

Oils

Combining herbs and oils is a good way to preserve herb flavors and jazz up the oils. Flavored oils do not need to be limited to salads --oils can be used in marinades, trickle over broiled or grilled meat or fish – or serve as a dip with crusty bread.

Here is one of my favorites ---- basil oil – demo

$\frac{3}{4}$ c. basil leaves
1 $\frac{1}{4}$ c. extra virgin olive oil
pinch salt

Put basil, oil, and salt in food processor and blend to green paste. Infuse overnight then strain oil through cheesecloth. Store in refrigerator. Bring to room temperature before using.