



Herb Substitutions in Recipes

Herb Substitutes / Replacements

If you run out of a particular herb that is called for in a cooking recipe or you just want to try to vary a recipe some, you can try substituting an herb or herb mixture for another. The herb substitution will likely change the flavor of the original recipe and the herb you substitute may be stronger, so start slow by replacing only a portion and working your way up if more is needed.

Herb Substitutions in Cooking	
Basil	oregano or thyme
Chervil	tarragon or parsley or part dried parsley plus small amt of dried sage
Chives	green onion, onion, or leek
Cilantro	parsley
Italian Seasoning	blend of any of these: basil, oregano, rosemary, and ground red pepper or equal parts basil, oregano, marjoram, rosemary, sage and thyme
Marjoram	basil, thyme, or savory
Mint	basil, marjoram, or rosemary
Oregano	thyme, basil, or marjoram
Parsley	chervil or cilantro
Poultry Seasoning	sage plus a blend of any of these: thyme, marjoram, savory, black pepper, rosemary or 3 parts sage and 1 part ground thyme
Rosemary	thyme, tarragon, or savory
Sage	poultry seasoning, savory, marjoram, or rosemary
Savory	thyme, marjoram, or sage
Tarragon	chervil, fennel seed (dash), or aniseed (dash)
Thyme	basil, marjoram, oregano, or savory

You also might find it helpful to review [Common Herbs and Their Uses in Cooking Recipes](#) for some of the more classic herb combinations.



Dried herbs to fresh herbs:

If you don't have a fresh herb, the general rule of substituting a dry herb for a fresh herb is 1 to 3 as dried herbs are more concentrated. So if a recipe calls for 1 tablespoon fresh chopped parsley and you need to substitute dried parsley, try using 1 teaspoon of dried.