

A Guide to Different Types of Sugar

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In the culinary arts, the word "sugar" refers to crystalized sucrose that is derived either from sugar cane or sugar beets. Sugar provides sweetness, and it also performs a number of interesting functions in baking. For instance, sugar slows down the formation of gluten in wheat flour, which means baked goods will tend to be softer, with a finer texture, the more sugar they contain. Because of the way it turns brown (aka caramelization) when heated, sugar gives color to baked goods.

Sugar is also hygroscopic, which means it attracts and retains moisture. This helps baked goods stay fresher longer, since the presence of sugar helps prevent the ordinary drying out, or staling, of breads, cakes, and so on.

And of course, sugar is the food for the yeast organisms that cause breads to rise. While there is no standard labeling system for sugars, other than the various ways individual manufacturers choose to label their products, we can classify sugars by the size of their grains, and/or by the degree of refining they have been subjected to.

White Granulated Sugar

White granulated sugar is the most common form of sugar and it's what most home bakers will use the vast majority of the time. Made interchangeably from beets or cane (the manufacturer's label may or may not specify), this is the go-to sugar for everything from baking and desserts to sauce-making, salad dressing, brines, and marinades—to say nothing of cocktails and other beverages. Both the cane and beet versions are 99.95 percent sucrose.

Because of its moisture-attracting properties, granulated sugar can form clumps when stored for a long time, but breaking those clumps up is easy to do, and other than that, sugar doesn't go bad. Just like salt, the shelf life of granulated sugar is basically infinite.

In baking, it's often helpful to work with a finer-grained sugar, because it dissolves more easily and aids in producing cakes and cookies with a very delicate texture. This is where products like superfine and ultrafine sugars come in. Sometimes called bakers sugar or caster sugar, these sugars are still crystalline, it's just that the crystals are ground more finely.

Note that the more finely ground the sugar is, the more of it, by weight, will fit in a measuring cup. That means you need to be careful when measuring out sugar for your recipes and use a weighted measurement, instead of by volume or cups.

Powdered or Confectioner's Sugar

At the most finely-ground end of the spectrum we have powdered sugar, or confectioner's sugar, which is granulated white sugar that has been ground to a very fine powder. Because it dissolves so easily, powdered sugar is used extensively in candy making and also for making

frostings and icings (which is why it's also sometimes called icing sugar). It's also commonly used for decorating or dusting the tops of cakes and other desserts.

Sometimes confectioner's sugar goes by the designations 10X, 6X, XXX, and XX. 10X is the finest consistency and is used to give a smooth consistency to icings, but it is prone to dissolving if used for dusting.

Unlike granulated sugar, however, confectioner's sugar is between 95 and 97 percent sucrose, due to the fact that it contains 3 to 5 percent cornstarch by weight, to help it flow and prevent it from clumping.

You can make your own powdered sugar simply by grinding ordinary sugar in a coffee grinder. If you're using it right away versus planning to store it, you can skip the cornstarch.

Brown Sugars

Brown sugar is a less-refined version of ordinary cane sugar, which means it contains a certain amount of molasses as well as caramel, giving it a damp consistency. Because of this, recipes customarily call for measuring brown sugar by packing it tightly into the measuring cup. But the issue is that because of its wet consistency, any given volume of brown sugar can contain a given amount of air, depending on how tightly packed it is.

Because of its molasses content, brown sugar has a low enough pH for it to be considered slightly acidic, meaning it will activate baking soda when the two are combined. And of course, it contributes brown color, so it's important to use it in circumstances where you don't mind your baked good obtaining a slightly brown color.

You can make your own brown sugar by mixing molasses into ordinary white sugar. Light and dark brown sugars are distinguished by how much molasses they contain, and you can mix yours accordingly to your desired shade.

Raw Granulated Sugars

Raw granulated sugars, sometimes called turbinado or demerara sugar, are brown crystalline sugars that are dry, rather than wet. They are typically used for sweetening coffee or tea, rather than in baking, although they can be used in decorating baked goods, where it will contribute both sweetness and a pleasantly crunchy texture. Featuring a coarse texture, raw sugars have been refined less than white granulated sugar, but contain less molasses than ordinary brown sugar.

Decorator's Sugar

The varieties of sugars that are used for decorating go by numerous names, including sanding sugar, pearl sugar, and sugar nibs. Some are opaque (white), some are transparent, and others are available in virtually every imaginable color. Their crystalline texture gives them a characteristic crunch, which makes them perfect for decorating cookies, pies, and cakes. Since they don't dissolve as well, they aren't generally used as the primary sugar in a dough or batter.

Flavored Vinegars and Oils

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Food and Nutrition Series | Preparation

by P. Kendall and J. Rausch*

Flavored vinegars and oils add excitement to salads, marinades and sauces. They also make special gifts, provided a few simple precautions are followed. Of the two, flavored vinegars are easiest and safest to make. Because vinegar is high in acid, it does not support the growth of *Clostridium botulinum* bacteria. However, some vinegars may support the growth of *Escherichia coli* bacteria. Infused oils have the potential to support the growth of *C. botulinum* bacteria. These products may cause great harm if not made and stored properly. By following the procedures below, both types of products can be safely prepared and used.

Flavored Vinegars

Pre-Preparation

Containers. Select and prepare containers first. Use only glass jars or bottles that are free of cracks or nicks and can be sealed with a screw-band lid, cap or cork. Wash hands well before starting any food preparation work. Wash containers thoroughly, then sterilize by immersing the jars in a pan of hot water and simmering for 10 minutes. Once the jars are sterilized, remove from the simmering water and invert on a paper towel to dry. Fill while the jars are still warm.

Lids and caps. If using screw caps, wash in hot soapy water, rinse and scald in boiling water. (To scald, follow manufacturer's directions, or place caps in a saucepan of warm water, heat to just below boiling and then remove from the heat source. Leave caps in the

hot water until ready to use.) Use non-corrodible metal or plastic screw caps. If using corks, select new, pre-sterilized corks. Use tongs to dip corks in and out of boiling water 3-4 times. Prepare two-piece metal home canning jar lids according to manufacturer's directions for canning. If using these lids, allow enough headspace between the lid and the vinegar so that there is no contact between them. Plastic storage screw caps that are made for canning jars are also now available and would work well for flavored vinegars.

Herbs and spices. Commercial companies that make herbal vinegars dip the herbs in antibacterial agents not readily available to consumers. As an alternative, briefly dip the fresh herbs in a sanitizing bleach solution of 1 teaspoon household bleach per 6 cups (1½ quarts) of water, rinse thoroughly under cold water, and pat dry. For best results, use only the best leaves and flowers. Discard any brown, discolored, trampled or nibbled parts of the herbs. Fresh herbs are best picked just after the morning dew has dried. Allow three to four sprigs of fresh herbs or 3 tablespoons dried herbs per pint of vinegar. Spices such as peppercorns and mustard seed are also popular in flavored vinegars.

Fruits and vegetables. Fruits often used to flavor vinegars include strawberries, raspberries, pears, peaches and the peel of oranges or lemons. Allow the peel of one orange or lemon or 1 to 2 cups of fruit per pint of vinegar flavored. For variation, try fruits in combination with herbs or spices. Vegetables, such as fresh garlic cloves and jalapeno peppers, can also be used to add zest to vinegars. Thread these on thin bamboo skewers for easy insertion and removal. Thoroughly wash all fruits and vegetables with clean water and peel, if necessary, before use.



Quick Facts

- Flavored vinegars can be safely prepared. They are best stored in the refrigerator.
- Garlic, vegetable or herb in oil mixtures may support the growth of *C. botulinum* bacteria. For safety reasons, they should be made fresh. Leftovers should be refrigerated for use within three days, frozen, or discarded.

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Small fruits and vegetables may be halved or left whole; large ones may need to be sliced or cubed.

Vinegar selection. The type of vinegar to use as the base depends on what is being added. Fruits blend well with apple cider vinegar. Distilled white vinegar is clear in color and best with delicate herbs. Red and white wine vinegars work well with garlic and tarragon. Do be aware, however, that wine and rice vinegars contain protein that provides an excellent medium for bacterial growth, if not stored properly.

Preparation

To make flavored vinegars, place the prepared herbs, fruits or spices in the sterilized jars, being careful to avoid overpacking the bottles. Use three to four sprigs of fresh herbs, 3 tablespoons of dried herbs or 1 to 2 cups of fruit or vegetables per pint of vinegar to be flavored. Heat vinegar to just below boiling (190F), then pour over the herbs and cap tightly. Allow to stand for three to four weeks in a cool, dark place for the flavor to develop fully. Then, strain the vinegar through a damp cheesecloth or coffee filter one or more times until the vinegar is no longer cloudy. Discard the fruit, vegetables or herbs. Pour the strained vinegar into a clean sterilized jar. Add a sprig or two of fresh herbs or berries that have been sanitized as described above. Seal tightly. Store in the refrigerator for best flavor retention.

The flavoring process can be shortened by a week or so by bruising or coarsely chopping the herbs and fruits before placing in the bottles and adding the hot vinegar. To test for flavor development, place a few drops of the flavored vinegar on some white bread and taste. When the flavor is appropriate, strain the ingredients one or more times through a damp cheesecloth or coffee filter. Pour the strained vinegar into a clean sterilized jar. Add a sprig or two of fresh herbs that have been sanitized as described above. Seal tightly. Store in the refrigerator for best flavor retention.

Fresh Dill Vinegar

- 8 sprigs fresh dill
- 4 cups (1 quart) white vinegar

Wash dill and dip in solution of 1 teaspoon household bleach in 6 cups water. Rinse thoroughly under cool running water. Place dill in sterilized quart jar. Heat vinegar to just below boiling point (190 F); pour over dill. Cap tightly and allow to stand in cool, dark place for three to four weeks. Strain vinegar, discarding dill. Pour vinegar into clean sterilized bottles with tight fitting covers. Add a fresh sprig of cleaned and sanitized dill, if desired. Store in the refrigerator. Makes 1 quart.

Herbal Vinegar

- 4 cups red wine vinegar
- 8 sprigs fresh parsley
- 2 teaspoons thyme leaves
- 1 teaspoon rosemary leaves
- 1 teaspoon sage leaves

Thoroughly wash herbs and dip in solution of 1 teaspoon household bleach in 6 cups water. Rinse thoroughly under cool running water and pat dry. Place herbs in sterilized quart jar. Heat vinegar to just below boiling point (190 F); pour over herbs. Cap tightly and allow to stand in cool, dark place for three to four weeks, shaking occasionally. Strain out herbs. Pour vinegar into clean sterilized bottles with tight fitting covers. Add a fresh sprig of cleaned and sanitized parsley, if desired. Store in the refrigerator. Makes 1 quart.

Raspberry Vinegar

- 1 cup raspberries
- 2 cups white or wine vinegar

Wash 1 cup fresh raspberries in clean water. Bruise raspberries lightly and place in sterilized quart jar. Heat vinegar to just below boiling (190 F). Pour over raspberries in jar and cap tightly. Allow to stand two to three weeks in cool, dark place. Strain mixture through a fine meshed sieve lined with cheesecloth into a 2-cup glass measuring cup, pressing firmly on

the solids to extract as much liquid as possible. Discard solids. Pour vinegar into a clean sterilized pint jar. Seal tightly and store in the refrigerator. Makes 1 pint.

Strawberry Vinegar

- 2 cups fresh strawberries
- 3 cups cider vinegar
- 1/4 cup sugar

Clean strawberries, remove stems and halve; set 1/4 cup aside. Place remaining strawberries in a large bowl. Pour vinegar over strawberries; cover and set aside for 1 hour. Transfer vinegar and strawberries to a large sauce pot. Add sugar, bring to a boil. Reduce heat and simmer, covered, for 10 minutes. Strain mixture through a fine meshed sieve lined with cheesecloth into quart measure, pressing firmly on the solids to extract as much liquid as possible. Discard solids. Pour vinegar into a clean and sterilized quart jar. Add reserved strawberries. Seal tightly. Store in the refrigerator. Makes about 1 quart.

Storage and Use

For the best retention of flavors, store flavored vinegars in the refrigerator or a cool dark place. If properly prepared, flavored vinegars should retain good quality for two to three months in cool room storage and for six to eight months in refrigerated storage. If you notice any signs of mold or fermentation (such as bubbling, cloudiness or sliminess) in your flavored vinegar, throw it away without tasting or using for any purpose.

Some people enjoy displaying pretty bottles of herb and fruit vinegars on a kitchen window sill. If left out for more than a few weeks, these bottles should be considered as decoration and not used in food preparation.

Flavored vinegars can be used in any recipe that calls for plain vinegar. They add zest to marinades for meats and fish and interesting flavors to dressings for salads, pastas and vegetables.

Flavored Oils

Safety Concerns

Herbs- and garlic- in oil mixtures are considered potentially hazardous food items by the U.S. Food and Drug Administration (FDA) because of the large number of cases of botulism that have been traced to improperly stored commercial and home-prepared mixtures of garlic and oil. Short refrigerated or frozen storage is necessary because all other conditions that favor growth of *C. botulinum* are met: low acid environment with pH higher than 4.6, anaerobic conditions (oil), food and moisture source (garlic), not boiled before eating.

Garlic in oil. For added safety, the FDA now requires that all commercial garlic in oil products contain specific levels of microbial inhibitors or acidifying agents such as phosphoric or citric acid. Although most garlic products do contain these additives, some boutique or specialty mixes may not. Always check the label to be sure.

As for home-prepared mixtures of garlic in oil, the FDA recommends that these “be made fresh for use and not left at room temperatures.” Any leftovers should be refrigerated for use within three days, frozen for longer storage, or discarded.

The reason for the concern is that unrefrigerated garlic in oil mixtures lacking antimicrobial agents have been shown to permit the growth of *C. botulinum* bacteria and its toxins, **without** affecting the taste or smell of the products. Toxin production has been known to occur even when a small number of *C. botulinum* spores were present in the garlic. When the spore-containing garlic is bottled and covered with oil, an oxygen-free environment is created that promotes the germination of spores and the growth of microorganisms at temperatures as low as 50 F.

Botulism is a potentially fatal food poisoning characterized by blurred or double vision, speech and breathing difficulty, and progressive paralysis. Without prompt and correct treatment, one-third of those diagnosed with botulism may die. *C. botulinum* spores are widespread in the environment

but cause no harm as long as oxygen is present. Also, the toxin produced by *C. botulinum* bacteria is readily destroyed by heat. Boiling a potentially suspect mixture for 10 minutes, plus one minute for each 1,000 feet above sea level, will destroy any botulism toxin that may be present.

Vegetables and herbs in oil. Several cases of botulism have been associated with home-prepared vegetables and herbs stored in oil. These products also should be made fresh, with leftovers refrigerated for use within 3 days, or frozen for longer storage. Vegetables have a high water activity level which further encourages the growth of *C. botulinum* bacteria in an anaerobic environment. Even when dried, there is still the potential for risk, unless the vegetable has been acidified to a pH of 4.6 or lower.

Dried tomatoes in oil are less of a safety concern than other mixtures in oil because the pH of tomatoes is generally 4.6 or lower. In addition, by sufficiently drying the tomatoes, conditions become even less favorable to growth of *C. botulinum* due to a decrease in water activity. Dried herbs in oil also are less of a safety concern because of their low water activity. However, to ensure safety, it is recommended that all tomato in oil and herb in oil products be stored at refrigerator temperatures and used within three days. If longer storage is desired, these products should be frozen in meal sized portions.

Avoid Rancidity

In addition to reducing the potential for growth of *C. botulinum* bacteria, storing flavored oils in the refrigerator or freezer helps keep the oils from becoming rancid. A putrid “off” odor indicates the development of rancidity. All fats and oils will become rancid given enough exposure to air, sunlight and heat. Polyunsaturated fats, like vegetable oils, are especially prone to such deterioration. Eating rancid food won't make you sick, but it may be unhealthy in the long run. Rancid fat contains chemicals called peroxides and aldehydes that can damage cells and may even encourage cholesterol to clog arteries.

It is important to note that rancidity and the presence of botulism toxins are not necessarily related. Toxins may be present without any hint of an off-odor. Likewise, an off-odor does not necessarily indicate the presence of botulism toxin. It does, however, indicate the product may have been left for long periods at room temperature, which would promote the growth of *C. botulinum*. Therefore, it's best to discard any oil-based mixtures that have become rancid so they're out of the reach of humans or animals.

References

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Herbal Salts and Blends

Just think about the herbs you like to eat together, and make your custom herb salt blends according to what your tastes are. There are no definitive rules on what you can and can't use:

Dill Mint Oregano Thyme Sage Basil Rosemary Cilantro Parsley Citrus Zest

Use coarse sea salt, kosher salt, or canning/pickling salt for this recipe. Salt amounts can be adjusted to your tastes.

Ideas for Using Flavored Herb Salts:

- ~ Start by using it 1:1 to replace the salt in your recipes. Rub it on roasts or chickens before roasting, sprinkle it in stews, add it to vegetables, anywhere to get an extra flavor boost.
- ~ Sprinkle on pan-seared fish fillets or grilled steaks as a final flavor finish.
- ~ Season or top vegetables like roasted potatoes, mashed sweet potatoes or cauliflower, roasted butternut squash, sautéed asparagus or green beans, and French fries.
- ~ Sprinkle on savory snacks like popcorn or homemade potato chips.
- ~ Add a dash into your favorite dressing or dip mix to increase the flavor.

Fresh Herb Salt Recipe

3 loosely packed cups of fresh herbs of your choice (see list above)

1/2 cup coarse salt

Wash the herbs. Remove large, coarse stems and any discolored leaves. Pat dry thoroughly. Place the herbs and salt in a food processor and pulse until you have a coarse grind - not a paste. Transfer to a glass jar, and place in the fridge for 7-14 days to let the flavors meld. Stir or shake every day or so to break up clumps. When using fresh herbs, it's best to store this in the fridge due to the water content of the fresh herbs. The salt acts as a preservative, so your herbs should last 6 months or longer.

Dried Herb Salts

Using dried herbs allows these salts to be stored on the shelf. Here are a few suggestions:

- **Smoky Chili-Lime Salt:** 1/4 cup salt + 1 teaspoon red pepper flakes + 1 teaspoon dried lime zest + 1/4 teaspoon smoked paprika
- **Lemon Salt:** 1/4 cup salt + 2 teaspoons dried lemon zest
- **Chili-Lime Salt:** 1/4 cup salt + 1/2 teaspoon red pepper flakes + 2 teaspoons dried lime zest
- **Rosemary Garlic Salt:** 1/4 cup salt + 1 teaspoon garlic powder + 2 teaspoons dried, chopped rosemary
- **Citrus-Rosemary Salt:** 1/4 cup salt + 1/2 teaspoon dried lemon zest + 1/2 teaspoon dried orange zest + 1/2 teaspoon dried rosemary
- **Lemon Pepper Salt:** 1/4 cup salt + 1 teaspoon lemon zest + 1 teaspoon coarse black pepper
- **Smoky Sweet Salt:** 1/4 cup salt + 1/2 tablespoon sweet smoked paprika + 1/4 teaspoon cayenne pepper

Fresh Basil Salt - courtesy of www.therisingspoon.com

1/3 cup packed fresh basil

1 cup coarse kosher or sea salt

Measure out your fresh basil (both leaves & stems - the latter has plenty of flavor and it all gets blitzed anyway), then chop into small pieces so it's easier to incorporate it with the salt. Place the basil in a food processor or if you're using an immersion blender, into a large mixing bowl. Add the coarse salt and pulse for a minute or two until the basil is completely broken up (in tiny pieces) and mixed with the sea salt. Scrape down the sides as necessary. When you're finished, the sea salt will be a fine texture and that's what we want.

Drying the Basil Salt

Oven-Dried Method (Faster but Slightly Heats Up Kitchen): Spread the basil salt mixture evenly onto a large rimmed baking sheet. Set the oven to lowest temperature and heat 30 minutes or until the salt is no longer wet, stirring once halfway through. Once dry, the basil salt should still be green, but a lighter shade than when you first started. Break apart any clumps with a wooden spoon or fork and store the finished salt in an airtight container in your pantry. For best flavor, use within 3-6 months.

Air-Dried Method (Slower but No Heat Needed): Line a large surface such as a baking sheet or cutting board with parchment paper. Spread the basil salt mixture out in a thin, single layer on the parchment paper. Break up any large clumps with your fingers and cover completely with a clean kitchen towel. Place in a cool, dark area where it won't be disturbed. Let the sea salt sit for 12-24 hours, or until the salt has absorbed all the moisture from the basil and is completely dry. The basil sea salt should still be green, but a lighter shade than when you first started. Transfer it to a container with a tight lid and use within 3-6 months for best flavor.

NOTES:

#1 - COLOR: When you first blend the basil sea salt, it will be a vivid green color. However, after drying, the color will be a lighter green. It's still colorful, just not as noticeable. If you want it to have a brighter green color, experiment with adding more basil but make sure there is enough salt to dry it out.

#2 - FLAVOR: Once the salt dries, the basil flavor is much less pronounced. If you want a stronger flavor for a specific recipe, whip up a fresh batch, skip the drying, and stick it straight into the fridge until you're ready to use it. Ideally, use it the same day you make it. If any leftovers after 1-2 days, dry it for longer storage.

#3 - CLUMPING: Unlike store-bought infused salts, this homemade version doesn't contain any anti-caking additives, so it will naturally clump over time. Simply give the salt a firm shake or rub the clumps between your fingers to break it up.

Flavored or Infused Sugars

How to Make Herb-Infused Sugars - courtesy of

<https://shop.mybluprint.com/cooking/article/homemade-flavored-sugar/>

4-5 sprigs or one small handful of the fresh herbs of your choice (rosemary, sage, lavender, mint, and thyme all work well)

Paper towels or flour sack towels to dry them

Mortar and pestle or wooden spoon for crushing

2 cups granulated white sugar

1 large jar with lid

1. Lay out the herbs on paper towels or flour sack towels and blot thoroughly until dry.
2. Use the mortar & pestle or a wooden spoon to crush gently, just until oils are released and herbs are fragrant.
3. Place herbs in a large jar with the sugar, making sure the herbs are in small enough pieces that the sugar covers them completely.
4. Seal the jar and store in a cool, dark place. For the first few days, shake or stir the sugar to break up any clumps that form as the herbs dry out.
Note: Alternatively, dry your herbs first and then start with Step 3. Then you won't need to worry about clumping at all.
5. Once the sugars stop clumping, replace in cool, dark place and keep for 2 weeks to allow the flavors to fully release. The sugar will then be ready for you to use!

Vanilla Flavored Sugar

1 vanilla bean, split and scraped

2 cups sugar

Add sugar to jar and place bean and scraped inner portion into jar. Put lid on and shake well. Allow to sit for 2-4 weeks. Remove bean pod from jar and use as desired.

Ways to Use Flavored or Infused Sugars

- ~ Stir it into your coffee, tea, lattes, or hot cocoa.
- ~ Add it to homemade vanilla ice cream.
- ~ Use it to decorate holiday cookies.
- ~ Sprinkle it on top of cupcakes or muffins.
- ~ Use it as a base for homemade sugar scrubs (like coffee and lemon).
- ~ Bake a rustic fruit tart.
- ~ Package it in cute jars or containers for homemade holiday gifts.
- ~ Blitz the sugar finely to make powdered sugar and use it for a cake or cookie glaze.

Wet Sugar or Salt Blends

Taking the same ideas for combining dried herbs with salts or sugars, we can make unique flavor combinations using wet ingredients. Use only enough wet ingredients to moisten, not dissolve the salt or sugar. Then dry it out to infuse the flavors into the salt/sugar.

Sriracha-Lime Salt

1 cup kosher salt
1 1/2 to 2 tablespoons (depending on desired heat level) Sriracha
Zest of 1 lime, grated

Combine ingredients in a large bowl or food processor. Stir or blend until combined and salt has completely absorbed the flavoring and changed colors. Pour onto a baking sheet or a piece of parchment paper and allow to air dry for 2 days, stirring frequently. You can also "heat dry" in the oven at lowest setting for 2 hours, stirring frequently. Once dry, store in an air-tight container. You may have to regrind in order to break up all the clumps.

Citrus Sugar

Use of all the citrus you have zested for your other creations for this recipe.

1 tablespoon lime juice
1 tablespoon lemon juice
1 tablespoon orange juice
3-4 cups of sugar

Blend all ingredients well, starting with 3 cups of sugar. If mixture is too soupy, add more sugar until it is a moist blend. Spread in thin layer on parchment cover cookie sheet and dry in oven on lowest temperature until completely dry. Stir often to break up clumps. Store in airtight jar.

Quick Mix Spritz Sugar Cookies

1 cup citrus sugar (recipe above) plus more for sprinkling
1 cup shortening
1 egg
2 tablespoons vanilla extract
2 1/4 cups self-rising flour

Cream together 1 cup each citrus sugar and shortening. Add egg and vanilla and beat well. Blend in flour until soft dough forms. Roll into small balls and place on ungreased cookie sheet. Flatten with fork dipped in remaining citrus sugar. Bake at 350°F for 10-12 minutes. Can sprinkle on additional sugar as soon as cookies come out of oven.

Infused Oils

Lemon-infused olive oil is wonderful to use in a salad dressing but is also nice to have on hand to simply drizzle over grilled vegetables, chicken, or fish.

Lemon-infused olive oil keeps, sealed and with minimal light exposure, for several weeks.

Note: You may be tempted to leave the lemon zest in the oil, but the oil will keep longer if you remove it, and, plus, once the oil has cooled down, it's not going to take up more flavor from the zest.

Lemon Infused Olive Oil

1 large lemon

1 cup olive oil

Scrub the lemon clean and dry it thoroughly. Use a very sharp paring knife or a vegetable peeler to remove the zest from the lemon in long strips. Unlike most calls for zest, you want big strips, not small gratings.

Put the lemon zest and the olive oil in a small saucepan and warm it over medium heat. Do not allow the oil to simmer, just keep it barely warm for about 10 minutes. Remove the pan from heat and let the oil cool to room temperature with the zest left in there to steep.

Strain the lemon zest out of the oil: either pour it through a sieve or simply use tongs or a fork to lift the zest out of the oil, letting any excess oil drip off back into the pan. Transfer the now-lemon-infused oil into a clean jar or another type of sealable container. Store the oil in a cool, dark place.

Other Infused Olive Oils

You can certainly infuse olive oil with other things, and the method is the same.

~ **Garlic-infused olive oil**—use 3 whole peeled garlic cloves (you *must* remove the garlic cloves once the oil cools; it is *not safe* to leave the garlic in the oil)

~ **Orange-infused olive oil**—switch out the lemon zest for orange zest

~ **Rosemary-infused olive oil**— use 1/4 cup rosemary

~ **Hot chili oil** - use 1/4 cup dried chili flakes

How to Infuse Honey

courtesy of <https://blog.mountainroseherbs.com/herbal-infused-honey>

Ingredients

Honey (local honey is best) - a light, mild flavored honey will allow the flavors to come through Dried herbs and spices of your choice

Here are some flavor suggestions for your infused honey:

Lavender Rose Petals Lemon Balm Chamomile Basil Whole Cloves Ginger Sage
Peppermint Cinnamon Vanilla Bean Star Anise Orange Peel Rosemary Thyme

Directions

- Fill a clean jar a little less than halfway with dried herbs and spices. General rule is 1-2 tablespoons of dried materials per cup of honey. The more herbs and spices, the stronger the flavor will be. A tsp of cloves is going to be a lot stronger than a tsp of cinnamon stick.
- Pour in your honey and watch as it slowly finds its way to the bottom. Be sure that your herbs are fully submerged. Add more honey to cover herbs.
- Put a lid on the jar and place in a sunny windowsill. Keeping it warm will allow the herbs to infuse better and also makes the liquid more pourable. If using raw honey, do not allow temperature to get above 100* or you'll begin to lose the beneficial properties of the honey.
- Turn the jar over *at least* once per day. Keep checking the level of the honey and add more honey as needed.
- You will want to allow this mixture to infuse for at least one week, though 3 to 4 weeks is better. The longer you leave it, the stronger the flavor will be. When the honey has infused to your taste, strain out the herbs.
- Store your herb-infused honey in a cool, dark place to help maintain optimal freshness.

Cinnamon Spice Honey (for quart jar)

1 1/4 cups cassia cinnamon chips
3/4 cup ginger root
6 cardamom pods
4 star anise pods
Honey

Sleepy Time Honey (for quart jar)

3/4 cup dried lavender flowers
3/4 cup dried chamomile flowers
Honey

Sweet Heat Honey (for pint jar)

4-5 dried chili peppers (heat level depends on pepper choice)
3 tablespoons dried orange peel
Honey

Rubs and Seasonings

General instructions:

In a mixing bowl, combine ingredients and stir until completely blended. Pack into small jars with tight fitting lids. Attach ribbon and gift tag with serving suggestions (such as “Delicious as a rub for pork, chicken, and steak.” Or “Use to season fish, steaks, or vegetables.”)

Latin Grill Spice Rub

1/4 cup packed dark brown sugar

2 tablespoons EACH: kosher salt, fresh ground black pepper, ground ginger, ground cumin

2 teaspoons cayenne pepper

Chicken Rub

1/4 cup chili powder

1 tablespoon paprika

1 tablespoon thyme

2 teaspoons salt

2 teaspoons garlic powder

1 teaspoon black pepper

1 teaspoon cumin

1 teaspoon cayenne pepper

1 tablespoon brown sugar

BBQ Spice Rub – for chicken, shrimp, and veggies (also awesome sprinkled on popcorn!)

1 tablespoon ancho chili powder

1 tablespoon hot smoked paprika

1 1/2 teaspoons garlic powder

1/8 teaspoon ground chipotle powder

1/4 cup plus 2 tablespoons light brown sugar

1 tablespoon Kosher salt

1 1/2 teaspoons black ground pepper

Basic Steak Seasoning

4 tablespoons kosher salt

3 tablespoons butcher grind black pepper

3 tablespoons garlic powder

1 tablespoon smoked paprika

3 tablespoons onion powder

2 tablespoons ground coriander

2 tablespoons crushed red pepper flakes

1 tablespoon dried mustard

2 tablespoons dried parsley flakes

Almost Montreal Seasoning

2 tablespoons crushed black pepper
2 tablespoons garlic powder
2 tablespoons kosher salt
2 tablespoons paprika
1 tablespoon onion powder
1 tablespoon ground coriander
1 tablespoon dried dill seed
1 tablespoon crushed red pepper flakes

Memphis Rib Rub

1/2 cup brown sugar
1/4 cup paprika
1 tablespoon EACH black pepper, salt, chili powder, garlic powder, onion powder
1 teaspoon cayenne pepper

General Purpose Rub

1/3 cup paprika
3 tablespoons dry mustard
2 tablespoons ground basil
1 tablespoon black pepper
1 tablespoon salt
1 tablespoon garlic powder
2 teaspoons red pepper

Whole Spice Grinder Mix

2 tablespoons whole allspice berries
2 tablespoons whole black peppercorns
1 tablespoon whole green peppercorns
1 tablespoon whole mustard seeds
1 tablespoon whole coriander seeds
2 teaspoons fennel seeds
2 teaspoons dill seeds
1 teaspoon whole dried chili peppers

Combine and use a pepper mill to enjoy them freshly ground

Herby Salt Substitute

2 tablespoons onion powder
2 tablespoons garlic powder
2 tablespoons Italian seasoning blend
2 teaspoons dried tarragon
2 teaspoons dried parsley flakes
2 teaspoons sweet or smoked paprika

Make Your Own Extracts

Homemade Cherry Extract

1 1/2 cups (375 ml) vodka
2 cups fresh cherries

Pit and cut your cherries in half. Place cherries into quart mason jar. Cover cherries with vodka. Cover and shake to settle cherries. Top off with additional vodka if necessary to cover cherries. Store in cool, dark place for 2 weeks, shaking or stirring every few days. After 2 weeks, strain and discard cherries. Store extract in cool, dry location.

DIY Mint Extract

1 cup fresh mint (any flavor - spearmint, apple, chocolate, peppermint, pineapple, etc.)
1 to 1 1/2 cups vodka

Wash and pat dry mint. Pack into a pint jar, crushing slightly as you pack. Cover leaves completely with vodka. Cap and store in cool, dark place, shaking or stirring every few days. Allow to steep for 1-2 months. When at desired strength, strain and store in cool, dry location. If not strong enough, strain out and add more fresh herbs to the vodka and continue steeping.

Citrus Extract (Lemon, Lime, or Orange)

Zest from 2 lemons, 4 limes, or 2 oranges depending on what flavor you want
1 cup vodka

Place zest into a 1/2 pint jar and cover with vodka. Ensure all zest is submerged. Top off with additional vodka if necessary. Store in cool, dark place for 2-4 weeks, longer if stronger flavor is desired. Strain and discard zest. Store extract in cool, dry location.

Vanilla Extract

6-7 whole vanilla beans, split open
1 cup vodka, rum, or brandy

Place vanilla beans in jar or bottle, cutting them to fit if necessary. Cover completely with alcohol. Store in cool, dark place, shaking every few days. Allow to steep 2-4 months. The longer the steep, the deeper the flavor. Remove beans. They can be dried and added to sugar to make vanilla flavored sugar.

Herbal Vinegars

Homemade herb-flavored vinegar makes a great base for salad dressings and marinades.

Basic Herbal Vinegar recipe

2 cups vinegar (red wine, white wine, apple cider, white, or any combo)

1 cup mixed fresh herbs (basil, oregano, tarragon, thyme, marjoram, chives, etc.) use leaves, stems, and flowers

3 garlic cloves, peeled and crushed

1 tablespoon whole peppercorns (black, white, pink, green or any combo)

Whole dried cayenne peppers (optional)

Combine vinegar, herbs, and spices. Stir. Ensure all herbs are covered in vinegar. Cover the jar mouth with plastic wrap, add lid and ring. Store at room temperature, shaking or stirring daily for 2 weeks. Strain vinegar into a clean jar or bottle.

Smoked Salts

Smoked salt is an aromatic salt smoked with any number of select woods for up to 14 days. The kind of wood used for smoking impacts the flavor, which can range from subtle to bold or even sweet. The most common choices are alder, apple wood, hickory, mesquite, and oak.

Smoked salt is used to enhance the inherent flavors of a dish, while also imparting a smoky taste. It is suitable for vegetarians, often acting as a replacement for bacon crumbles. Smoked salt differs from smoke-flavored salt, as the latter contains a smoke-flavored additive, and is not classified as a natural salt product.

French Bread Dip Mix

1 tablespoon dried minced garlic

1 tablespoon dried parsley

1 tablespoon dried basil

1 tablespoon dried rosemary

1 1/2 teaspoons dried oregano

1 teaspoon crushed red pepper flakes

1/2 teaspoon salt

1/2 teaspoon freshly ground black pepper

To package as a gift, add a good quality olive oil and a loaf of French bread to the dip mixture. Tie items up with a bread or flour sack towel. Add a card that says to use 1/4 cup mix per 1/2 cup olive oil. Mix well and let blend for 20 minutes.

Guide to Different Kinds of Salts

www.thespruceeats.com

Salt is an essential seasoning that has been treasured throughout culinary history. In recent generations, salt was a seasoning that came in a shaker, and most folks never gave it a second thought. Today, there's a wide range of salts, each with its own unique characteristics and specific culinary applications. Here's a beginner's guide to the various types of salts.

Table Salt

Table salt is your standard salt, with small crystals designed to fit through the tiny holes in saltshakers. In addition to those cylindrical boxes on grocery shelves, you'll also find it in foodservice packets and on restaurant tables. Iodized salt is a form of table salt which has had iodine added to it to prevent a disease called goiter and can have a slightly metallic flavor.

From a culinary standpoint, a cook's goal should be to season a dish properly so that it isn't necessary (or desirable) to add salt to a dish at the table. For that reason, and to the extent that modern home cooks have adopted this approach, the use of table salt for seasoning is much diminished.

Despite this, table salt is still widely used in baking. Besides contributing flavor, salt reacts with the glutes in wheat to make the dough more elastic. Moreover, its small crystals help it to dissolve in the dough, making it the preferred form of salt to use in making bread and other baked goods.

Kosher Salt

Kosher salt is a coarse-grained salt that has a cleaner, lighter taste than ordinary table salt, and whose larger crystals make it better at adhering to foods and for making spice rubs and seasoning blends. Kosher salt is free of iodine and anti-caking agents.

Recipes increasingly specify kosher salt over ordinary table salt, but if a recipe simply says "salt," it means table salt. And while kosher and table salts are equivalent by weight, kosher salt's larger crystals make it half as salty *by volume* compared with table salt. Thus, if you're substituting kosher salt in a recipe that calls for ordinary table salt, you should use twice the amount of kosher salt as the recipe calls for.

Sea Salt

The sea is the main source of the world's salt, of course, but there are also underground salt deposits that are mined to produce salt for food. These underground deposits, however, were created long ago by seas that aren't there anymore. Even salt deposits in the Himalayan mountain range date from a time when those lands were underwater years before the mountains themselves were formed.

In any case, products labeled "sea salt" are produced by evaporating sea water. Different varieties are labeled according to where they are produced, each with its own characteristics

and flavors from trace elements. Depending on these components, as well as how it's produced, sea salts can take the form of flakes, fine crystals, or coarse crystals, and exhibit a range of colors from local minerals and even algae.

Because of these variances in flavor, as well as texture, converting between sea salt and other salt in recipes can be unreliable. Sea salt therefore is generally better used as a garnish or condiment than as the main source of seasoning in a dish.

One particular type of sea salt, known as fleur de sel, is worth noting. Harvested from shallow pools in the French coastal region of Brittany, fleur de sel only forms in specific weather conditions, and must be harvested by hand. Consequently, it is rare and expensive, costing upward of \$30 per pound, and used exclusively as a garnish or condiment.

Curing and Brining Salts

Because of its preservative properties stemming from its ability to draw water out of foods, salt is a key component in cures for drying and preserving meats and brines for pickling vegetables and curing poultry and meats (think pastrami and corned beef). Smoking meats, itself a form of preservation, is often done in conjunction with some sort of curing or brining.

And while any salt has these preservative properties, special curing salts and brining salts are available which have been formulated specifically for its intended task. Curing salt, for instance, is ordinary salt to which is added a small amount of sodium nitrate, which happens to be effective at combating the microbes that cause botulism. Curing salts also add the pinkish color to cured meats like bacon, ham and corned beef.

Brining and pickling salts generally consist of salt combined with sugar, and are dissolved in water to produce a flavored liquid into which foods like meats and vegetables are immersed.

Specialty and Seasoned Salts

Specialty salts like Himalayan pink salt (coloring comes from naturally occurring trace minerals), Red Alaea salt (unrefined sea salt that has been mixed with a red alae volcanic clay) and Hawaiian black salt (which gets its coloring from the black lava in the soil where it's harvested) abound, and what they lack in universal applicability (in other words, using Himalayan pink salt for salting your pasta water wouldn't be a sound economic choice), they make up for in their subtle variations in flavor and textures. Note that many of these salts will dissolve quickly, so if you're adding it as a garnish, do so immediately before serving.

Seasoned salts like garlic salt and celery salt aren't so much specific types of salt as they are salts combined with other ingredients, herbs and spices, to produce seasoning blends.

Making Garlic- and Herb-Infused Oils At Home

Barbara Abo, Josh Bevan, Surine Greenway, Beverly Healy, Sandra M. McCurdy, Joey Peutz, and Grace Wittman

Introduction

Endless culinary possibilities exist for preparing and using herb- and garlic-infused oils at home. Herbs are easy to grow in home gardens or containers, providing an inexpensive and plentiful supply for infusion. Many ethnic cuisines are characterized by specific combinations of garlic and herbs that transform ordinary ingredients into culinary classics. Popular uses for infused oils include dipping breads, making salad dressings, and flavoring pastas.

Infusion involves immersing garlic, basil, oregano, or rosemary in oil to extract their flavors. Infused oils have the potential to cause botulism, however. Before getting too creative, make sure your infused oils are safe to eat by following the food safety guidelines in this publication. Our procedure for acidifying garlic and herbs will allow you to safely store your infused oils at room temperature. Refrigeration of the oils will maintain their fresh flavor for a longer time.

Botulism and flavored oils

A number of cases of botulism, a debilitating and potentially fatal form of food poisoning, have occurred as a result of improperly stored, home-prepared, garlic- or herb-in-oil mixtures. Garlic and herbs can be a source of *Clostridium botulinum*, widespread bacteria that produce the botulism toxin under certain conditions. When garlic or herbs are placed in oil, the low-acid, oxygen-free environment favors the growth of these bacteria.

Commercially available oils flavored with garlic and herbs either have been acidified to prevent the growth of bacteria or they contain specific levels of microbial



inhibitors. When purchasing from boutique or small scale producers, check the label or ask the producer to ensure this required safety treatment has been applied.

Procedures for preparing garlic- and herb-flavored oils at home without acidifying the flavoring materials are available, but the food safety control for these products is refrigeration for a maximum of 2 to 4 days or freezing. It is unsafe to store these home-prepared garlic or herb-infused oils at room temperature.

Contents

Introduction.....	1
Botulism and flavored oils	1
Procedure.....	2
Storage of infused oils.....	3
Q & A.....	3
Recipes	4
Additional useful information	4

The acidification procedure described in this publication was based on research conducted at the University of Idaho and reported in *Food Protection Trends*, <http://www.foodprotection.org>. The research identified the conditions necessary to prevent growth of the botulism bacteria when garlic and herbs are immersed in oil. Refrigeration of these infused oils is recommended for quality, but not required for safety.

Procedure

Acidification of garlic and herbs

Raw, chopped garlic or fresh herbs (basil, oregano, or rosemary) are immersed in a 3 percent solution of citric acid. After soaking for 24 hours, the acid is drained away and the acidified garlic or herbs are ready for addition to your vegetable oil of choice.

Citric acid. Citric acid imparts less flavor than lemon juice or vinegar. It is often available at health food stores, pharmacies, grocery stores, and other retail outlets that carry canning supplies (figure 1). The price does vary (from \$0.50 to \$4.51 per ounce in a 2011 Idaho survey), so you may want to shop around. Lemon juice and vinegar have not been tested for acidifying the garlic and herbs for making infused oils and cannot be substituted for citric acid. It is important not to confuse citric acid with ascorbic acid (vitamin C); ascorbic acid does not have the same acidifying properties as citric acid.

Garlic and herbs. The acidification procedure was developed for garlic, basil, oregano, and rosemary. Do not use it with other vegetables or herbs until the appropriate research has been conducted.

Soaking. The garlic or herbs are soaked in 3% citric acid at room temperature for 24 hours to allow the acid to fully penetrate the ingredients and bring the acidity beyond the growth limit for the botulism bacteria. Less-concentrated acid solutions or shorter soaking times can result in an unsafe product.

For garlic, the soaking ratio is one part garlic to 3 parts 3% citric acid solution, by weight (table 1). This is equivalent to 2/3 cup coarsely chopped, peeled garlic cloves to 2 cups of citric acid solution. Garlic cloves must be peeled and coarsely chopped prior to soaking, with pieces no larger than 1/4-inch in any direction to allow complete penetration by citric acid.

The soaking ratio for the three herbs (basil, oregano, rosemary) is one part of fresh herb (stems with leaves attached) to 10 parts of 3% citric acid solution, by weight (table 1). This is roughly equivalent to 1 1/2 cups of loosely packed herb to 2 cups of citric acid solution, but it is best to weigh out 1.7 ounces (47 grams) of

Table 1. Soaking ratios for acidifying garlic and herbs in 3% citric acid solution.

Flavoring material	Soaking ratio by weight	Soaking ratio by volume
Garlic	1 part garlic to 3 parts 3% citric acid solution	2/3 cup coarsely chopped garlic cloves to 2 cups citric acid solution
Herbs	1 part fresh herbs (leaves still attached to stems) to 10 parts 3% citric acid solution	1 1/2 cups (1.7 ounces) loosely packed herbs (leaves still attached to stems) to 2 cups citric acid solution



Figure 1. Use citric acid to acidify garlic and herbs.



Figure 2. Weight the herbs to keep them completely submerged in citric acid solution.

herbs. Weighing the herbs is more accurate than using a volume measure because the density of fresh herbs can be quite variable. During soaking, a weight should be placed on the herbs to keep them under the soak solution for the full 24 hours (figure 2).

Infusion

After the garlic, basil, oregano, or rosemary has been acidified, it can be used to impart flavor to oil. Consider the type of oil and the time and temperature of infusion.

Oils. Olive oils often are infused with flavoring materials. Garlic and herbs offer a nice complement to olive oil's distinct flavor. If you are interested in having the garlic or herb flavor predominate, consider using a blander oil, such as canola oil. Canola and olive oils are nice because they contain fewer polyunsaturated fatty acids than many other vegetable oils and thus oxidize and turn rancid less quickly.

Infusion ratio, time, and temperature. The proportion of flavoring material to oil and the temperature of the infusion affect how quickly the flavoring material will infuse into the oil. Experiment to determine the conditions that produce a flavored oil most suited to your taste. The ratio of flavoring material to oil used in our research was 1 part acidified garlic or herb to 10 parts of oil, but the ratio may be increased or decreased to suit personal tastes.

Successful infusions were conducted at room temperature (about 70°F) for 1 to 10 days, with the intensity of the infused flavor increasing over time. Oils may also be heated to more quickly infuse the flavoring materials. Our research successfully used acidified herbs to flavor oil at an infusion temperature of 140°F for 5 minutes. Significantly hotter temperatures would damage oil flavor.

Because flavors will continue to intensify with time, it is best to remove the acidified garlic or herb from the oil when it has reached the desired flavor. However, it is acceptable to leave the garlic or herb in the oil, particularly rosemary, for an attractive look, a practice sometimes used with commercial flavored oils.

Storage of infused oils

While oils infused with flavors from acidified garlic, basil, oregano, and rosemary can be safely stored at room temperature, oil flavor quality is maintained for a longer period of time with refrigerator or freezer storage. It is also best to protect infused oils from light by storing them in dark-colored bottles. Make sure the bottles are clean and food grade. All vegetable oils retain quality better at cold temperatures and when protected from light.

Q & A

Do I have to acidify the garlic and herbs that I want to use for infusing oils?

Yes. If you want to infuse or store the oil at room temperature, you must acidify the garlic or herbs to avoid potentially deadly toxin production by Clostridium botulinum, the bacterium that causes botulism. If you mix oil with raw garlic or herbs that have not been acidified, refrigerate the mixture and use it within 4 days or freeze it for long-term storage.

How do I can my infused oil?

There are no recommended procedures for canning flavored oils. If you follow the procedures described here, canning is not necessary.

Can I use the recipe for acidifying garlic, basil, oregano, and rosemary with other materials such as peppers, mushrooms, or other herbs?

No. Research to determine acidification procedures for ingredients other than garlic, basil, oregano, and rosemary has not been conducted at this point.

Can dried garlic or herbs be used to flavor oils?

If you season oil with dried garlic, dried herbs, or both, you must refrigerate the mixture and use it within 4 days or freeze it for long-term storage.

In theory, dried garlic and herbs cannot support the growth of bacteria because they contain too-little moisture. However, without specialized laboratory equipment, it is not possible to determine if the garlic and herbs are truly dry enough. Even a very small pocket with sufficient moisture can allow bacteria to grow and produce toxin.

Whole garlic is more attractive than chopped garlic when left in my garlic-infused oil. Can I use whole garlic instead of chopped?

No. Whole garlic acidifies much more slowly than chopped garlic and does not reach the required level of acidity within 24 hours.

Can I acidify two herbs at the same time; for example, use 3/4 cup each of basil and rosemary in 2 cups of 3% citric acid?

Yes. The herbs tested so far (basil, oregano and rosemary) can be acidified together as long as you use the correct ratio of total herbs to acid solution. Garlic must be acidified separately because the ratio of garlic to acid solution is different.

It is OK to leave the garlic or herbs in the acid solution for longer than 24 hours?

Soaking the garlic or herbs a few hours longer than 24 is fine, but leaving them in the acid longer will result in a less-desirable appearance and flavor.

Can I use any mixture of garlic and herbs to flavor the oil?

As long as you acidify the garlic, basil, oregano, and rosemary according to the instructions provided here, you can use them in any combination to produce flavor-infused oil.

Acidified garlic for oil infusions

2 cups water
1 tablespoon citric acid
about 8 ounces garlic bulbs

To make the 3% citric acid solution, pour 2 cups warm water into a mixing bowl. Add 1 level tablespoon of granular citric acid and stir gently, dissolving the citric acid completely.

Separate the garlic bulbs into cloves and peel garlic cloves. Chop the peeled garlic into pieces about 1/4-inch square and no larger.

Place 2/3 cup chopped garlic into the acid solution and stir gently. Cover and hold at room temperature for 24 hours to allow garlic to become fully acidified.

After 24 hours, remove the acidified garlic from the solution; drain well.

Add the acidified garlic to your choice of oil and allow its flavor to infuse the oil to taste. Start with 1 part garlic to 10 parts oil, by weight; add more garlic to taste if you wish.

Additional useful information

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Acidified herbs for oil infusions

2 cups water
1 tablespoon citric acid
1 1/2 cups (47 grams or 1.7 ounces) fresh rosemary, basil, or oregano, loosely packed, leaves attached to stems

To make the 3% citric acid solution, pour 2 cups warm water into a mixing bowl. Add 1 level tablespoon of granular citric acid and stir gently, dissolving the citric acid completely.

Rinse the fresh herb and pat dry.

Place 1 1/2 cups of herb into the acid solution. Make sure the acid solution completely covers the herb. Use a clean dish to weigh down the herb and keep it submerged. Cover the bowl, and allow the herb to soak up acid solution for at least 24 hours.

After 24 hours, remove the herb from the solution, drain well, and gently pat dry.

The herb is now safe to place in an oil of your choice.

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