



Infused Oil

MAKES: APPROXIMATELY 1 LITRE OF OIL | TOTAL TIME: 15 MINUTES

INGREDIENTS

- 1 L rapeseed oil
- 10 dried chillis, halved lengthways
- 10 dried garlic cloves, peeled and sliced thinly
- Handful of dried herbs such as rosemary, thyme and oregano

DIRECTIONS

1. Pour oil in a large saucepan. Add chillis and heat the oil on low heat until it starts gently bubbling.
2. Add garlic and herbs and let the oil cook for another 3 to 4 minutes, making sure the garlic and herbs don't start to brown.
3. Turn off heat and let oil cool completely.
4. Use a funnel to pour into bottles.

NOTE: Homemade oils can be a food safety risk if not made and stored correctly. The safest way to prepare infused oil at home is to use properly dried herbs, garlic or vegetables rather than fresh. Fresh ingredients can contain water which can allow bacteria to grow.