

Delicious, quick, easy...

Herb oil & honey

Herb oils are an excellent ingredient for stir-fry cooking and salad dressings. You can also use them in sauces and marinades, or wherever you want an extra touch of flavor.

Just as pollen source can influence a honey's flavor, so can the addition of herbs. Herb-flavored honey makes a comforting addition to hot tea, as well as an attractive gift. Use it to sweeten hot and cold drinks, substitute it for sugar in recipes, or combine it with an equal part of butter or margarine for a sweet spread.

Use any herb singly, or combine several. Good herbs include anise seed, coriander, fennel seed, lavender, lemon verbena, marjoram, mint, rosemary, sage, and thyme.

Warning

Be careful when preparing garlic-flavored oils.

Botulism has been traced to garlic butter prepared from a minced-garlic-and-oil preparation that had not been refrigerated. When preparing garlic-flavored oils, it is safest to first soak the garlic in vinegar overnight. Then strain out the garlic, place it in a sterile container, cover it with oil, and refrigerate.

Herb oil

¼ cup Packed, fresh herbs, washed and dried well, or 3 cloves of garlic
1 cup Olive or vegetable oil

1. Place herbs in the bottom of a hot, sterilized jar.
2. In a saucepan, heat the oil until just warm, then pour it into the jar.
3. Let the flavored oil cool, then cover tightly and store in the refrigerator.

Herb honey

1 tbsp Fresh herbs, washed and dried well, or 1-½ tsp dried herbs, or ½ tsp herb seeds
2 cups Honey

1. Bruise the herbs lightly, and place them in a cheesecloth bag or directly into the bottom of a saucepan.
2. Pour the honey into the saucepan.
3. Heat until just warm. (High heat will spoil the honey.)
4. Pour the mixture into hot, sterilized glass jars and seal tightly.
5. Store at room temperature for 1 week.
6. If you choose to remove the herbs (you can leave loose herbs in for texture and color), rewarm the flavored honey and strain out the loose herbs or remove the bag.

Return the honey to hot, sterilized, glass jars and seal