



NEWS RELEASE

March 2002

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Add a Little Spice to Your Life! —Part II

What if your recipe calls for fresh herbs and all you have are dried herbs? Here are some approximate amounts of different forms of herbs EQUIVALENT to each other:

- 1 tablespoon finely cut fresh herbs

or

- 1 teaspoon dried leafy herbs

or

- 1/4 to 1/2 teaspoon ground dried herbs

Common Substitutions for Herb Blends

When you don't have a spice or herb blend called for in your recipe, try these combinations of spices and herbs as a substitution:

- For each 1 teaspoon of APPLE PIE SPICE, substitute a COMBINATION of:
 - 1 teaspoon cinnamon
 - 1/8 teaspoon nutmeg
- For each 1 teaspoon of PUMPKIN PIE SPICE, substitute a COMBINATION of:
 - 1 teaspoon cinnamon
 - 1/4 teaspoon ground ginger
 - 1/8 teaspoon ground nutmeg
 - 1/8 teaspoon ground allspice
- For each 1 1/2 teaspoon of ITALIAN SEASONING, substitute a combination of:
 - 1/4 teaspoon EACH of:
 - oregano leaves
 - marjoram leaves
 - basil leaves
 - 1/8 teaspoon rubbed sage
- For each 1 teaspoon of POULTRY SEASONING, substitute a combination of:
 - 3/4 teaspoon ground sage
 - 1/4 teaspoon ground thyme

Begin with 1/4 teaspoon of most ground spices or ground dried herbs for four servings, 1 pound of meat or 2 cups of soup or sauce. Adjust as needed. Start with 1/8 teaspoon for cayenne pepper and garlic powder; adjust as needed. Red pepper intensifies in flavor during cooking; add in small increments.

When to Add Herbs and Spices

The type of spice and herb and the type of food for which it is used influence the time to add it during food preparation. As a general rule, add fresh herbs near the end of the cooking time as prolonged heating can cause flavor and aroma losses.

NOTE: Remove whole spices and bay leaves at the end of cooking; secure them in a tea ball or cheesecloth for easy removal. For uncooked foods, add spices and herbs several hours before serving to allow flavors to blend.

Storing Herbs and Spices

AIR, LIGHT, MOISTURE and HEAT speed flavor and color loss of herbs and spices. Follow these guidelines to help preserve their quality:

- Store in a tightly covered container.
- Store in a dark place away from sunlight.
- Store away from moisture and prevent moisture from entering the container during use:
 - Remove from container with a dry spoon.
 - Avoid sprinkling directly from container into a steaming pot to prevent steam moisture from entering the container.
- Avoid storing above the stove, dishwasher, microwave or refrigerator, or near a sink or heating vent.
- Store inside a cupboard or drawer.
- For open spice rack storage, choose a site away from heat, light and moisture.
- Refrigerate paprika, chili powder and red pepper for best color retention, especially in summer or hotter climates.

How Long to Keep Spices and Herbs

- As a general rule, keep:
 - 1 year for ground spices/herbs
 - 2 years for whole spices.
- Buy a smaller container until you determine how fast you'll use a particular herb or spice.
- To test freshness:
 - If it smells strong and flavorful, it's probably still potent.
 - To smell whole spices, such as peppercorns and cinnamon sticks, crush or break them to release their aroma.

Referenced from Nancy Feldman, UCCE Stanislaus County; Source: [Food Reflections](#), Jan/Feb 2001.