many Asian cuisines, especially for curries, as well as for dyeing. Turmeric powder has a warm, bitter, pepper-like flavor and earthy, mustard-like aroma. It is sometimes used to impart a golden yellow color and in medieval Europe, turmeric became known as Indian saffron because it was used widely as an alternative to the far more expensive saffron spice.				A dash of saffron for color plus ground mustard powder using a 1-to-1 ratio or use annatto powder
Wasabi	Wasabi is a rhizome from Japan used as a condiment with sushi, sashimi and other Japanese noodle dishes. Wasabi powder is combined with water to form a thick paste and is typically mixed with soy sauce when being used with sushi or sashimi. It is also called Japanese horseradish, although horseradish is a different plant which grows faster and bigger than Wasabi Japonica, and is cheaper to produce. Few places are suitable for large-scale wasabi cultivation, and cultivation is difficult even in ideal conditions. Because of this, most of the wasabi served outside of Japan is a mixture of horseradish, mustard and food coloring. Even in Japan, the demand for real wasabi is so high that you'll often find the horseradish mixture instead, with little, if any, real wasabi mixed in. Real wasabi tastes more herbal. It's hot, but doesn't have a lingering, burning aftertaste. It's supposed to taste smoother, cleaner and more "plant-like" than its commonly used substitute. The horseradish paste served in restaurants is harsher and not as fresh-tasting.				In Japan, horseradish is referred to as <i>seiyō wasabi</i> (西洋わさび, "western wasabi"), and it and mustard are members of the same family as Wasabi. Mix equal parts horseradish and hot mustard (such as Coleman's), fresh or powdered with water, and you'll have imitation wasabi. It won't be green, but should taste about the same as fake wasabi. Add a few drops of green food coloring if you want to take it the final step

Finally, when it comes to herbs, often fresh is best, but sometimes dried is all that is available. When substituting dried for fresh just remember that in most cases, dried herbs are 3 times more potent than fresh, so cut the amount by 3. On the other hand if your recipe calls for dried but you'd rather use fresh, then you will need 3 times the amount called for.