

How To: Infused Oils

Heating Method

The quick method utilizing heat is used when herbal oils need to be created quickly. Much care needs to be taken when crafting herbal oils this way because you don't want to deep-fry your herbs! Heat-infused oils can be used in both culinary and apothecary preparations, as long as both the oil and the herb(s) you choose are suitable to ingest.



Ingredients:

10 oz Carrier oil(s) of choice

2-3 oz Dried herb(s) of choice

Natural waxed paper

Sterilized, dry glass jar with a tight-fitting lid

Directions:

Begin by placing a stainless steel saucepan on the stove, filling it 1/4 full of water, and bringing the water to a boil.

Place your herbs and oils into a second dry, sterilized stainless steel saucepan that is slightly smaller than the first. Use a dry, sterilized spoon to mix thoroughly so all surfaces of the herb(s) are coated and no air bubbles remain.

Place the smaller, herb-filled saucepan inside the larger, water-filled saucepan and simmer for 30-60 minutes, keeping a careful eye on the amount of water in the larger pan and being very careful not to let water splash into the oil/herb mixture. Monitor the temperature of your oil and keep it between 120-140 degrees Fahrenheit. If the water level runs low in the lower saucepan, carefully add more hot water to bring the water level in the saucepan back up to 1/4 full.

When the infusion time is up, line a wire strainer with a few layers of cheesecloth or finer cloth, or simply place the cloth within a funnel placed in the mouth of a dry, sterilized glass jar, and decant the mixture. With clean, dry hands, gather the cloth up and squeeze strongly, squeezing as much oil from the herb(s) as possible. Compost the herb(s). Cover the jar, and let the oil settle overnight in a cool, dark location. This will allow any herb sediment to settle to the bottom of the jar. You can also strain the oil through a finer filter such as an unbleached coffee filter to remove sediment. Pour the oil into dry, sterilized, dark-colored glass bottles with dropper tops or caps and add a couple of drops of vitamin E oil to each container, if desired, to slow down the oxidation of the oil.

Label, and store in a cool, dark location.