

Spices

When swapping spices, think about what will work in your dish. Most spices can be grouped into four flavor profiles: earthy, floral, peppery and warm. You'll often be able to substitute a spice that hits the same notes by picking one with the same qualities.

Type	
Earthy	Curry powder, garlic powder, onion powder, turmeric, Vadouvan, za'atar.
Floral	Cardamom, coriander, fennel, lavender, nutmeg, saffron, star anise
Peppery	Allspice, ground ginger, peppercorns, mustard powder, sumac
Warm	Cinnamon, chile (dried), chili powder (blend), cloves, cumin, nutmeg, paprika

When it comes to spice, consider layering flavor carefully by seasoning lightly at the start of cooking, that way you can increase the spice to taste, if desired, once your dish is fully cooked.

Ingredient	Substitutions
Allspice	Combine cinnamon, cloves and nutmeg, or use any one of the three
Cardamom	Coriander, fennel, ginger, lavender
Cayenne	Aleppo pepper, chili powder, dried chiles, hot sauce, paprika, red-pepper flakes, sumac
Chili powder	Combine paprika (sweet, hot or smoked), onion powder, garlic powder, cumin, oregano and cayenne or red-pepper flakes; or use another warm spice, such as cayenne, cloves, cumin, nutmeg or paprika (sweet, hot or smoked)
Cinnamon	Allspice, apple pie spice blend, cloves, coriander, nutmeg, pumpkin pie spice blend
Cloves	Allspice, cinnamon, nutmeg, black pepper
Coriander	Cardamom, cinnamon, fennel, nutmeg, saffron, turmeric
Cumin	Chili powder, coriander, curry powder, garlic powder, onion powder, turmeric
Ginger	Allspice, cinnamon, cloves, coriander
Nutmeg	Allspice, cinnamon, cloves, ground ginger
Paprika	Cayenne, chili powder, curry powder, black pepper
Turmeric	Curry powder, garlic powder, onion powder, Vadouvan, za'atar