



Herb-infused oil

Tipp von Esther Kern



When we asked him how to make everything taste just that little bit better, the answer from Fabian Fuchs, head chef at the EquiTable restaurant in Zurich and a V-ZUG ambassador, was: add herb-infused oil. He likes to use a little oil infused with green herbs to flavour salads, soups and meat.

It's easy to prepare using the Thermomix: Use equal amounts of herbs and sunflower oil and blend for 8 minutes at 60 degrees. If you don't have a Thermomix at home, you can just heat the oil gently and then blend it well.

Asked whether or not he sieves the oil, Fuchs says, "yes, I sieve it. You can keep it in the fridge for about two months, then after that I freeze it."

Incidentally, his favourite dish made using herb-infused oil is spelt risotto, drizzled with wild garlic oil.