

SECRETS,  
TIPS &  
RECIPES  
from America's  
Healthy-Cooking  
Experts

# Cooking Light kitchen confidential

## TECHNIQUE

### INFUSING OIL WITH HERBS

➔ Infusion is a neat cooking technique that transfers the flavors of one food, such as fresh herbs, into another, such as oil. Here's how to make our recipe for Chive Oil:

**Start Fresh.** For the brightest, purest flavor, use herbs at their peak rather than dried. Choose organic if you can, and rinse well. We used 2 ounces of fresh chives cut into 1-inch pieces to make the vibrant chive oil shown here.

**Get the Herbal Essence.** Lock in the color of leafy and grassy herbs like parsley, basil, tarragon, chives, and cilantro. Dip herbs in boiling water for 10 seconds; drain. Rinse with ice water. Blot dry—oil and water don't mix.

**Go Neutral.** Mild-flavored oils like grapeseed, light olive oil, canola, or safflower take on herbal flavors without competing. Place herbs and  $\frac{3}{4}$  cup oil in a blender; process 3 to 4 minutes or until bright green and smooth.

**Filter and Store.** Let mixture sit for 45 minutes so the herb flavor transfers to the oil. Strain through a double layer of cheesecloth; discard solids. For the clearest concoction, don't press. Store herb oils in the refrigerator for up to 4 days. Infused oil can also be frozen (place in mini ice cube trays until frozen; then transfer to zip-top freezer bags).

**SERVES 24** (serving size: 1 teaspoon)  
**CALORIES** 40; **FAT** 4.5g (sat 0.6g, mono 3.3g, poly 0.5g); **PROTEIN** 0g; **CARB** 0g; **FIBER** 0g; **CHOL** 0mg; **IRON** 0mg; **SODIUM** 0mg; **CALC** 1mg

—Cheryl Slocum



#### NOW WHAT?

Drizzle herb-infused oil over scrambled eggs or fish, toss into rice for a souped-up side dish, or mix with vinegar for a two-ingredient dressing.

PHOTOGRAPHY: BRIAN KENNEDY; FOOD STYLING: KELLIE GERBER KELLEY; PROP STYLING: CLAIRE SPOLLEN



SCAN PHOTOS, SAVE RECIPES. SEE PAGE 6.

MARCH 2015 COOKING LIGHT 149