

Herb oil

Cuisine: **German**
Food category: **Other**



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Company: **Retigo DE**



Program steps

1

 Steaming

 Termination by time

 03:00 hh:mm

 65 °C

 50 %



Ingredients - number of portions - 1		
Name	Value	Unit
herbs to taste	200	g
5 tbsp vegetable oil	1	l
Coriander	2	pcs

Nutrition and allergens

Allergens:

Minerals: 16 mg, Calcium 181 mg, Cu, Iron 1, Magnesium 25 mg, Mg, P, Phosphorus 153 mg, Potassium 401 mg, Sodium 17 mg, Zinc 1

Vitamins: 08 mg, 11 mg, 2 mg, 24 mg, 7 mg, A, C, D, E, Folate 3 µg, K, Niacin 0, Riboflavin 0, Thiamin 0, Vitamin A 2 µg, Vitamin B6 1, Vitamin C 31, Vitamin E 0

Nutritional value of one portion	Value
Energy	0 kJ
Carbohydrate	0 g
Fat	0 g
Protein	0 g
Water	0 g

Directions

It's that easy to make wonderful herb oils that last a long time:

Chop fresh herbs coarsely as desired, add crushed garlic, and vacuum seal with the oil. Let it steep at 65 °C in steam mode for about 3 hours.

Strain through a sieve, fill into bottles, and store in a cool place until use (vacuum sealed or already bottled).

Herbs that work wonderfully include: marjoram, dill, lemon verbena, rosemary, thyme, curry herb, or whatever you want to preserve - and more. Chili can always be added to taste.