

Chilli Oil

A versatile and smoky oil that is made in three parts and when finally combined, can be used for cooking, dipping, garnish or seasoning. This is in regular use in my kitchen whenever I list "chilli oil" as an ingredient, it is precisely this. Avocado Oil can be expensive, and Groundnut Oil makes a good substitute as would any other neutral oil but please don't use Olive Oil as this will affect the flavour.

Ingredients

- 2 Tbsp Sesame Seeds
- 2 Tbsp Coriander Seeds
- 2 Tbsp Sichuan Peppercorns
- 1 Tbsp Black Peppercorns
- 5 Star Anise
- 1 large Cinnamon Stick

- 700ml Avocado Oil
- 4 Garlic Cloves – roughly chopped
- 4 Spring Onions – roughly chopped
- 5g Ginger – roughly chopped
- ½ Red Onion – roughly chopped

- 80g Gochugaru – red pepper flakes
- 2 tsp Sea Salt
- 14g Black Vinegar (1 Tbsp)



Method:

You will need a clean and washed jar that can accommodate at least 825ml / 850g

Add the gochugaru, salt and vinegar to the jar.

Add the oil, garlic, ginger and onions to a pot, bring to a boil then reduce heat and simmer for 25 minutes.

While the oil prepares, add the seeds, peppercorns, star anise and cinnamon to a dry pan and toast until the sesame seeds start browning, then remove from the heat and add to the jar.

When the oil is ready, pour it through a sieve into a heatproof jug and then carefully pour it into the jar.

Give the contents a good stir to get all the ingredients and oil mixed together, then put the lid on and leave for 24 hours to let flavours infuse.