

Herb-Infused Olive Oil

Drizzle this homemade olive oil infused with essential oils over salads, pasta dishes, protein choices, vegetables, or even as a marinade.

Servings: one bottle
Prep Time: 5 minutes
Storage: 2 months in refrigerator*
Author: Chef Chandra, Cooking with Chef Chandra

Ingredients

- 1 bottle extra virgin olive oil
- Essential oil of choice such as Basil, Rosemary, Oregano, Tarragon, Thyme, Black Pepper, Lemon, Dill, Lemongrass, Marjoram,

Instructions

1. Pour 8 oz extra-virgin olive oil into a glass container.
2. Add 3-4 drops of essential oils
3. Optional: Add a sprig of rosemary, peppercorns, or a couple of cloves of garlic. This will add flavor over time (about 1-2 weeks).
4. Put the cap on the bottle and shake well.

Notes

Once the oil is infused, keep it in the refrigerator. It may get cloudy from the cold but should clear up when it reaches room temperature. The oil should last, refrigerated, for up to 2 months.

Raw garlic cloves can be safely stored in oil for up to 4 days when refrigerated. Cooked garlic cloves can be safely stored in oil for up to 2 weeks when refrigerated. Raw or cooked garlic cloves can be safely stored in oil for up to 4 months when frozen. Never store garlic in oil (raw or cooked) at room temperature.

Adapted Don't Mess with Mama *recipe*

CC's S.O.U.L. Food

Chef Chandra's Seasonal/Sustainable, Organic, Unprocessed, and Local Food

925.395.4185

info@ccsoulfood.com