



Lemon Myrtle Oil

Season: All

Serves: 30 tastes in the classroom or 250 ml

Fresh from the garden: lemon myrtle

This oil can be used as part of a salad dressing or pasta sauce. If using as a sauce on pasta, toss through a handful of fresh garden greens such as rocket, spinach or wilted warrigal greens.

Equipment:

metric measuring jug
small pot
sterilised glass jar with lid*, for storage

Ingredients:

250 ml olive oil
1 small handful of lemon myrtle

What to do:

1. Bring the olive oil to a warm temperature (not hot) in the small pot.
2. Add lemon myrtle leaves to the warm olive oil and take off the heat.
3. Allow the oil to cool with the leaves, and pour it into the jar.
4. Keep stored in the fridge until ready to use, for up to 2 weeks. The longer you store it, the stronger the flavour will become.

* Adult supervision required. To sterilise jars and lids, wash them in hot soapy water, then rinse them in hot water. Place in a stockpot of boiling water for at least 10 minutes. Drain jars upside down on a clean tea towel and dry them thoroughly in a 150°C oven. Remove the jars from the oven and fill while still hot.

