



For our *Culinary Essential Oils*, we offer whole plant aromatics for cooking & crafting that naturally enliven pure flavors. There are 75-100 drops of essential oil in a teaspoon, and 1 drop of these aromatic “liquid herbs & spices” is equivalent to 1 ounce of dried botanicals, so start with a single drop and adjust accordingly.

## AROMATIC CURED OLIVES

### INGREDIENTS:

- 2 6-ounce cans of green pitted **Olives**
- ¼ cup good quality organic **Olive Oil**
- 2 teaspoons whole **Cumin Seeds**
- 2 teaspoons whole **Coriander Seeds**
- 2 teaspoons whole **Fennel Seeds**
- ½ teaspoon ground **Cardamom**
- a pinch each of: ground **Cinnamon**, ground **Nutmeg**, & crushed **Red Pepper Flakes**
- 2 Tablespoons **Orange Zest**
- 2 Tablespoons fresh squeezed **Orange Juice**
- 2 Tablespoons fresh squeezed **Lemon Juice**
- 2 teaspoons **Vanilla Extract**
- 6 **Garlic Cloves**, thinly sliced
- a few grates of **Lemon & Orange Zest**, to finish

### METHOD:

Warm the olive oil in a skillet over medium heat. Add the cumin, coriander, fennel, cardamom, cinnamon, nutmeg and red pepper flakes. Cook & stir until fragrant about two minutes. Remove the skillet from the heat add the olives, tossing to coat. Add the orange and lemon juices, vanilla and the garlic tossing again. Finish with the orange and lemon zest.

**TB | TidBits:** *Replace the coriander, cumin, or fennel with a drop or two of our Culinary Essential Oils if you don't have the whole spices on hand. Serve these aromatic olives in a favorite bowl, paired with a triple crème cheese like St. André, drizzled with a local honey and some nuts if you like.*

*Be inspired & visit our Recipe Library at [TERREBOTANICALS.COM](http://TERREBOTANICALS.COM).*

{ A PRODUCER OF BOTANICALLY INFUSED COMPLEMENTS FOR FOODS & BEVERAGES }

