

Infused Olive Oil

Infusing oil is a super simple way to add flavor to just about any dish – try it in your favorite vinaigrette recipe or simply drizzle over sauteed vegetables!

YIELD 16 OZ	PREP TIME 10 MIN	TOTAL TIME 40 MIN
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INGREDIENTS

For the Lemon, Thyme & Garlic Variation:

1 each Lemon
6-8 sprigs Thyme, fresh
2 each Garlic cloves
16 oz. Light Olive Oil, Canola Oil, or a 50/50
 blend of Extra Virgin and Canola Oil

For the Chile, Rosemary & Garlic Variation:

1 each Serrano or Fresno chile pepper
2-3 sprigs Rosemary, fresh
2 each Garlic cloves
16 oz. Light Olive Oil, Canola Oil or a 50/50
 blend of Extra Virgin and Canola Oil

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. Prep your infusion ingredients by washing everything thoroughly and allow to dry completely. Place herbs between layers of paper towel or a clean kitchen towel and press to remove moisture. If using garlic, peel the cloves, then wash and dry before smashing or coarsely chopping. Wet ingredients added to oil will cause the mixture to grow bacteria.
3. *For the Lemon:* after washing and drying, use a vegetable peeler to remove the zest in long strips. Be careful not to press too hard. You want to avoid the white pith as much as possible because it will make your oil taste bitter.
4. *For Chile Pepper:* after washing and drying, use a paring knife to split the chile in half lengthwise.
5. Add your infusion ingredients to a small pot and pour in the oil. Heat over low heat, being careful not to let the mixture boil. Simmer gently for about 10 minutes. Remove from the heat and allow to cool down for at least 10 more minutes.

CHEF'S NOTES

Try any combination of citrus zest, fresh herbs, garlic, and chile peppers you enjoy. In order to make sure your infused oil lasts as long as possible, it's important that all ingredients you put into the blend are washed and dried thoroughly. For the safest product, store your infused oil in the refrigerator and remove the lemon, garlic, herbs, chiles, etc. from the oil before storage. It may look nice to leave them in the mixture, but these items can cause bacteria to grow in your oil. The finished product may appear cloudy during storage but should clear up once it's brought back to room temperature. Store in the refrigerator for up to one month. If the flavor changes, toss it just to be safe.

6. Strain the solids out of the oil by removing them with tongs or a slotted spoon. Alternatively, strain the oil through a fine mesh strainer. Discard the solids.

7. Using a funnel, transfer the infused oil to a clean jar or bottle with a tight-fitting lid. Store in the refrigerator for a few weeks up to one month. Use to add extra flavor to your favorite salad dressings, as a drizzle overcooked meats and fish, or in your cooking.



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