

ChefEssentials:

Allspice	Kaffir Lime
Anise	Lavender
Basil	Lemon
Basil, Holy	Lemongrass
Bay Laurel	Lemon Verbena
Bay Rum	Lime
Bergamot	Mandarin
Black Pepper	Marjoram
Caraway Seed	Neroli
Cardamon Seed	Nutmeg
Celery Seed	Orange
Cinnamon Bark	Oregano
Cinnamon Leaf	Parsley Herb
Clove Bud	Peppermint
Coriander Seed	Rose
Cumin Seed	Rosemary
Curry Leaf	Sage
Dill Seed	Spearmint
Fennel, Sweet	Tangerine
Ginger	Tarragon
Grapefruit	Thyme
Juniperberry	Wintergreen

... and many more!

MEDICINE FLOWER®

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Member of NASFT - National Association
for the Specialty Food Trade
(www.specialtyfood.com/nasft)

ChefEssentials™

Culinary Uses for Essential Oils



A tool for chefs, chocolateers and culinary professionals, Medicine Flower essential oils add intense flavor and aroma to many dishes.

Oils such as Vanilla, Rose, Lemon, Orange, & Peppermint are traditional flavors for desserts and candies.

Other food-grade essential oils, such as Cardamom, Curry, Tarragon and Lemongrass, are excellent flavor choices for savories such as marinades, soups & dressings.

MEDICINE FLOWER®

AROMATIC APOTHECARY - SINCE 1986

ChefEssentials in Savories

Note: *a little goes a long way! Start with the smallest amount shown.*

Citrus Zest → Citrus Essential Oil

Lemon, Orange, Lime, Grapefruit, Tangerine, Bergamot or Mandarin

1 tsp Zest = 1-2 drops Citrus Essential Oil

No grating — Faster — no mess!

Dried Herbs → Herb Essential Oil

1 tsp Dried Herb = 1-2 Drops Essential Oil

Consistent Flavor — High Potency!

Bolder Herbs:

Many essential oils are highly potent and need to be added in amounts less than one drop.

For oils such as Thyme, Oregano, Rosemary and Marjoram, dip a toothpick in the oil & stir in just before serving.

Stronger oils can be simmered longer to soften and marry the flavors.

Milder Herbs:

For “gentler” herbs such as Anise, Basil, Coriander, Tarragon and Dill, use 1 - 2 drops just before serving.

Benefits of ChefEssentials

Potency: Impart amazing flavors to your creations.

Shelf Life: Some herbs and flavors are not always available. Essential oils stored properly can last for years without loss of aroma or flavor.

Texture: Essential oils add no texture, just pure flavor to your delicate recipes.

Color: Essential oils are used in such small quantities, they impart no color or colored “flecks” to your product.

Botanically Derived: Medicine Flower's oils are 100% botanically derived to enhance your recipes with better, more complex flavors & aromas.

Organic: Our essential oils and absolutes are organic or wildcrafted, sustainably grown and non-GMO.

ChefEssentials in Chocolates

Keeps Your Temper!

ChefEssentials are pure extracts of fruits, flowers, nuts, seeds or leaves of plants and contain no dilutants (alcohol, water, sugar, propylene glycol, etc.) and will not compromise the texture or temper of your chocolates.

To Use:

Just before pouring or dipping, add essential oil to melted chocolate and stir thoroughly.

ChefEssentials vs. Alcohol Extracts:

Alcohol Extract → Essential Oil

1 tsp Alcohol Extract = 1-5 drops Essential Oil

Note: *a little goes a long way! Start with the smallest amount shown.*

For Stronger Oils:

For powerful aromatics such as Lavender & Bergamot, just a touch is needed, so dip a tooth-pick in the oil & stir into the melted chocolate.

Tip:

Add one drop of a new essential oil to 1/2 cup water, stir, then smell & taste the water to help determine proper concentration for your recipe.