



## Kristina's Kitchen

### Chili Oil

Servings: A quart mason jar full Total time: 20 minutes

This homemade chili oil has smokey flavors and a rich chili background. You can control the heat with the amount of peppers used. Try the recipe as shown and you should not be overwhelmed with heat. I strain the liquid into a jar and reserve the pepper. I add more oil to the peppers and keep it in the fridge as more of a loose paste. I use the paste in recipes. Sometimes I just leave the peppers in the oil all together. I will get a bit stronger in a few months this way. The flavor is so unique, you will never be satisfied with any store-bought chili oil. This is a low-frequency heat. It is not a high- frequency heat like Jalapeno, wasabi or store-bought chili oil heat.

1	Liter	Grapeseed oil – this is one of the highest heat oils available – use this one
4	Each	Star anise
4	Each	Black cardamom – crushed a bit to release the seed flavor Amazon has this and it is a required ingredient for this flavor. Don't substitute this one. Asian stores have this as well.
2	Large	Cassia sticks, smashed a bit to release flavor (Mexican cinnamon)
5	Each	Bay leaves
6	Sticks	Spring (green) onions cut into 2" lengths
1	Each	Red onion – cut stem to stem in ½" pieces
5	Cent	Ginger, rough cut, no need to peel
2	Cups	Asian dried pepper (Korean – the larger kernel style) Put them in a heat proof bowl or another large saucepan. Have the pan ready to go on a trivet or hot pad.

#### Instructions - Method

- 1 In a deep pot, heat the oil to 180c, add the ingredients (except the dried peppers) very carefully not to spatter. Do not cover with a lid of any sort.
  - 2 Simmer on medium until the wet ingredients have wilted and rendered everything.
  - 3 Turn off the heat and spider out the ingredients and set ingredients aside, you are done with them.
  - 4 Carefully pour the hot oil over the red peppers. They will sizzle a bit. Be very careful, this is hot oil. Pour away from yourself.
  - 5 Let the mixture cool and infuse the pepper flavors. About 1 – 2 hours.
  - 7 You can use the mixture as is or use a fine sieve and strain into a mason jar.
  - 8 If straining and making paste: Put the peppers in a jar and add more oil to create a very loose paste.
- Tip I keep the mason jar in the fridge and pour some into a re-purposed oil bottle that I keep near my stove.
- Tip Use about 1 tablespoon drizzled over dumplings or in a soup. You will find the right amount for the level of heat you like. The smokey flavor with all the umami is the real hit. Nothing compares to this.
- Tip Try it on eggs – about 1 teaspoon will do. Add it to a broth. Use it in any recipe you want to create a bit of heat.
- You will use it longer than it will ever expire. Keep the reserves in the fridge for 18 months even. I have had some longer than that. It just doesn't go bad.
- You should pour the hot oil over the red peppers at about 130C. After you have removed the solids with the heat off, the temperature is fine to pour over the red peppers. I have had it more than 130C and it just adds a nice smokey flavor, not a burned pepper flavor. I don't bother testing the heat of the oil anymore when pouring. Just be super careful.
- Use a deep pot that is not heavy. A Cast Iron Dutch Oven is way to heavy and doesn't pour very well. You will be lifting a very hot pot and pouring the liquid so use a lightweight pot, sturdy potholders and wear an apron. I saved a deep 4-quart Calphalon pot with side handles from my old set just for this recipe.