

FLAVORED VINEGARS AND OILS

The following comes from Vinegar and Oil by Bridget Jones.



Garlic Oil

This oil can be stored in the refrigerator for up to 3 months

5 – 6 large garlic cloves

2 ½ cups olive oil (any other oil you may prefer, but one that is not too strong in flavor)

1. Peel each of the cloves of garlic
2. Crush the cloves and put the cloves in clean dry jars
3. Pour in the oil and leave for 2 weeks (steep)
4. After 2 weeks pour oil through strainer lined with cheese cloth
5. Pour into clean bottles and keep refrigerated.



Chili Oils

Follow the same steps from above but use chilis. I used dried red pepper flakes. Fresh chilis can be used by cutting the tops off and slicing them in half after thoroughly washing and drying them. If you use dried chilis you can leave a couple of chilis in the oil for easy identification and a decorative effect.



Basil Oil

½ cup of washed and dried basil leaves

2 cups of oil

1. Gently bruise the basil leaves to extract additional flavor
2. Put basil in a clean jar and pour 2 tablespoons of oil in and mash the leaves with the oil. Pour in the remainder of the oil and store in a cool place for 2 weeks.
3. After two weeks pour the mixture through a strainer lined with cheesecloth. You will need to leave the mixture to strain for a while so all the oil drips through. Pour into a clean jar. The recipe calls for only two weeks. However, refrigerated will last longer.



Lemon Oil

1 lemon

1 ½ cups oil

1. Peel only the rind off the lemon with a vegetable peeler.
2. Add the rind to the oil and heat in olive oil for twenty minutes. Longer if you want more flavor.
3. Strain through cheesecloth and store in clean jar refrigerated for up to 2 months.

THIS PROCEDURE CAN BE FOLLOWED FOR ANY COMBINATION OR ITEM YOU WANT TO USE TO INFUSE THE OIL.

When using fresh herbs be sure and remove the herbs after they have served to infuse the oil. I find it easier to dry the herbs and add a $\frac{1}{4}$ cup of herbs per 2 cups of oil. Less chance of contamination.

FLAVOURING VINEGARS

One tip was to use the Vinegar bottle itself to make the vinegar. You would place whatever you want to flavor the vinegar with into the vinegar bottle and then process as normal. Some ingredients may be too large to put into the neck of a vinegar bottle so this method would not work. But this would be a timesaver.



This Photo by

Garlic Vinegar

2 cloves garlic

4 cups of vinegar

Peel and halve the garlic and place in a container for at least one week. Strain the vinegar and place in a clean, dry container.



Raspberry Vinegar

1 lb. of raspberries

5 cups of vinegar (I used white vinegar so the color would show through)

2 cups sugar

1. Macerate the raspberries in the vinegar for 5 days
2. Strain through a strainer lined with cheesecloth.
3. Heat with 2 cups of sugar until dissolved, then bring to a boil. Bottle cover immediately and cool



Brandied raspberry vinegar

Measure raspberries by volume and add twice as much vinegar to the raspberries. Leave to stand for a day, then strain. Add the same number of raspberries and leave stand for another day. Strain again into a large pot and heat with 2 cups of sugar for every 2 ½ cups of vinegar bring to a boil until sugar is dissolved. Reduce to simmer for an hour. Skim off any scum that may come to the surface. When done add 1 cup of brandy to every 2 ½ of vinegar.

Same procedure as the Raspberry Vinegar can be used for any berry or stone fruit,



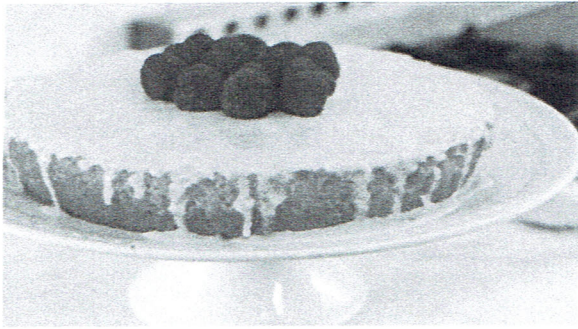
CITRUS VINEGAR

1 of any citrus

4 cups of vinegar

1. Pare off the rind with a vegetable peeler and try to get the least amount of pith. Place a few strips into the vinegar and allow too steep for 3-6 weeks
2. Strain through cheesecloth and place in clean dry container.

Lemon Olive Oil Cake



Ingredients

- Cooking spray
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- One 15-ounce box yellow cake mix
 - Large eggs, per cake mix package instructions
 - Extra-virgin olive oil (preferably a fruity finishing type), per cake mix package instructions
 - Zest of 2 lemons (about 2 tablespoons), plus 2 tablespoons juice (from about 1/2 lemon)
 - 1 cup confectioners' sugar
 - 1 cup raspberries

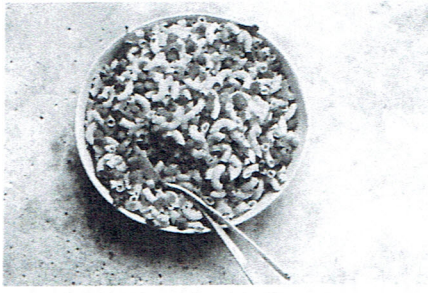
Directions

Preheat the oven to 325 degrees F. Spray a 9-inch cake pan with cooking spray and line the bottom with a parchment circle.

Mix the cake batter per package instructions, substituting olive oil for the called-for vegetable oil or butter. Stir in the lemon zest.

Pour the batter into the prepared cake pan. Bake until the cake is light golden and a tester inserted in the center comes out clean, about 40 minutes. Let cool completely in the pan, about 20 minutes. Invert the cake onto a stand or plate and remove the parchment.

Stir together the confectioners' sugar and lemon juice to make a smooth, pourable glaze. Pour the glaze over the center of the cake and spread to the edges so some drips down the sides. Arrange or mound the raspberries in the center of the cake and serve



One-Pot Spring Pasta Salad with Dill + Lemony Vinaigrette

You can cut the asparagus and celery larger if you'd like, but I like to keep them around the same size as the peas for a consistent mouth feel. Rinsing is an imperative step to both cool the pasta and wash away extra starch. I know many one-pot pastas don't do this, but with this one you will want to. The pasta salad is ready to serve right away, but is even better the next day, so feel free to prepare it ahead of time.

By: Sherrie Castellano | With Food + Love

Makes: 6 servings

Ingredients

- (1) 8-ounce package pasta
- 1 cup asparagus, diced extra small
- ½ cup frozen peas
- ¼ cup extra virgin olive oil
- 1 tablespoon lemon juice
- 1 tablespoon white wine vinegar
- ¼ teaspoon sea salt, more to taste
- ¼ teaspoon black pepper, more to taste
- ⅛ teaspoon garlic powder
- ⅓ cup celery + celery leaves, diced extra small
- ⅓ cup parsley leaves, chopped
- 2 tablespoons fresh dill, chopped

Instructions

1. Bring a medium sauce pot of water to a boil and cook pasta according to directions. At the last-minute toss in the asparagus and peas. Drain and rinse with cold water until cool.
2. Meanwhile whisk together the dressing of olive oil, lemon juice, vinegar, salt, pepper and garlic powder.
3. Rinse the pot with cold water and dump the cooled pasta back in. Add in the dressing, celery, parsley and dill. Stir, taste and season with more salt and pepper if desired.
4. Eat right away, or chill until you are ready to serve



Baby Spinach with Fresh Berries, Pecans & Goat Cheese in Raspberry Vinaigrette

Ingredients

For the Dressing

- 2-1/2 tablespoons raspberry vinegar
- 6 tablespoons vegetable oil
- 1/4 cup honey
- 1/2 teaspoon Dijon mustard
- 2 tablespoons finely minced shallots, from one shallot
- 1/4 teaspoon salt
- 1/8 teaspoon freshly ground black pepper

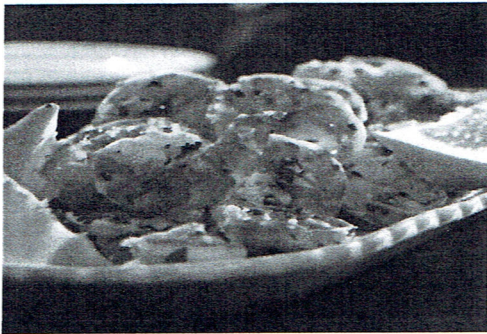
For the Salad

- 1 (6-7 ounce) bag or carton baby spinach (about 6-7 cups)
- 2 cups (1 pint) stemmed and sliced strawberries
- 1 cup (1/2 pint) blueberries
- 1/2 cup pecans, toasted
- 4 ounces goat cheese

Instructions

1. Combine raspberry vinegar, vegetable oil, honey, Dijon mustard, shallots, salt and pepper in a small sealable container and shake vigorously to blend (be sure honey doesn't stick to bottom). Alternatively, combine vinegar, honey, mustard, shallots, salt and pepper in a medium bowl. Whisking constantly, slowly drizzle in oil until emulsified.
2. In a large bowl, combine baby spinach, strawberries, blueberries and pecans. Add the dressing little by little and toss until greens are well-coated (you may have a bit left over but you'll use most of it). Taste and adjust seasoning with salt and pepper. Sprinkle crumbled goat cheese over top and s

SHRIMP MARINATED IN LEMON OIL AND HERBS



2 lbs. of large shrimp peeled and deveined

3 tablespoons butter

¼ cup lemon oil

2 tablespoons lemon juice

2 tablespoons minced fresh parsley

1 tablespoon dry vermouth or white wine

4 medium cloves chopped garlic (to taste)

Cayenne to taste

Salt and pepper to taste

Place all ingredients in a plastic bag and leave in the refrigerator for 24 hours.

Drain and sauté in a dry pan. (there is enough oil on the shrimp)

TURKEY MARINATED IN HERBED OILS AND BUTTERMILK

Place turkey breast in zip lock bag. Add ½ to 1 cup buttermilk. Add peppered oil and any other combination of flavored oils in the bag. Place fresh herbs to compliment the oils, salt and pepper. Leave in the refrigerator for up to 24 hours. Drain the turkey and pat dry. Make a paste with fresh herbs and butter in food processor. Then place under the skin of the turkey and cook according to the instructions for the turkey.



Bread Stuffing (Dressing) with Olive Oil and Herbs



- About 10 cups of cubes made from fresh white bakery bread, or a mix of white & whole wheat, toasted in the oven at 135C or 275F (but still white) or left to dry overnight
- A total of 4 cups (before cooking) of chopped celery, onions, and leek sautéed in extra virgin olive oil with some salt until slightly softened, but also still slightly crunchy
- 1/2 cup chopped fresh parsley
- 1 T or less dried sage (or the contents of 1 sage teabag)
- 1 T chopped fresh rosemary
- 2 to 3 cups turkey, chicken, or vegetable broth
- less than another teaspoon of salt (or to taste)
- 1/4 cup extra virgin olive oil (or to taste)

I used the infused oils and lessened the amount of herbs. To save time I used peppridge farm stuffing cubes.

Directions

1. Mix the dried or toasted bread cubes with the sautéed vegetables and the olive oil from the cooking pan.
2. Add the herbs and stir.
3. Mix in the broth. If some of it pools at the bottom of the bowl, you have enough. If not, you may need 1/2 to 1 cup more.
4. Add salt and olive oil to suit your taste and mix well.
5. Bake at 190C or 375F in a lightly greased 9 X 13 Pyrex rectangular glass baking pan or a similar baking pan, tightly covered (with aluminum foil if you don't have a covered pan), for about half an hour.
6. Then bake another 20 to 30 minutes until lightly browned and crisp on top.