

CRUNCH TIME

Infused Oils



Serve Information: Approx. 7 Infused Oil Bottles

INGREDIENTS:

2 tbsp coriander seeds
1 bunch basil
500ml light olive oil
1 coriander infused oil in bowl.
2 tbsp ground coriander seeds infused in 250ml oil
1 basil infused oil in bowl.
1 bunch basil, blanched and blended with 250ml oil and infused
1 rosemary infused oil in bottle.
1 rosemary stalk infused in 250ml oil
1 garlic infused oil in bottle.
3 roasted garlic cloves infused in 250ml oil
1 lemon infused oil in bottle. 3 lemon peels infused in 250ml oil
1 nut infused oil in bottle.

6 raw, unsalted cashew nuts infused in 250ml oil
1 lemon and thyme infused oil in bottle.
3 lemon peels and 1 thyme stalk infused in 250ml oil

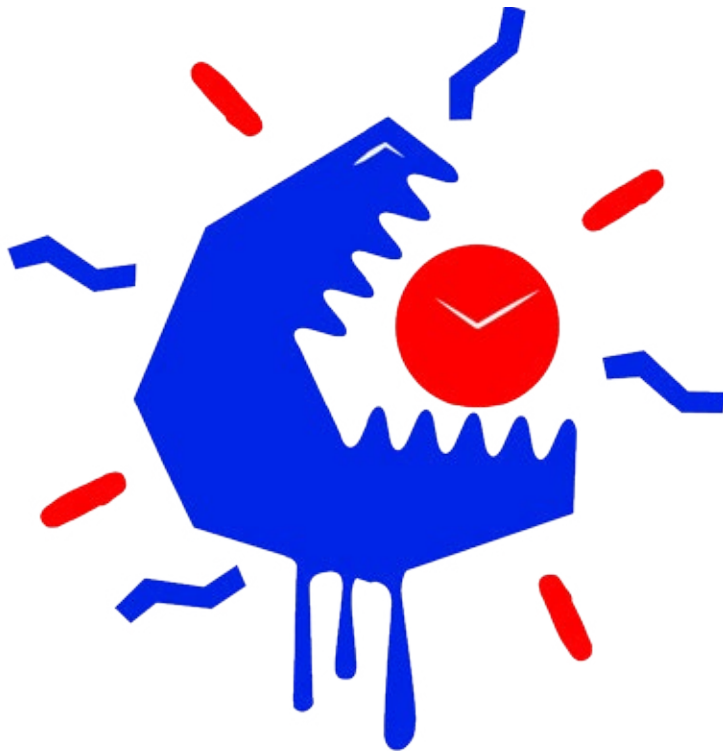
EQUIPMENT:

Blender
Mortar and pestle
2 heavy-bottomed saucepans
2 fine mesh sieves
2 cheesecloths
2 funnels
7 glass bottles with lids. Large opening neck to fit ingredients in. 250ml capacity
2 wide opening jugs



METHOD:

1. Choose your oil. Light olive oil or neutrally flavoured oil, such as peanut, grapeseed or canola oil
2. Infusing oil with spices. Grind 2 tbsp of coriander seeds in mortar and pestle
3. Heat oil with ground coriander until mixture is lightly bubbling. Remove from heat to cool
4. Once cold, use "prepared earlier" cold coriander seed infused oil, strain through cheesecloth lined sieve into jug
5. Use a funnel and pour the oil into a bottle, securing the lid.
6. Infusing oil with herbs. Place the blanched basil and oil in the jug of a blender and blend until smooth
7. Heat the oil until lightly bubbling. Remove from heat and cool completely
8. Once cold, use "prepared earlier" basil infused oil, strain through cheesecloth lined sieve into a jug
9. Use a funnel and pour the oil into a bottle, securing the lid.
10. Show woody herbs, like rosemary and thyme, infused oil bottle
11. Show aromatics, like garlic and ginger, infused oil bottle. Roast before and leave in bottle to continue infusing.
12. Show citrus infused oil bottle. Use a vegetable peeler to zest lemon and then heat with the oil.
13. Show nut infused oil. Start with nuts that are raw, skinned or blanched and unsalted and heat the nuts in the oil.
14. Mix and match your favourite spices, herbs, aromatics, citrus and nuts for a truly unique oil blend.



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