



How to Substitute Dried Herbs for Fresh in Any Recipe (Plus: Onion and Garlic Conversions)

By Mary Margaret Chappell
2023-10-03 10:43:32



When it comes to [herbs](#), there's an easy-to-remember formula for swapping dried for fresh (and vice versa): a teaspoon dried equals a tablespoon fresh. But what about other aromatics, such as onion and garlic? Read on for a handy chart that covers all of the above, plus our best tips to help you get the most out of herbs and other aromatics, whether fresh or dried. Read on, or jump to a section:

- [Fresh-to-Dried Herb Conversion Chart](#)
- [How Drying Shifts Flavors](#)
- [How Much Garlic Powder Equals 1 Clove?](#)
- [How Much Onion Powder Equals 1 Onion?](#)

Fresh-to-Dried Herb Conversion Chart

AROMATIC EQUIVALENCE TIPS

Herbs	1 Tbsp. fresh = 1 tsp. dried	Just remember the 3:1 ratio. Triple the volume if you want to use fresh instead of dried. Divide the volume by three if you want to use dried
-------	------------------------------	---

instead of fresh.

Onion

Some delicate herbs (cilantro, dill, parsley) lose more of their punch when dried, so you may have to taste your dish and add a bit more.

1 cup diced fresh onion = 1 Tbsp. onion powder = 3 Tbsp. granulated onion

Onion powder has a finer texture and is sweeter, mellow flavor than granulated onion, which has a sandy texture and retains more of onion's pungency.

Garlic

1 tsp. minced fresh garlic (1 clove) = 1/4 tsp. garlic powder = 1/2 tsp. granulated garlic

Store onion powder in the fridge to prevent clumping.

Unlike onion, there isn't much flavor difference between powdered and granulated garlic. The powder is just more concentrated, so you need less.

Store garlic powder in the fridge to prevent clumping.

Rule of Thumb: Dried Herbs First, Fresh Herbs Last

An easy rule to remember when cooking with herbs: dried first, fresh last. Dried herbs should go into recipes

(continued)

How to Substitute Dried Herbs for Fresh in Any Recipe (Plus: Onion and Garlic Conversions)

By Mary Margaret Chappell
October 03 2023

right from the start. This allows heat, acid, and moisture to activate their aromatic oils.

Fresh herbs should be reserved till the last minute so they retain their fragrance and flavors and don't turn bitter as they cook. Freeze-dried herbs, easily recognizable with their bright, fresh-like color, should be used like fresh.

How Drying Shifts Flavors

When herbs are dried, their texture changes and their aromatic properties either become more or less concentrated. Here's a quick rundown of the taste transformations.

Hardy Herbs

(Thyme, oregano, rosemary, marjoram, lavender, savory)

Fresh: Pungent and aromatic with woody and citrus notes and a hint of bitterness

Dried: Less bitter; more subtle and robust

Leafy Herbs

(Basil, mint, sage, tarragon)

Fresh: Super-fragrant, distinctive, and grassy

Dried: Earthier and milder. Basil and mint have hints of oregano, while sage and tarragon have hints of anise

Tender Herbs

(Cilantro, dill, parsley, chervil)

Fresh: Vibrant, green, and crisp yet mild

Dried: Milder and slightly bitter if used in large quantities

How Much Garlic Powder Equals 1 Clove?

Use ¼ teaspoon garlic powder or ½ teaspoon granulated garlic in place of 1 clove. [See the chart above](#) for more information.

How Much Onion Powder Equals 1 Onion?

A tablespoon of onion powder is equivalent to 1 onion.

Onion powder is more finely milled and tastes slightly sweeter and milder than granulated onion, which has a coarser, sandy feel and a sharper onion bite.

To keep onion powder from clumping, store it in the refrigerator.