

SPICE + MORE substitutions

SPICES (Stimulating/Irritating)	SUBSTITUTIONS (Not Stimulating or Irritating to the Body)
Allspice	Star Anise; 1:1 Star Anise + Papaya Pepper
Black / White Pepper	Chasteberry Tree Tea (Monk's Pepper), Dried Papaya Seeds
Cayenne*	Use substitutes for Black / White Pepper or Chili Pepper.
Cinnamon	SAVORY RECIPES: Coriander APPLE PIE/ SWEET ROLLS/ PUMPKIN PIE: 2:1 Coriander + Anise/Cardamom BREADS/COBBLERS/CRISPS/PIES: 1:1:1 Coriander + Anise + Cardamom
Cloves	2:1 Cardamom + Coriander
Chili Pepper	Paprika, Cumin, Dried Bell Peppers
Chili Powder	See ONLINE Recipe
Curry	See ONLINE Recipe
Ginger	Cardamom (scanty measurement)
Nutmeg	2:1 Coriander + Cardamom
CONDIMENTS	SUBSTITUTIONS
Ketchup	See ONLINE Recipe
Mustard	See ONLINE Recipe
Vinegar	Fresh Lemon/Lime Juice

Note: All spices are grounded.

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*See Back to Eden by Jethro Kloss, p. 694.

Sources:

<https://rawspicebar.com/blogs/spices-101/allspice-substitute>

<https://simplegreenmoms.com/ground-clove-substitutes/>

<https://www.spiceography.com/nutmeg-substitute/>

Cooking with Natural Foods by M. Beltz, p. 99

NESTART Lifestyle Cookbook by S. Christensen and F. Piper de Vries, p. 193

Ten Talents by R. Hurd and F.J. Hurd, p. 613



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