

WARNING!

Storing fresh herbs in oil creates a high risk of foodborne botulism because it provides the exact anaerobic environment required for *Clostridium botulinum* spores to multiply and produce deadly neurotoxins!

Sterilise your bottles or jars.

Do not leave home made herb oils on the counter or in daylight.

Keep refrigerated and use within 4 days or freeze.

Alternatively, use dried herbs.

Soft Herb Oil

Using soft herbs like Parsley, Chives, Basil, Chervil, Coriander and Tarragon will give you the best flavoured oil. You can keep them simple or add multiple choices for Huile Fines Herbes.

Choose groundnut or pomace oil as the carrier. Olive oil is expensive.

1. The secret is to “Blanch” the herbs (Stalks and all) into boiling water for 30 seconds then remove and plunge into iced cold water, stirring with your fingers to ensure they chill down as fast as possible. Then remove the herbs and pat dry.
2. Place the herbs into a food processor with just a little oil initially. The ratio of herbs to oil is usually 200g blanched herbs to 300ml of oil.
3. Blitz for a good 2 minutes.
4. With a piece of doubled over cheesecloth, place this over a bowl and pour in the oil/herb mix.
5. Pull the edges up into a pouch and suspend over the bowl. Allow to strain naturally. Do not squeeze the herbs as this releases bitter enzymes.
6. Decant the oil into a bottle and chill. Use within 4 days.

Hard Herb Oil

Hard herbs are Rosemary, Thyme, Bayleaf, Sage and Marjoram. The production is the same as before.

1. Blanch the herbs with their stalks intact and chill then pat dry.
2. This time gently warm your oil and add to the herbs and allow to infuse then chill.
3. Decant into sterilised bottles or jars and allow to infuse for a few days in the fridge. Use within 4 days.