

**The Practical Potions,
Advanced, Journal
Unit 6 – The Scentual Home
A Visit Back to Shore**



**The Scentual Home- A Visit Back
to Shore-**

Unit 6A

Cooking With Essential Oils



The Scentual Home: Cooking with Essential Oils- (Unit 6A)

Transformations:

1) Learn to safely add a few drops of essential oil to your cooking or baking.

2) Create a personalized cooking oil from the recipes suggested.

3) Create an aromatic honey.

4) Make a breath freshener.

5) Make an aromatic toothpick.

6) Flavor a soup, or stir fry

7) Make a dessert with an essential oil top-note.

8) Have an aromatic dinner party, of course following safe guidelines.



Caveat-

Internal use of essential oils is not recommended, unless there are very strict guidelines. Essential oils are very concentrated and can be poisonous. They are toxic if used in too high of a quantity. **When cooking, we use only a few drops.** The lethal dose differs substantially between essential oils. Age is pertinent, they are much more toxic to youngsters, and of course completely avoid internal use with anyone who has sensitivities or allergies.

Essential oils should not be consumed by pregnant women, anyone under the age of 7, nor anyone breastfeeding. There are also many essential oils that are usually benign, when taken externally, but interact with medications in a problematic way, if taken internally. Also, anyone who is epileptic, diabetic or has allergies to begin with should avoid internal consumption.



Yet, they are used as flavourings for toothpastes and foods, so they are already in our food chain. Some essential oils like the fruit peels- orange, lime, lemon are generally very safe, except not advised for pregnant women, nor young children.

In the United States, there is a GRAS list for food additives, including some essential oils This stands for Generally recognized as safe, (in small quantities). Many essential oils used for flavorings and foods you consume frequently are on this list. I am much more cautious than this, but thought you might like to see this.

If the link below does not work, please google, essential oils, generally recognized as safe for internal consumption, fda approved.



<http://www.optimalhealthnetwork.com/FDA-Approved-for-Internal-Consumption-s/745.htm>

It all comes to dosing. You need very little essential oil to create flavor and most essential oils already used as food flavorings have been approved by various governments in small quantities.

Only use safe essential oils and only share with people who are not under age, pregnant, breastfeeding, epileptic, diabetic, sensitive or allergic. Use with full disclosure, so anyone can decline if they are not comfortable with this idea. I prefer organic essential oils for cooking and baking, when you can get them.

A few other things to note when cooking with essential oils-

Always add them after heat subsides, else they will boil or bake away and leave your home smelling delicious, but disappear from your product. Add them at the last minute and stir, really well.

Add the essential oils to the fat portion of food. They work best if emulsified-this allows them to spread through the food. For best results use full fat milk, cream or oils, and lots of stirring.



Only use essential oil in very small doses, a couple of drops. Remember a drop of essential oil is very concentrated. Some ideas on how to use essential oils is provided in the online portion of your e-course. I will suggest a few more ways I like to use them in this journal.

Nifty Cooking Oils-

A couple of years ago I visited a gourmet shop that sold vinegars and flavored carrier oils. My inner alchemist was enthralled with all the variety.

I bought an obscene amount of product, and loved all of it. I ran out of a few of my favorites quickly and decided to make some



of my own, flavored carrier oils. I use these to flavor salad, grains and stir fries. They are delicious for enhancing vegetables, making dressings and sauces.

To add to the fun, you may make your oil creation look attractive. I like to put them all in matching, small bottles. They are super easy to make. Ensure you have labels, so you know what flavor you have. If you write on a label, use an indelible pen.

I start with very fresh carrier oil. Sesame and olive are two of my favourites. If you use coconut, ensure it is in liquid state, so it blends easily, or use a fractionated coconut oil (MCT), which keeps in a liquid form.

You may wish to practice in 100 ml bottle size- as they are small and easy to use. The smaller size means they stay fresher. I do make my favourites in 500 ml bottles, as they disappear quite quickly. The recipes below are for a rather large batch - 8 oz., 236.5 mls.



Approximate Conversions-

I know you have this chart, but may need it now.



1 ml = about 20 drops
5 ml = about 100 drops
5 ml = 1 tsp.
10 ml = 2 tsp
15 ml = 3 tsp. 1 tbsp.
20 ml = 4 tsp
25 ml = 5 tsp.
30 ml = 6 tsp 2 tbsp.
35 ml = 7 tsp.
40 ml = 8 tsp.
45 ml = 3 T.
50 ml = 10 tsp.
1/2 fl. oz. = 15 ml.
29 or 30 ml = 1 oz.
236.5 mls = 8 oz.
16.9 oz. = 500 ml
454 gm = 1 pound
237 ml = 1 cup

Oil Flavours To Create for Your Pantry.

Flavored Oils:

To 8 Oz- (236.5 mls) olive, sesame or melted coconut oil, or MCT, add the suggested drops of essential oil.



They should not be consumed by pregnant women, anyone under the age of 7, nor anyone breastfeeding. People with sensitivities, epilepsy or diabetes should also abstain.

Curried Away- 10 drops cumin, 3 drops cilantro, 7 drops cardamom

Lemon Lift- 30 drops lemon, 236.5 mls sesame, olive or coconut.

Lime Legend- 30 drops lime, 236.5 mls olive or coconut.

Orange & Olive- 30 drops sweet orange oil- 50-100 mls organic or cold pressed olive oil, in a liquid state. Shake well.

Oriental Twist- (Ginger & Mandarin or Tangerine)- 10 drops fresh ginger oil, 20 drops tangerine-mls, coconut or toasted sesame.

Spicy Mediterranean. (Marjoram, Sage, Rosemary)- 15 drops marjoram, 7 drops rosemary, 3 drops sage- 236 ml olive oil.

Sweet & Spicy-10 drops mandarin, 5 drops cinnamon bark, 6 drops nutmeg, 8 drops ginger, 236 mls olive, sesame or coconut oil.

Sweet Marjoram- 20 drops sweet marjoram- 236 mls coconut or olive.

Thai Tantalizer- 20 drops lemongrass, 5 drops basil, 236 mls sesame or coconut.

You can flavor almost anything with these oils and they are delicious! Have fun cooking, baking and adding them onto whatever you can imagine! You will also be able to create your own favorites, staying within safety standards and modify them to suit your taste buds.

Black pepper, cinnamon and fresh ginger essential oil also make gorgeous, single-flavored oils.

Mandy Aftel, in *Fragrant* pg. 77, also mentions flavouring **vanilla extract with a few drops of essential oil** and then sweetening with sugar, stevia or honey. I love the taste of this. I also like to change it up by sweetening it with a bit of maple syrup, a real Canadian slant.

This mix can then be used to flavour soda or desserts.

Wines and Vinegars-

Subtly flavoured wine and balsamic vinegars are also delicious. Play around with some of the herbal, fruit and spice flavored essential oils to create something you enjoy.



Below is an old recipe from- Arnold Cooley- The Toilet and Cosmetic Arts in Ancient and Modern Times, 1873. It was used to correct bad smells especially in rooms where there was sickness.

Four Thieves Vinegar-

This is similar to the vinegar that supposedly kept grave diggers safe from the plague. This recipe uses dried herbs, you may replace them with a few drops of essential oils.

Rosemary-dried 2 oz.

Oregano-dried 2 ounces

Lavender- 1 ounce

Cloves- 1 dram

Distilled vinegar-3 pints

Let sit to meld.

Aromatic Honeys-

The same safety rules apply for making aromatic honeys.

They should not be consumed by pregnant women, anyone under the age of 7, nor anyone breastfeeding. There are also many essential oils that are usually



benign, when taken externally, but interact with medications in a problematic way, if taken internally. Also, anyone who is epileptic, diabetic, allergic or has allergies to begin with should avoid this concept.

Also, be sure honeys are not fed to anyone under the age of 5, as they can pose a health risk to children.

But, they are delicious if made safely. Keep your honey in a glass container and you will need to liquefy it for this purpose. Or, you might just add a drop of essential oil to 2 tsps. of honey and make on the spot. Honey will need to be in a liquid state and may require melting before you start. Add 5-10 drops of a safe essential oil to 100 mls of liquid honey. Stir well. Add to herbal tea, coffee, use in baking or drizzle on ice cream.

Some essential oil options to flavor your honeys-

Bergamot

Tangerine

Orange

Ginger

Cardamom

Rose Geranium

Rose Otto

Neroli

Cinnamon

Rosemary

Lime

Lemon

Lavender



Manuka and tea tree dropped into honey adds a more medicinal than tasty effect, but is still worthwhile.

Monarda

Peppermint



Dill Based Yogurt or Sour Cream Dip-



Mix a drop of dill weed, in yogurt or sour cream as a dip. Experiment, have fun, but only use the safe essential oils, in very small quantities.

The safer essential oils are tasty in any fat based foods. Use your imagination and low doses.

Breath Fresheners-

One delightful product that was on the market years ago was breath freshener, made from pure essential oil. The developer put straight essential oil inside a 1 ml bottle of essential oil, with a wand. A drop of the essential oil was then placed on the tongue. It was very zappy and ranged in flavour from spearmint to cinnamon leaf.

It was however, too strong a concoction and might have been a health hazard around children or sensitive individuals and was eventually taken off the market.

However, you can do a similar thing by adding 2-5 drops of essential oil into a carrier oil and then putting this into a 1 ml vial with a wand. Never give this product to children under 10, nor anyone pregnant, epileptic or sensitive.

Flavoured Toothpicks

Or instead create the old, sure to please standby, flavoured toothpicks.

Get a short bottle and place a mixture of good quality, edible carrier oil and essential oil 1/6 of an inch up the bottle.

Place your wooden toothpicks, sharp side down into the mixture, to soak for an hour.

Adjust the strength according to your preference. Do not get the tops of the toothpicks

wet. Bring the toothpicks out and let them dry off on wax paper or a paper towel.

Favorite flavours are: peppermint, spearmint, orange, coriander, cinnamon leaf. You can play with mixtures- i.e. cinnamint. Never give to children under 10, nor anyone pregnant, epileptic or sensitive.



Aromatherapy Vodka Spray:

"Cinnamon Whisper"

Ingredients:

13 oz. of high-quality vodka

2 drops of pure cinnamon bark essential oil (Make sure it's food-grade and suitable for internal use)

Instructions:

In a small, sterilized glass spray bottle, combine 13 oz of vodka with 2 drops of cinnamon essential oil.

Secure the lid and shake well to blend the ingredients thoroughly.

Let the mixture sit for a day to allow the flavors to meld.

Test to ensure it is the right strength for your taste. Adjust accordingly.

Use your "Cinnamon Whisper" spray sparingly on poached pears, vanilla ice cream, or roasted lamb to add a delightful cinnamon essence.

Safety Note: Always ensure that the essential oils you use are of therapeutic grade and deemed safe for consumption. Do not use with children, or anyone allergic.

Taste test ahead to ensure you like it and you do not react or have sensitivity.



Citrus Rum Mojito

Ingredients:

500 ml rum infused with spearmint essential oil
(Infuse 2 ml of spearmint essential oil
and 2 mls lime expressed oil with 500 ml of rum, let it sit for at least 24 hours)
Carefully adjust to taste.

After 24 hours-
Bring out your infused rum.
For each drink-
2 teaspoons sugar
30 ml fresh lime juice
Soda water
Ice cubes
Lime slice for garnish

Instructions:

In a glass, dissolve the sugar in the lime juice.
Fill the glass with ice cubes.
Pour 50 ml or 2 oz. of the infused rum over the ice.
Top up with soda water and stir gently.
Garnish with a lime slice and spearmint leaves..

Citrus Rum Mojito" offers a unique twist on the mojito, removing the mint leaves but enhancing the citrusy flavor with lime essential oil, paired with the underlying spearmint notes from the infused rum. This drink provides a refreshing and invigorating aromatic experience, perfect for those who enjoy a burst of citrus in their cocktails.

Do not give to anyone under age, or anyone with sensitivities to the ingredients.
Test before serving.



Flavored Coffee/Tea



Spread unflavored black tea onto cookie sheet. Put drops of desired essential oil on the tea or spray the tea. You may use vodka as the medium or vanilla extract. You may then add essential oils to this medium. (Note: Bergamot on black tea is Earl Grey tea). For every ounce of tea, use 3 to 4 drops of essential oil.

To flavor coffee beans (do NOT use ground coffee), put beans in a bowl. Add desired oil (e.g. Cinnamon, Cardamom, Coriander, Cumin) and mix well.

Put in jars.

Chai-



Add a drop each of cinnamon, nutmeg and cardamon essential oils to a pot of black tea and milk to make homemade chai.

Essential Oil Blender Drinks

Peach Perfection

- 3 ripe Peaches
- 1 cup kefir or yogurt
- 2 tablespoons honey
- 4 ice cubes
- 1-2 drops Tangerine essential oil

Place in a blender and mix. This is a nice dessert or add onto granola for a healthy breakfast.

Jitterbug Perfume Spritzer -Kathy Keville and Mindy Green

(Variation on a theme)

- 1/2 cup Strawberries
- 2 tablespoons honey
- 1 tablespoon Beet juice
- 1 teaspoon bee pollen
- 4 fresh Melissa leaves
- 2 cups mineral water
- 1 drop Melissa essential oil



Blend all ingredients in a blender and serve with a fresh jasmine blossom in each glass. If you don't have the Beet juice, soak 1/4 cup grated beets in the mineral water for 10 minutes, and strain. If you've ever read Jitterbug Perfume by Tom Robbins, you'll know why beet is in there!

Vanilla-Rose Ice Cream



2 cups fresh vanilla ice-cream- the best brand you can buy, or home-made.

2 drops Rose essential oil, diluted in 1 tsp. rose syrup.

Add the rose mixture to the ice cream and blend in well. Add a few rose petals on top.

Whipped Cream Ideas



How about Lemon cream on angel food cake?

For a low fat topping, add essential oils to yogurt.

Basic Aromatic Whipped Cream Formula

1/2 pint fresh whipping cream
1-2 drops essential oil

Whip the cream to desired consistency, add essential oil and mix well. Start with one drop only. Add your favourite sweetener if you like.

Add Your Own Recipes Here