

Vanilla And Black Pepper Infused Canola Oil - And Vanilla / Honey Vinaigrette

Ingredients:

Difficulty: Medium (only because it takes a bit of patience..)
(Makes 1/2 cup / 1.2 dl oil)

For infused oil:

2 vanilla pods

1/2 cup / 1.2 dl canola oil

2 tsp black peppercorns

For vinaigrette to use in salad for 2:

3 tsp infused oil

1 tsp apple cider vinegar

1 tsp honey (or syrup for vegan option)

Roasted veggies (salad for 2):

6-7 medium size potatoes

8-10 brussels sprouts

1 tsp infused oil

A very generous pinch of salt

Instructions:

1. First scrape the vanilla pods as in the photos. Keep the sticks, don't throw them away - you can make your own vanilla extract with them (see step 4).

2. In a small saucepan, put canola oil, peppercorns and vanilla. By continuously whisking, heat the oil mixture on medium until it starts to react (do not heat too much and fry the oil).

3. Take oil mixture away from heat and put aside. Let it sit for 4 hours in room temperature (cover the surface with a small lid).

4. In the meantime, put your vanilla sticks in a mini bottle with vodka (I used mini size Finlandia vodka) and close the lid tightly. Put the bottle in a dark place, like one of your kitchen cupboards, for a month. Shake the bottle every now and then during this time. After a month, you will be able to start using it as vanilla extract. Keep the sticks inside the bottle even after starting to use it forever increasing intense flavour.

5. 4 hours later, take a bottle or a jar and strain your oil mixture. You will get the mini bits of vanilla in the jar still, which is good, it keeps on adding more flavour. Cover the

bottle / jar and your oil is ready!!

6. In order to make the vinaigrette just mix all vinaigrette ingredients well, and you're good to go!

7. For roasted vegetables, preheat the oven to 180C. Peel potatoes and sprouts (the outer, not-so-nice layers). Cut them in any shape / size you want. Mix the veggies with 1 tsp of infused oil and a good pinch of salt. Put on an oven tray with a baking paper and roast in the oven for about 20-25 minutes, until they start to brown. Once out of the oven, mix again with vinaigrette and you are good to go! Enjoy!