



## Herb Infused Oils

### ROSEMARY

1/2 cup olive oil

4 stems fresh rosemary

In a small saucepan, combine oil and rosemary; cooking over low heat about 5 minutes. Remove; let cool to room temperature. Remove sprigs or insert into a bottle; add the oil. Seal; refrigerator; use in 2 weeks. Serve with Artisan bread. Garnish with rosemary sprigs and serve with cherry tomatoes.

Yield: 1/2 cup

### BASIL

1 cups packed basil leaves, blanch basil leaves before using

1/2 cup light olive oil

Combine oil and basil in a blender. Puree mixture until smooth. Place in small saucepan; cook until lightly bubbling, about 5 minutes. Pour mixture through mesh strainer into bowl. Use oil as drizzle for entrée or for cooking.

Yield: 1/2 cup

### **About Infused Oils:**

1. Keep refrigerated; store covered.
2. Before servings, let oil reach room temperature. It will take about 20 minutes.
3. Use for gifts; Include storage directions and serving ideas.
4. For best results, use fresh herbs; washed; dried. Blanch soft herbs for vibrant color. Woody herbs; heat in oil.
5. Use your favorite whole or ground spices, citrus, herbs, or nuts. Keep the blend simple.
6. 1 Tablespoons flavoring to 1 cup oil is the standard mix

### **Spices:**

Procedure: Stovetop: Heat ingredients for 5 minutes or lightly bubbly. Remove; cool; strain.

Oven Procedure: Place ingredients in oven-safe bowl on baking sheet in 300 degree F. oven for 40 minutes. Remove; cool; strain.

Give a try: caraway seeds, fennel, cumin, paprika, cinnamon

### **Herbs:**

Warm herbs and oil in small saucepan over medium heat for 5 minutes or lightly bubbly. Remove; cool. Strain herbs without pressing on leaves or remove the woody herbs before straining.

Give a try: cilantro, tarragon, mint, dill, oregano

### **Citrus:**

Wash; dry the fruit. Remove zest peels with thin peeler. Do not add white pith. In saucepan over medium heat, warm up zest and oil for 5 minutes until mixture is lightly bubbly. Remove; cool. Leaving zest in oil while cooling will add stronger flavor but will be a cloudy oil.

Give a try: lemon, lime, oranges, grapefruit

### **Nuts:**

Use raw or unsalted skinned or blanched nuts. Heat in oil 5 minutes, medium heat until lightly bubbling. Remove; let cool. If leaving nuts in oil will add texture and color.

Give a try: almonds, pine nuts, walnuts, pistachio, peanuts, pecans

**Blends:** Use ingredients that require the same technique. If making a variation, it might require a variety of techniques. Do the steps in stages. An example might be making basil with nuts. You will need to blanch, shock, drain, and blend the basil.

**Garlic:**

It is very important to wash and completely dry aromatic ingredients. Be careful to remove dirt and impurities. You might want to roast aromatics before heating them in oil. Cook at 350F for 20 to 30 minutes. Then repeat usual procedure in small saucepan for 5 minutes or bubbly. Remove, cool completely. Be careful using garlic as toxins can grow in mixture if water is on the product.