

## Dry Spice Conversions

Spices	Oz per Cup	Tbl per Oz	Tsp per Oz
Ajwain	2.40	6.67	20
Allspice, Ground	3.37	4.75	14.33
Anise, Ground		4	12
Anise Seeds	3.56	4.50	13.5
Annato Powder (Achiote)	5.19	3.10	9.25
Annato Seed (Achiote)			
Basil, Ground	2.67	6	18
Bay Leaves	1.33	36/oz	
Bay Leaves, Ground	3.79	4.20	12.66
Capsicums			
Caraway, Ground		5	15
Caraway Seed	4.10	3.90	11.70
Caraway, Black (Russian Caraway)			
Cardamom, Ground	3.31	4.80	14.50
Cayenne	3.56	4.50	13.50
Celery Salt	8.42	1.90	5.70
Celery Seed	3.81	4.20	12.60
Celery Seed, Ground	4.00	4.00	12.00
Chervil Leaves	1.12	14.33	43.00
Chili Flakes, Red	2.82	5.67	17.00
Chili Pods, Casabel		9/oz	
Chili Pods, Arbol		50/oz	
Chili Pods, Guajullo		5/oz	
Chili Pods, Japonese		80/oz	
Chili Pods, Morita		9/oz	
Chili Pods, Pasilla		2/oz	
Chili Pods, Paquin		500/oz	
Chili Powder	3.76	4.25	12.75
Chinese 5 Spice	3.76	4.25	12.75
Chives	34	46.67	140
Cinnamon	4.09	3.92	11.75
Cloves, Ground	3.69	4.33	13
Cloves, Whole	3.00	5.33	16
Coffee, Espresso Grind	2.82	5.67	17
Coriander, Ground	3.35	4.78	14.33
Coriander Seeds	2.29	7	21

<b>Spices</b>	<b>Oz per Cup</b>	<b>Tbl per Oz</b>	<b>Tsp per Oz</b>
<b>Cream of Tartar</b>	6.40	2.50	7.50
<b>Cumin, Ground</b>	3.38	4.73	14.20
<b>Cumin Seeds</b>	3.84	4.17	12.50
<b>Curry Powder</b>	3.62	4.42	13.25
<b>Dextrose, Powdered</b>		3	9
<b>Dill Seed</b>	3.69	4.33	13
<b>Dill Weed</b>	1.70	9.42	28.25
<b>Epazote</b>	1.60	10	30
<b>Fennel, Ground</b>	3.72	4.30	12.90
<b>Fennel Seed</b>	3.69	4.33	13
<b>Fenugreek Seed</b>	6.19	2.58	7.75
<b>Fermento</b>		4	12
<b>Flour, AP</b>	4.25		
<b>Garlic, Granulated</b>	5.65	2.83	8.50
<b>Garlic Powder</b>	4.49	3.57	10.70
<b>Garlic Salt</b>	8	2	6
<b>Ginger</b>	3.25	4.92	14.75
<b>Herbs du Provence</b>	1.45	11	33
<b>Hibiscus Flowers</b>	40/oz		
<b>Juniper Berries</b>			
<b>Kosher Salt</b>	6.02	2.66	8
<b>Lavender, Dry</b>	1.07	15	45
<b>Lemon Balm</b>			
<b>Mace</b>	3.24	4.93	14.80
<b>Marjoram</b>	1.41	11.33	34
<b>Mint Leaves</b>	.53	30	90
<b>MSG</b>	6.40	2.50	7.50
<b>Mustard Ground</b>	3.43	4.67	14
<b>Mustard Seeds</b>	6.40	2.50	7.50
<b>Nutmeg</b>	3.87	4.13	12.40
<b>Onion Powder</b>	3.75	4.27	12.80
<b>Orange Peel</b>	4	4	12
<b>Oregano Leaves</b>	1.71	9.33	28
<b>Paprika</b>	3.84	4.17	12.50
<b>Parsley Flakes</b>	.69	23.33	70
<b>Pepper, Black Coarse</b>	3.84	4.17	12.50
<b>Pepper, Black Cracked</b>	4	4	12
<b>Pepper, Black Table Grind</b>	4	4	12

<b>Spices</b>	<b>Oz per Cup</b>	<b>Tbl per Oz</b>	<b>Tsp per Oz</b>
<b>Pepper Flakes, Red Crushed</b>	2.82	5.67	17
<b>Pepper, Szechwan</b>	2	8	24
<b>Pepper, White Ground</b>	4.12	3.88	11.50
<b>Peppercorns, Black</b>	4.57	3.50	10.50
<b>Peppercorns, Green</b>			
<b>Peppercorns, Pink</b>		7.50	
<b>Peppercorns, White</b>	4	4	12
<b>Pickling Spice</b>	5.33	3	9
<b>Poppy Seed</b>	4.80	3.33	10
<b>Pumpkin Spice</b>	3	5.33	16
<b>Rosemary, Ground</b>	2.82	5.67	17
<b>Rosemary Leaves</b>	1.78	9	27
<b>Saffron</b>	1.20	13.33	40
<b>Sage, Ground</b>	1.45	11	33
<b>Salt, Kosher (Diamond Crystal)</b>	4.80	3.33	10
<b>Salt, Kosher (Morton)</b>	8.73	1.83	5.50
<b>Salt, Seasoning (Johnny's)</b>	8.21	1.95	5.85
<b>Salt, Table</b>	10.13	1.58	4.74
<b>Savory Leaves</b>	2.67	6	18
<b>Sesame Seeds, Black</b>			
<b>Sesame Seeds, White</b>	4.37	3.66	11
<b>Sugar, Granulated</b>	6.86	2.33	7
<b>Star Anise, Ground</b>			
<b>Star Anise, Seeds</b>			
<b>Star Anise, Whole</b>			
<b>Sugar, Brown</b>		1.5	4.5
<b>Sugar, Granulated</b>		1.5	4.5
<b>Tarragon Leaves</b>	1.30	12.33	37
<b>Thyme, Ground</b>		3.75	11.25
<b>Thyme Leaves</b>	2.29	7	21
<b>Turmeric</b>	4	4	12
<b>Vanilla Bean</b>			
<b>Wasabi Powder</b>	2.70	5.75	17.25