

MAKE THEM YOURSELF

CHILI OIL

- 1** In a saucepan, heat 1 C extra virgin olive oil over medium-high heat
- 2** Stir in the chili pepper flakes and remove from the heat
- 3** When the oil has cooled, transfer to an airtight glass container & store at cool room temperature.

TOASTED SESAME OIL

- 1** Place a clean, dry pan on the stove top burner set to medium heat
- 2** Heat the pan until you feel the heat when you put your hand a few inches above the pan
- 3** Pour a small amount of the sesame oil into the heated pan
- 4** Grip the handle of the pan & slowly rotate the pan from side to side
- 5** Keep the liquid moving during entire cooking time to prevent possible burning of the sesame oil
- 6** When the oil is golden brown in color & smells nutty, remove the pan from the heat