

# ALLSPICE SUBSTITUTE

Substitution Ratio: 1:1

Preparation: Grounded

Yield: 2 tablespoons, approx.

**STAR ANISE**, which is a fruit of a Chinese Magnolia tree, or the plant similar to it, **ANISE**, a seed in the parsley family, both contain a distinct licorice-ish flavoring called “anethole” (Pedrelli, 2019). This flavor is the key ingredient, in the allspice substitute recipe below. Though anise is far milder than star anise, both seasonings may dominate the flavor profile of a dish.

Both anise and star anise contain health benefits. Both anise and star anise have anti-inflammatory and anti-microbial properties, which fight bacterial and viral infections, but anise has also has antioxidant properties (Ajmera, 2018, Frey, 2021; Unival, 2021). Both have a long history of use in traditional medicine to treat various ailments, alleviating symptoms of arthritis, respiratory health and aiding with symptoms of asthma and gastrointestinal issues (Frey, 2021; Unival, 2021). However, be careful! A small amount of star anise especially goes a long way (Frey, 2021). I know this by culinary experience!

The measurement “**tip of a toothpick**” for star anise typically equals 1/16 teaspoon. The many experiments with various concoctions of seasonings to find an allspice substitute, this is the best one. Both anises are grounded in this recipe. Use the fine setting a coffee grinder and sift through a fine sieve for a finer powder. Any **pepper substitute** can be used to make this allspice recipe below; however, the combination of star anise with **MONK’S PEPPER** yields a close flavor profile to serve as an adequate substitute for allspice.

## Ingredients

*1/16 tsp. star anise\**

*2 Tbs. Black pepper subs.*

## Directions

Be sure to finely grind both ingredients first. Remember a tip of a toothpick of star anise is enough. Mix until well combined. Taste and adjust. Use to substitute allspice.

\*NOTE: Substitute  $\frac{1}{4}$  **tsp. anise** in place of star anise for a much milder flavor. Using **star anise**, however, yields the desired flavor profile.

# NUTMEG SUBSTITUTE

Substitution Ratio: 1:1

Preparation: Grounded

Yield: 3 tablespoons, approx.

Nutmeg is a well-known spice that is often seen in culinary recipes. Its culinary use is on account of its sweet, slightly nutty, and woody flavor profile (Grimsrud, 2022). Inspiration notes this spice among butter, grease of all kinds, tea, coffee, spice, pepper, and ginger as something to be “...wholly discarded in the cookery” and not to be used our tables (Woman of Vision, p. 143.3).

Even those indulging in the most stimulating diet know that nutmeg must be used sparingly. It should also be used even in tiny amounts, a teaspoon or under, because it has a tendency to produce a bitter and soapy taste (Grimsrud, 2022). Typically, a pinch here and there is all that is needed: tiny pinch in Alfredo sauce, a little in a sweet potato pie, carrot cake, and spinach quiche. Whitworth and Lockett (2018) reveal that nutmeg can be hazardous if used as recreationally and all should be mindful and informed about the potential dangers of consuming it. Consumption of this common spice can lead to unwanted symptoms such as hallucinations and nausea when consumed in high doses. This is because it contains the chemical myristicin, which has psychoactive properties when consumed in large quantities (Whitworth & Lockett, 2018).

Because of the dangers, folks may seek to avoid it altogether. However, some may seek a non-stimulating substitute. A 2:1 ratio combination of **CORIANDER** and the ingredients for the allspice substitute --**MONK'S PEPPER** (chaste berry tree tea) and **STAR ANISE** – provide the desired flavor profile for nutmeg and is a great substitute, as both allspice and cinnamon, other stimulating spices, are thought to be a great substitutes for nutmeg in general. If these are not on hand, the research also uncovered a 2:1 ratio of coriander to cardamom may also be used, but some may not think this is as convincing. The preparation below yields about three tablespoons, but as with nutmeg, a little of the substitute goes a long way.

## Ingredients

*2 scant Tbs. Coriander*

*1 Tbs. Allspice substitute*

## Directions

1. Mix both ingredients together and store in an airtight container.
2. Use in anything that calls for nutmeg.