



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

Asian Chicken Slaw

Ingredients

1/4 Cup Soy Sauce

2 Tablespoons Rice Wine Vinegar

2 Drops Young Living Ginger Essential Oil

2 Tablespoons Sesame Oil

1 Tablespoon Sugar

1/2 teaspoon dry Crushed Red Pepper

4 boneless skinless Chicken Breasts, cooked, shredded

1 1/2 lbs Green Cabbage

1 Red Pepper, Sliced into thin strips

1/2 Cup Snow Peas, sliced into thin strips

2 Scallions, sliced thin

Sesame Seeds for garnish

Directions

In a large bowl, combine the first 6 ingredients.

Add chicken and let stand 5 minutes.

Add cabbage, celery, peppers, peas and scallion

Sprinkle sesame seeds.

Chill at least 1 hour to blend flavors.

Toss now and then.

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.