



**Cooking with Essential Oils  
Culinary Class with Chef Lisa Fidler  
March 19, 2015**

**Citrus Fresh Essential Oil**

Oils in this blend: Orange, Tangerine, Mandarin, Grapefruit, Lemon, Spearmint

This blend may help to enhance the feeling of well-being in Children. Because many of the oils in this blend are strong antiseptics, it may work well for killing airborne bacteria. It may be useful for relaxing, calming and for alleviating insomnia. It may also help balance the systems. It is a fragrance that can be enjoyed by everyone. Flavoring drinking water with this oil may help open the lymphatic system and stimulate the immune system.

Safety Note!! If used topically, May cause skin irritation.  
Avoid exposure to sunlight for up to 12 hours.

## HOW DO I USE FOOD GRADE ESSENTIAL OILS?

### Using citrus oils in place of citrus zest:

- Substitute lemon oil for lemon zest, orange oil for orange zest and lime oil for lime zest.
- In recipes calling for grated citrus zest or peel start with 1/8 teaspoon essential oil in place of 1 tablespoon of zest. No more grated knuckles! This is an easy way to add a punch of citrus flavor to glazes, toppings, sauces – even piecrust!

### Using essential oils in savory cooking:

- For most oils, one drop replaces a teaspoon of dried herb or spice.
- For bolder tasting herb oils such as Thyme, Oregano (Origanum), Rosemary and Marjoram, dip a toothpick into the bottle and stir into your recipe just before serving. Stronger flavored oils can be simmered at length in soups and stews to produce a milder flavor.
- For milder herb oils use 1 - 2 drops at the end of cooking, or just before serving.

### Using essential oils in baking and candy making:

- As with LorAnn's super strength oils, natural essential oils are about 3 to 4 times stronger than alcohol-based extract flavorings (an extract is a flavor diluted in alcohol or a combination of alcohol and water).
- To substitute natural essential oils for an extract, start by using 1/4 teaspoon essential oil in place of 1 teaspoon of an extract. Some essential oils such as clove and peppermint are particularly potent. We recommend starting with less and adding more to taste.

\*\*Taken from the LorAnn website

1. Always keep your essential oils in a dark glass container, away from heat and light and where the conditions are not hot or humid. You can also store them in the fridge if necessary.
2. Make sure you purchase quality essential oils. Not all oils can be used in cooking and/or should be ingested. Furthermore, not all oils are therapeutic grade oils so make sure you do your research and use only oils that are appropriate for cooking.
3. Try to always use a glass or ceramic bowl when mixing your ingredients that contain essential oils. If you use plastic, the essential oil will seep into the plastic and ruin it.
4. Don't leave the cap off the bottle. They will oxidize quickly!
5. Essential Oils have a much longer shelf-life than dried herbs or spices so while oils may be more costly in the initial stages, over the long haul, they will prove to be more cost-effective.
6. Because all oils tend to have different viscosity levels, don't drop the oil directly into your mixture. Drop the required amount on a spoon and then into your mixture to ensure you have the proper amount.
7. A little goes along way. Add one drop, stir and taste. Repeat until you've reached your desired result.
8. Try to avoid touching the insert with your fingers as your natural oils may affect the oil composition.
9. Essential oils are highly concentrated and should always be used with caution.