



Flavoured Oils & Vinegars

Flavoured Oils

Chilli oil - use 6 or 8 red chillies, either dried or fresh, put into a jar with a teaspoon of black peppercorns or garlic. Pour over 500ml oil which has been warmed to just above blood heat. Cover, leave to infuse for 2 weeks, then strain and re bottle. Keep in a cool, dark place. Use within 6 months.

Spice oil - toast about 4 tablespoons of your favourite spices (cumin, coriander, star anise, cloves, peppercorns, fennel etc) crush them in a mortar & pestle, put into a jar and cover with 500ml oil, cover and leave to infuse for 22 weeks before straining and re bottling. Keep in a cool, dark place, use with 6 months.

Herb oil - loosely fill a jar with your chosen herbs, choose the stronger flavoured ones such as thyme, rosemary, tarragon, basil, sage, oregano. Pour over the oil to cover and leave for 2 weeks before straining, re bottling and storing in a cool, dark place. Use within 6 months.

Flavoured Vinegars

Fruit Vinegar - Put between 50g and 225g fruit, depending on how strong a flavour you would like, (raspberries, strawberries, black currants, brambles, chillis etc) in a large jar. Crush to release the juices and pour over 450ml white wine or cider vinegar. Cover and leave on a sunny window sill to infuse for about a week. Strain, pour into a sterilised bottle and store in a cool dark place. Use in salad dressings or sauces within a year.

Sweet Fruit Vinegar - Take 1 Kg raspberries, crush them a bit and put into a non-metallic bowl with 600ml cider or wine vinegar. Stir, cover and leave to steep for a week, stirring every day.

Strain through a muslin or jelly bag overnight into a clean bowl and measure the juice the next day. For every 600ml juice, add 450g granulated sugar. Heat gently over a low heat to dissolve the sugar, then bring to the boil for 10 minutes, skimming any froth that rises. Cool, bottle & use within 12 months

Herb Vinegar - Use about 4 heaped tablespoons of dry, roughly chopped herb eg. tarragon, chives, mint, rosemary, thyme, sage, garlic. to 450ml wine or cider vinegar. Put the herbs in a jar, pour over the vinegar, cover and allow to sit for 2 - 3 weeks before straining into a sterile bottle and storing in a cool, dark place. Use withing a year.