



Infused oils take on a completely new life — adding another layer of depth to a salad dressing. But, instead of paying heaps for scented and infused edible oils, why not create your own blends.

Avocado oil is a great base for most flavorings since it does not have a distinctive flavor. The fruitiness of olive oil is heartier and can handle stronger herbs. Coconut oil is another good option when used with complementary herbs.

Gently heating the oil first allows flavors to infuse. Invest in quality jars — metal rings may rust. Make small amounts and always store the oil in the refrigerator.

Remove the oil from the refrigerator and bring it to room temperature before using it.

Macadamia Nut Oil

Create a special occasion salad dressing with this walnut-infused oil, red wine vinegar, honey and seasoning. Serve with endives, figs, walnut pieces and Roquefort.

Ingredients

1 cup Macadamia Nuts
1 cup organic avocado oil

Instructions

Break up the Macadamia nuts and place in a medium pan. Place the pan on the stove and heat over a medium-high heat. Pan roast the Macadamia nut pieces for approximately two minutes or until fragrant.

Heat the oil in a medium saucepan over a medium-high heat. Bring to a near boil and allow it to simmer briefly for one to two minutes.

Combine a quarter of a cup of warm oil with the Macadamia nut pieces in a food processor or blender. Blend until the Macadamia nuts are finely chopped.

Combine the macadamia nut blend with the remaining oil and pour into a clean glass jar. Cover and place on the counter. Allow the oil to absorb the nutty flavor for one day.

Strain the room temperature oil through a cheesecloth before using. Return the oil back to the jar and store it in the refrigerator.