



ICE CUBE HERBS

Freeze culinary herbs and oil into cubes for future cooking convenience.

Harvest one herb or combine several together, like Italian basil, oregano, and parsley. Combine with extra virgin olive oil or coconut oil in ice cube trays. It's an easy way to add that fresh taste to your recipes.

To freeze herbs in oil:

Ingredients:

Olive oil or coconut oil as needed

Fresh herbs of your choice

1. Wash and dry herbs on paper towels. Dice herbs with scissors or knife.
2. Fill each compartment of ice cube tray with one herb or combination. Pour oil on top of herbs and place the filled ice cube tray in freezer.
3. When frozen, transfer cubes from trays into freezer storage bags Label; return to freezer. Use as needed.

To freeze herbs in clear water:

Ingredients:

Filtered water

Fresh herbs of your choice

1. In a medium saucepan, boil filtered water. Remove from heat; cover; cool. Repeat boiling procedure. Set aside again to cool. Cover until cooled.
2. Fill each compartment of an ice cube tray with desired chopped herb or combination of desired herbs to save. Pour boiled water over herbs. Place tray in freezer until firm.
3. When frozen, transfer cubes from trays into freezer storage bags. Label; return to freezer. Use as needed.