

# Ingredients

## **For the White Sangria Wine**

1/2 lime

1/2 lemon

1 peach

1/2 green apple

1.5 cups wine

# Directions

## **For the White Sangria Wine**

Make sure the wine is at least room temperature or slightly warmer.

Lightly scrub the outside of the lime and lemon then remove the zest with a vegetable peeler or zester. Make sure little to no pith came off as well, using a paring knife to remove any. Lightly scrub the outside of the apple then core it and coarsely dice it. Lightly scrub the outside of the peach then remove the pit and coarsely dice the flesh.

Place all of the ingredients into the whipping siphon with the wine. Seal the whipping siphon, charge it, and swirl for 20 to 30 seconds. Let the siphon sit for a minute and a half longer. Place a towel over the top of the siphon and vent it. Open the siphon and wait until the bubbling stops.

Strain the wine if desired and let sit for at least 5 minutes before using.

# Infused Vinegars

When infusing vinegars you should be aware both of the flavor of the vinegar and of the flavoring agents. If you only want the flavoring agents to stand out, you should use a lighter vinegar like rice wine vinegar or white wine vinegar, though I tend to avoid regular "white vinegar" since it remains harsh. If you want a specific flavor, you can turn to other vinegars that have distinct characteristics, such as balsamic vinegar or red wine vinegar.

Making infused vinegars is accomplished by combining the vinegar and flavoring agents in the whipping siphon, charging it, and letting it sit for a few minutes. Then vent the siphon, let the bubbling subside, and strain the vinegar. The more herbs and other flavoring agents used the stronger the end infusion will be.

# Chipotle Pepper Vinegar

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This vinegar infusion has a smoky spiciness that is great drizzled over meat or fish. It can also be used in salad dressings for an additional kick. Feel free to add more chipotle pepper if you like a spicier infusion. You can use any of your favorite chile peppers in this recipe to create spicy vinegars with different flavor profiles.

# Ingredients

## **For the Chipotle Pepper Vinegar**

1.5 cups white wine vinegar

3 chipotle peppers in adobo sauce

# Directions

## **For the Chipotle Pepper Vinegar**

Make sure the white wine vinegar is at least room temperature or slightly warmer. Put the chipotle peppers in adobo sauce into the whipping siphon. Pour the white wine vinegar into the whipping siphon over the chipotle pepper.

Seal the whipping siphon, charge it, and swirl for 20 to 30 seconds. Let the siphon sit for 1 minute longer. Place a towel over the top of the siphon and vent it. Open the siphon and wait until the bubbling stops.

Strain the chipotle pepper vinegar and let sit for at least 5 minutes before using.

# Smokey Chile Pepper Vinegar

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The whipping siphon excels at pulling out the fruity flavors of ingredients before the spiciness. Removing the membranes and the seeds helps to reduce the heat while maximizing the flavor extracted. Don't get me wrong though, this vinegar still packs a punch! I've indicated my favorite chile pepper blend for this recipe below, but feel free to use any dried chile peppers you have on hand.



# Ingredients

## **For the Smokey Pepper Vinegar**

2 dried ancho peppers  
2 dried guajillo peppers  
2 dried nora peppers  
2 dried aji chiles  
1.5 cups apple cider vinegar



# Directions

## **For the Smokey Pepper Vinegar**

Make sure the apple cider vinegar is at least room temperature or slightly warmer.

Remove the stems from the chile peppers and as much of the seeds as possible. Coarsely chop the peppers then place into the whipping siphon with the apple cider vinegar. Seal the whipping siphon, charge it, and swirl for 20 to 30 seconds. Let the siphon sit for 1 minute longer. Place a towel over the top of the siphon and vent it. Open the siphon and wait until the bubbling stops.

Strain the vinegar and let sit for at least 5 minutes before using.

# Citrus Vinegar

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I often use a few splashes of vinegar with the express purpose of brightening up the dish. This infusion takes the brightness of vinegar and adds even more freshness with lemon, lime, grapefruit, and orange peels. The oils and aromas from the citrus peels lift the whole infusion, making it a perfect topping to drizzle on salads or add to cocktails to provide some sour notes.

The citrus you use will change the flavor profile so mix and match them to your desired taste, or just use what you have on hand. Normally 2 to 4 peeled citrus works great in 1.5 cups of liquid (350 ml).



# Ingredients

## **For the Citrus Vinegar**

1 lime  
1 orange  
1 lemon  
1/2 grapefruit  
1.5 cups white wine vinegar

# Directions

## **For the Citrus Vinegar**

Make sure the white wine vinegar is at least room temperature or slightly warmer.

Lightly scrub the outside of the citrus then remove the zest with a vegetable peeler or zester. Make sure little to no pith came off as well, using a paring knife to remove any.

Put the zest into the whipping siphon with the white wine vinegar. Seal the whipping siphon, charge it, and swirl for 20 to 30 seconds. Let the siphon sit for 1 minute longer. Place a towel over the top of the siphon and vent it. Open the siphon and wait until the bubbling stops.

Strain the vinegar and let sit for at least 5 minutes before using.

# Pear Ginger Vinegar

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Sweet pears and spicy ginger meld together wonderfully yet they are a pairing that is often overlooked. I like to infuse them into a flavorful vinegar that is fantastic on sushi or sprinkled over steamed fish. You can play with the balance of the infusion by changing the ratio of pear to ginger to push it sweeter or spicier as you like. The pickled pears are also a great addition to a chutney or as a garnish.



# Ingredients

## **For the Pear-Ginger Vinegar**

2 pears

2" piece ginger (50mm)

1.5 cups rice wine vinegar

# Directions

## **For the Pear-Ginger Vinegar**

Make sure the rice wine vinegar is at least room temperature or slightly warmer.

Core the pears and coarsely chop. Grate or thinly slice the ginger. Put the pears and ginger into the whipping siphon. Pour the rice wine vinegar into the whipping siphon.

Seal the whipping siphon, charge it, and swirl for 20 to 30 seconds. Let the siphon sit for 1 minute longer. Place a towel over the top of the siphon and vent it. Open the siphon and wait until the bubbling stops.

Strain the vinegar and let sit for at least 5 minutes before using.

# **Blackberry Peach White Balsamic Vinegar**

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Every summer I have tons of blackberries and peaches that I'm looking to cook with. I can only make so many chutneys and sauces so I like to preserve their bright flavors by making infused vinegars with them. I enjoy the slightly-sweet and syrupy flavor of the white balsamic vinegar, but if you can't find that you can use regular white wine vinegar.



# Ingredients

## **For the Blackberry Peach Vinegar**

1 cup blackberries

1 peach

1.5 cups white balsamic vinegar

# Directions

## **For the Blackberry Peach Vinegar**

Make sure the white balsamic vinegar is at least room temperature or slightly warmer.

Core the peach and coarsely chop. Lightly smash the blackberries under plastic wrap or muddle in a jar, being careful not to spray blackberry juice on yourself. Put the blackberries and peach into the whipping siphon with the white balsamic vinegar.

Seal the whipping siphon, charge it, and swirl for 20 to 30 seconds. Let the siphon sit for 1 minute longer. Place a towel over the top of the siphon and vent it. Open the siphon and wait until the bubbling stops.

Strain the vinegar and let sit for at least 5 minutes before using.

# Spicy Watermelon and Lime Vinegar

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The combination of watermelon, lime, and jalapeño is always fantastic when well balanced. The subtle sweetness of the watermelon mellows out the sour lime and spicy jalapeño. This vinegar is great on white fish and I especially enjoy it when used in a ceviche.

# Ingredients

## **For the Watermelon-Lime Vinegar**

1 lime

1 cup watermelon chunks

1/2 jalapeño, sliced

1.5 cups white wine vinegar

# Directions

## **For the Watermelon-Lime Vinegar**

Make sure the white wine vinegar is at least room temperature or slightly warmer.

Lightly scrub the outside of the lime then remove the zest with a vegetable peeler or zester. Make sure little to no pith came off as well, using a paring knife to remove any.

Put the lime zest, watermelon, and jalapeño into the whipping siphon with the white wine vinegar.

Seal the whipping siphon, charge it, and swirl for 20 to 30 seconds. Let the siphon sit for 1 minute longer. Place a towel over the top of the siphon and vent it. Open the siphon and wait until the bubbling stops.

Strain the vinegar and let sit for at least 5 minutes before using.

# Infused Oils

When infusing oils there are two main considerations, the taste of the oil and the taste of the flavoring. If you only want the flavoring to stand out, you should use a neutral oil like canola or grapeseed oil which do not bring their own flavors to the infusion. If you want a specific flavor, you can turn to other oils that have distinct characteristics, such as olive oil, walnut oil, or sesame oil.

Making infused oils is accomplished by combining the oil and flavoring agents in the whipping siphon, charging it, and letting it sit for a few minutes. Then vent the siphon, let the bubbling subside, and strain the oil. The more herbs and other flavoring agents used the stronger the end infusion will be.

# Tuscan Olive Oil

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Whenever we go to a nice Italian restaurant I start drooling just thinking about bread fresh from the oven with rich olive oil to dip it in. Some places also season the oil with fresh herbs, making it even more flavorful. This infusion encapsulates many of the traditional flavors of Tuscan cooking in a rich and bold olive oil. You're on your own for the fresh bread though!



# Ingredients

## **For the Tuscan Olive Oil**

15 basil leaves  
3 tablespoons fresh marjoram  
2 tablespoons fresh oregano  
2 tablespoons fresh thyme  
2 tablespoons fresh rosemary leaves  
1/2 teaspoon red pepper flakes  
1.5 cups olive oil



# Directions

## **For the Tuscan Olive Oil**

Wash and fully dry the herbs.

Combine the herbs, pepper flakes, and olive oil in a whipping siphon. Seal the whipping siphon, fully charge it, and swirl for 20 to 30 seconds. Let the siphon sit for a minute and a half longer. Place a towel over the top of the siphon and vent it. Open the siphon and wait until the bubbling stops.

Strain the olive oil and let sit for at least 5 minutes.

# Roasted Garlic Olive Oil

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Roasting garlic in the oven pulls out all of the wonderfully sweet flavors hiding inside. Taking that roasted garlic and infusing it into olive oil is a great way to preserve it for later use without having to worry about it spoiling. I like to use olive oil because its richness goes great with the garlic but if you want the garlic flavor to shine through more you can use a neutral oil like canola or grapeseed.

# Ingredients

## **For the Roasted Garlic**

2 heads garlic

Olive oil

Salt and pepper

## **For the Roasted Garlic Olive Oil**

Roasted Garlic from above

1.5 cups olive oil

# Directions

## **For the Roasted Garlic**

Preheat an oven to 400°F (204°C).

Cut off the root end of the garlic, drizzle with olive oil and season with salt and pepper. Place it in tin foil and wrap it up. Bake until the garlic is soft, about 60 minutes. Remove from the heat and let cool.

## **For the Roasted Garlic Olive Oil**

Remove the garlic from the tin foil. Squeeze the garlic out of the cloves into a bowl. Lightly mash with a fork.

Combine the mashed garlic and olive oil in a whipping siphon. Seal the whipping siphon, fully charge it, and swirl for 20 to 30 seconds. Let the siphon sit for a minute and a half longer. Place a towel over the top of the siphon and vent it. Open the siphon and wait until the bubbling stops.

Strain the olive oil and let sit for at least 5 minutes before using.

# Thai Chili Peanut Oil

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Thai cooking uses a wide variety of hot chilies including the bird's eye chili pepper and Thai chili pepper. Infusing them into peanut oil is a great way to harness their fruity flavors and hot spices and make them easy to use in dishes whenever you want. You can alter the amount of chili peppers used, depending if you are looking for a mildly spicy oil or a hot-sauce caliber condiment with peanut oil undertones. Changing up the types of peppers used will also greatly alter the resulting flavor profile, as will substituting sesame oil for the peanut oil.



# Ingredients

## **For the Thai Chili Peanut Oil**

8 dried birds eye chili peppers

5 dried Thai chili peppers

1.5 cups peanut oil

# Directions

## **For the Thai Chili Peanut Oil**

Coarsely chop the chili peppers then combine with the peanut oil in a whipping siphon. Seal the whipping siphon, fully charge it, and swirl for 20 to 30 seconds. Let the siphon sit for a minute and a half longer. Place a towel over the top of the siphon and vent it. Open the siphon and wait until the bubbling stops.

Strain the peanut oil and let sit for at least 5 minutes before using.

# Citrus Oil

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Capturing the nuanced flavors of citrus zest in oil is an excellent way to quickly add it to various dishes. You can use any combination of citrus, depending on what is in season in your area. I normally use canola oil or another neutral tasting oil but this even works well with olive oil.





# Ingredients

## **For the Citrus Oil**

1 lime

1 orange

1 lemon

1/2 grapefruit

1.5 cups canola oil

# Directions

## **For the Citrus Oil**

Lightly scrub the outside of the citrus then remove the zest with a vegetable peeler or zester. Make sure little to no pith came off as well, using a paring knife to remove any.

Place the zest and canola oil in a whipping siphon. Seal the whipping siphon, fully charge it, and swirl for 20 to 30 seconds. Let the siphon sit for a minute and a half longer. Place a towel over the siphon top and vent it. Open the siphon and wait until the bubbling stops.

Strain the oil and let sit for at least 5 minutes before using.

# Other Infusions

Any two items you put in the whipping siphon will share their flavors once it is pressurized. This allows you to infuse many different things, even those that would spoil if done using the traditional cold infusion method. Even some foods can be infused, though the whipping siphon isn't as good of a food infusing device as a vacuum chamber.

# Mint Simple Syrup

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Mint simple syrup is easy to make on a stovetop but infusing pre-made simple syrup with the mint results in a lighter, more aromatic syrup. Heating the mint can cause many of the aromatics to be lost so I find the extra step of using the whipping siphon is often worth it. This mint simple syrup adds hints of mint to many drinks and is especially good in mojitos or iced tea.



# Ingredients

## **For the Mint Infusion**

2 cups simple syrup (see recipe in Component Recipe section of book)

1 bunch mint, about 15 sprigs

# Directions

## **For the Mint Infusion**

Put the mint into the whipping siphon and pour the simple syrup over the top. Seal the whipping siphon, charge it, and swirl for 20 to 30 seconds. Let the siphon sit for 1 minute longer. Place a towel over the top of the siphon and vent it. Open the siphon and wait until the bubbling stops.

Strain the simple syrup and let sit for at least 5 minutes before using.

# Birch Beer Syrup

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Birch beer has strong notes of both mint and licorice, tempered by a sugary backdrop and a slight medicinal bite. It's a close cousin of root beer but with stronger wintergreen flavor and it is mainly popular in the eastern United States. The wintergreen flavor should be pronounced but not too strong.

I will often omit the brown sugar, making the infusion in water alone, which results in a bitters-like infusion I use it in cocktails or with club soda. Birch beer can also be made with birch sap, though I haven't gone through that process myself.

Some of the ingredients can be hard to find. I ordered mine online from the websites in the Ingredient and Tool Sources section.

# Ingredients

## For the Birch Beer Syrup

2 cups [Brown Sugar Simple Syrup](#)

1/2 cup birch bark

1 tablespoon sassafras root

1 tablespoon wintergreen

1 cinnamon stick

2 star anise pods

1 vanilla bean, split lengthwise



# Directions

## **For the Birch Beer Syrup**

Combine all the ingredients in a whipping siphon. Seal the whipping siphon, fully charge it, and swirl for 20 to 30 seconds. Let the siphon sit for 45 to 60 minutes longer. Place a towel over the top of the siphon and vent it. Open the siphon and wait until the bubbling stops.

Strain the birch beer syrup and let sit for at least 5 minutes before using.

# Cinnamon and Pecan Maple Syrup

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Maple syrup is one of the more uncommon things that can be infused using a whipping siphon. There are many flavor directions you can take it, from banana and blueberries to pecans and walnuts. For this recipe I spice it up with cinnamon and toasted pecans. After I strain the maple syrup, I usually hold on to the pecans. They're great as a garnish on pancakes or you can bake them in a 300°F (150°C) oven for 10 to 20 minutes until they firm up and use them in salads. Make sure the maple syrup is at least room temperature for best infusing success.

# Ingredients

## **For the Cinnamon Maple Syrup**

1 cup pecans

2 cinnamon sticks

1.5 cups maple syrup

# Directions

## **For the Cinnamon and Pecan Maple Syrup**

Heat a pan over medium heat with no oil. Add the pecans and lightly toast until they just smell nutty and barely start to brown. Remove from the heat and let cool slightly.

Combine all the ingredients in a quart whipping siphon. Seal the whipping siphon, fully charge it, and swirl for 20 to 30 seconds. Let the siphon sit for 1 to 2 minutes longer. Place a towel over the top of the siphon and vent it. Open the siphon and wait until the bubbling stops.

Strain the maple syrup and let sit for at least 5 minutes before using.

# Orange Bitters

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Orange bitters are one of my favorite kinds of bitters. I often enjoy them in Manhattans and a few drops will add complexity to any martini. Making bitters with a whipping siphon speeds the process up from several weeks to about 20 minutes. Dave Arnold from the French Culinary Institute recommends heating the siphon when making bitters so more of the bitter flavors are extracted but if you don't have a heat proof whipping siphon or want a more subtle flavor you can infuse it at room temperature.

Some of the ingredients used can be hard to find. I ordered mine online from the websites listed in the Ingredient and Tool Sources section.

# Ingredients

## **For the Orange Bitters**

- 1 cup vodka
- 3/4 cup dried orange peel
- 1 orange
- 1 tablespoon coriander seeds
- 1 teaspoon caraway seeds
- 1 teaspoon cardamom seeds
- 1 tablespoon gentian bark

# Directions

## **For the Orange Bitters**

If you have a heat proof whipping siphon, bring a pot of water to a simmer.

Lightly scrub the outside of the orange then remove the zest with a vegetable peeler or zester. Make sure little to no pith came off as well, using a paring knife to remove any. The orange pieces can be reserved for garnishing the drink.

Combine all the ingredients in a pint whipping siphon. Seal the whipping siphon, fully charge it, and swirl for 20 to 30 seconds. Place the siphon in the simmering water and let the siphon sit for 20 to 30 minutes. Remove the siphon from the simmering water with a pot holder and place into a ice bath to cool it. Once cool, place a towel over the top of the siphon and vent it. Open the siphon and wait until the bubbling stops.

Strain the bitters, squeezing any liquid out of the peels, and let sit for at least 5 minutes before using. They will last for several months if stored in a cabinet or cupboard.

# Cherry Vanilla Bitters

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These cherry vanilla bitters are a great way to add rich and deep undertones to your favorite cocktails. Cherry and vanilla are a classic flavor combination and they complement each other wonderfully. I call for both sour and sweet dried cherries but if you only have access to one kind it will be fine.

In the Ingredient and Tool Sources section I have listed several websites where you can purchase all the ingredients needed for this recipe.





# Ingredients

## **For the Cherry Vanilla Bitters**

1 vanilla bean, split lengthwise

1 cup vodka

1/4 cup packed dried cherries

1/4 cup packed dried sour cherries

1 teaspoon cloves

3/4 teaspoon gentian bark

# Directions

## **For the Cherry Vanilla Bitters**

If you have a heat proof whipping siphon, bring a pot of water to a simmer.

Combine all the ingredients in a pint whipping siphon. Seal the whipping siphon, fully charge it, and swirl for 20 to 30 seconds. Place the siphon in the simmering water and let the siphon sit for 20 to 30 minutes. Remove the siphon from the simmering water with a pot holder and place into a ice bath to cool it. Once cool, then place a towel over the top of the siphon and vent it. Open the siphon and wait until the bubbling stops.

Strain the bitters, squeezing any liquid out of the dried cherries, and let sit for at least 5 minutes before using. They will last for several months if stored in a cabinet or cupboard.

# Bacon Broth

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The smoky, rich flavor of bacon can be extracted into water to create a flavorful broth. I add some peppercorns and rosemary to round out the flavors.

This broth has many uses. I like to serve it as a soup base with steamed vegetables and roasted pork pieces as garnish. I will also add agar and [foam it](#) for a bacon froth I can use as a sauce or as a topping on a Bloody Mary.



# Ingredients

## **For the Bacon Broth**

8 strips cooked bacon

1 teaspoon cracked peppercorns

1 rosemary sprig

1.5 cups water

# Directions

## **For the Bacon Broth**

Lightly crumble the bacon and combine it with the peppercorns, rosemary, and water in a whipping siphon.

Seal the whipping siphon, charge it, and swirl for 20 to 30 seconds. Let the siphon sit for 2 minutes longer. Place a towel over the top of the siphon and vent it. Open the siphon and wait until the bubbling stops.

Strain the broth and let sit for at least 5 minutes before using.

# Cucumber Lemon Rosemary Water

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Infusing water with various flavors is a great way to replace soda without having to settle for plain water. Using cucumber, lemon, and rosemary results in a sweet, citrusy, and minty infusion that is really refreshing on a summer day.

Making this infusion in the whipping siphon pulls out more subtle flavors than a hot infusion would, including many of the nuanced rosemary flavor that is usually lost.

# Ingredients

## **For the Cucumber Lemon Rosemary Water**

1.5 cups water

2 lemons

1 cucumber, diced

3-5 rosemary sprigs

# Directions

## **For the Cucumber Lemon Rosemary Water**

Make sure the water is at least room temperature or slightly warmer.

Lightly scrub the outside of the lemons then remove the zest with a vegetable peeler or zester. Make sure little to no pith came off as well, using a paring knife to remove any. The lemon pieces can be reserved for garnishing the drink.

Add all the ingredients to a whipping siphon. Seal the whipping siphon, charge it, and swirl for 20 to 30 seconds. Let the siphon sit for 2 minutes longer. Place a towel over the top of the siphon and vent it. Open the siphon and wait until the bubbling stops.

Strain the water and let sit for at least 5 minutes before using.



# Fruit Salad Broth

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The whipping siphon excels at extracting delicate flavors from food. Infusing water with different fruits creates a flavorful, fruity broth that can be used for chilled soups or as [foams](#). It's also a great way to flavor your drinking water when you want something a little more fun!



# Ingredients

## **For the Fruit Salad Broth**

1/2 apple, cored and coarsely chopped

3/4 pear, cored and coarsely chopped

5 strawberries, chopped

7 cherries, smashed

5 mint leaves

1.5 cups water

# Directions

## **For the Fruit Salad Broth**

Make sure the water is at least room temperature or slightly warmer.

Add all the ingredients to a whipping siphon. Seal the whipping siphon, charge it, and swirl for 20 to 30 seconds. Let the siphon sit for 2 minutes longer. Place a towel over the top of the siphon and vent it. Open the siphon and wait until the bubbling stops.

Strain and let sit for at least 5 minutes before using.

# Thai Coconut Water

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Using coconut water as a base is a great way to add subtle sweetness to the infusion without it becoming overpowering. This recipe results in a sweet and fruity infusion with a hint of spice from the ginger. It's great over ice, especially with a splash of dark rum on top!

# Ingredients

## **For the Thai Coconut Water**

1/2 cup chopped pineapple

1" knob ginger, diced (25mm)

15 basil leaves, chopped

1.5 cups coconut water

# Directions

## **For the Thai Coconut Water**

Make sure the coconut water is at least room temperature or slightly warmer.

Add all the ingredients to a whipping siphon. Seal the whipping siphon, charge it, and swirl for 20 to 30 seconds. Let the siphon sit for 2 minutes longer. Place a towel over the top of the siphon and vent it. Open the siphon and wait until the bubbling stops.

Strain the coconut water and let sit for at least 5 minutes before using.

# Milk and Cookies

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There is nothing sadder than a pile of wonderful cookies that have started to go stale. This recipe will help you rescue them and turn them back into something tasty. Combining the milk and cookies in the whipping siphon infuses the milk with all the great flavors, resulting in a smooth, rich drink filled with cookie essence. I like to use chocolate chip cookies, but almost any cookies work great.

# Ingredients

## **For the Milk and Cookies**

1.5 cups whole milk

1/2 cup chopped up cookies



# Directions

## **For the Milk and Cookies**

Combine all the ingredients in the whipping siphon. Seal the whipping siphon, charge it, and swirl for 20 to 30 seconds. Let the siphon sit for 1 minute longer. Place a towel over the top of the siphon and vent it. Open the siphon and wait until the bubbling stops.

Strain the milk and let sit for at least 5 minutes before using.

# Pickled Jalapeno Pears

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Pears have a pretty mild flavor on their own so to use them in cooking I'll often pickle them to introduce additional nuance. For this recipe, I pickle them along with jalapeño peppers and ginger for a spicy and flavorful pickle.

If you do not have a heat resistant siphon, pour the liquid over the vegetables and let it cool before adding them to the siphon. Once the pickles are made you can discard the pickling liquid, or use it as a strong drizzle for smoked fish or meat.

# Ingredients

## **For the Pickling Liquid**

- 1 cup rice wine vinegar
- 1 cup water
- 1/2 cup sugar
- 1 tablespoon cardamon
- 1 teaspoon ground cloves
- 1 teaspoon ground coriander
- 2 teaspoons cracked peppercorns
- 2 bay leaves

## **For the Pickled Pears**

- 2 pears, quartered and cut into slices
- 1 jalapeño, sliced
- 2" knob ginger, peeled, cut into strips (50mm)

# Directions

## **For the Pickling Liquid**

Combine all ingredients in a pot and bring to a boil. Stir well. Let simmer for 5 minutes.

## **For the Pickled Pears**

Add the pears, jalapeño, and ginger to the whipping siphon. Strain in the pickling liquid. Seal the siphon and charge. Let the siphon sit for 20 to 30 minutes then vent the siphon and remove the pears from it.

The pickled pears can be stored in the pickling liquid in the refrigerator for several weeks.

# Port Infused Figs

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Port and figs are a wonderful combination and infusing them together results in flavorful garnishes. I like using the whipping siphon to infuse them so they don't take on a cooked flavor. The figs work as a great garnish for bruschetta, salads, or a charcuterie platter. and don't forget the leftover port from infusing the figs, it will have a great flavor and is excellent in cocktails or sauces.

# Ingredients

## **For the Infused Figs**

1 cup chopped figs

1 cup port

# Directions

## **For the Infused Figs**

Combine all ingredients in a whipping siphon. Seal the siphon, charge it, and shake well. Let the figs sit for 20 to 30 minutes, either in the refrigerator or on the counter.

Vent the siphon then pour out the infused figs into a container. They are ready to serve or can be stored in the refrigerator for about a week.

# Basil Infused Mozzarella

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I first saw this concept on the Ideas In Food blog and it's a great way to make flavorful mozzarella. The aroma of the basil is transferred to the mozzarella, flavoring it and imbuing it with basil essence. Once the mozzarella is infused I like to serve it in a flavorful salad by adding roasted cherry tomatoes and pine nuts.





# Ingredients

## **For the Infused Mozzarella**

2 cups cubed or sliced mozzarella

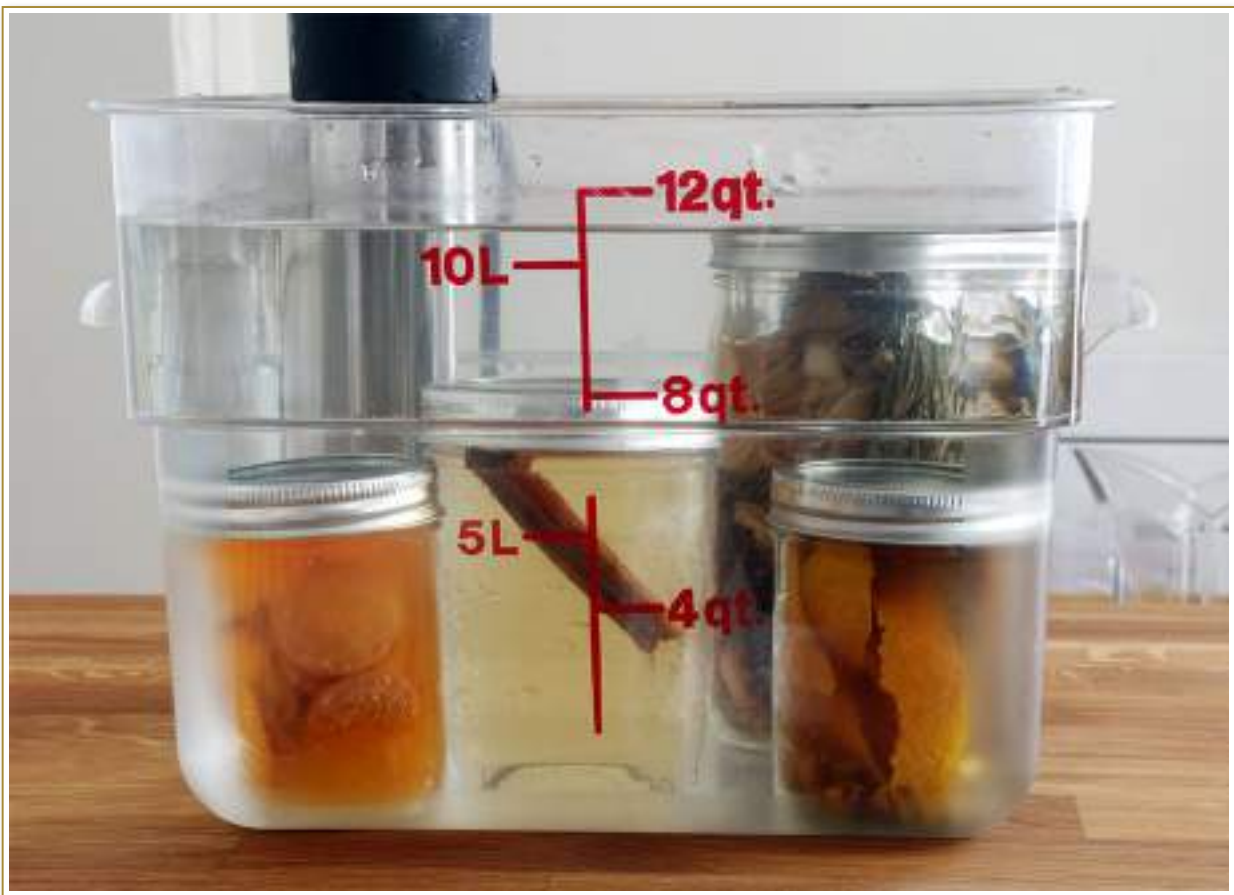
1 bunch basil, about 10 sprigs

# Directions

## **For the Infused Mozzarella**

Combine all ingredients in a whipping siphon. Seal the siphon, charge it, and shake well. Let the mozzarella sit for 2 minutes then vent the siphon. Remove the mozzarella and basil then serve.

# Sous Vide Infusions



For more information about sous vide cooking, sous vide machines, and more sous vide recipes you can see my online guide:

[MCMeasy.com/SousVide](http://MCMeasy.com/SousVide)

Sous vide, or low temperature precision cooking, is the process of cooking a food at a precise temperature. This usually occurs while the food is sealed in plastic and is submerged in a container of heated water. This same technique can be easily applied to speed up the process of making infusions.

The higher temperatures used in sous vide infusions means the flavors are extracted much faster than in traditional infusions. The infusion is also in a sealed container which prevents evaporation and flavor loss. Because of the high precision of sous vide machines the temperature used can also be tightly controlled, determining how much the liquid is cooked from the heat and affecting the flavors of the infusion.

Using sous vide for infusions is much more forgiving than when cooking food. With a steak, a few degrees of variability can be the difference between a medium-rare steak or a medium one. Or on the other end, a medium-rare steak and one that is unsafe to eat.

Unless you are aiming for a very, very specific flavor profile, infusions are not hurt much by small variations in temperature. This helps open the door for low-cost methods of sous vide such as when done in a beer cooler or on a stove top. I've seen recipes using a crock pot or even a dishwasher.

# Infusion Process

The general process of making a sous vide infusion is very easy. First, preheat the water bath to the temperature you want to infuse at. This is typically 131°F to 160°F (55°C to 71.1°C) for vinegar, water or alcohol and 149°F to 176°F (65°C to 80°C) for oils. The temperature used affects the flavor profile of the infusion as different flavors are extracted more quickly at different temperatures.

Place all of the flavoring agents into the liquid you are infusing and seal them in a sous vide bag, Mason jar, or heat-proof glass bottle.

Heat the infusion in the water bath until the flavor profile you are seeking is achieved. This is usually 1 to 4 hours for vinegar or alcohol and 3 to 12 hours for oil. The amount of time the infusion is heated affects both the strength of the infusion as well as the flavor profile.

Once the infusion has been completed it should be chilled in an ice bath so the volatile aromatics will return to the liquid. Once it is chilled, strain the liquid and then it is ready to be used.

## Sous Vide Equipment

There are three main pieces of equipment needed for sous vide.

The first is something to contain the food. This is often a FoodSealer or Ziploc bag, but for infusions a Mason jar or glass bottle also works very well.

The second piece of equipment is something to hold the water. This can be a stock pot, polycarbonate container, or even a plastic beer cooler.

The third piece of equipment is something to maintain the temperature of the water. This is often an immersion circulator but because the infusion process only lasts a few hours and the temperature doesn't need to be as precise as it does for sous vided food, a stove or beer

cooler can work very well. You can even use a crockpot for most sous vide infusion recipes.

## **Sealing the Food**

For most sous vide infusions I recommend cooking them directly in a heat-proof Mason jar or glass bottle. They are easy to open and close and for the short cook times the air at the top will not pose a problem. They are also reusable. When I use Mason jars I normally fill up my sous vide water bath to just below the level of the lids. That prevents any leaking, and if you have concerns about pressure building up you can leave the lids loose.

If you have a chambered vacuum sealer, they work wonderful as well. For Ziploc bags, the water displacement method is your best bet.

### ***Water Displacement Method***

Getting all the air out of Ziploc bags is easy, but critical. Place the infusion in the bag, including any flavoring agents, and seal all but one corner of the bag. Place it in the water bath, being sure everything below the zip-line is covered by water. You can see how all the air is forced out of the bag. Then seal the rest of the bag.

I try to seal the infusion before the water has heated up but if the water is hot you can use a wooden spoon to hold the bag under until the air comes out. I almost always use the gallon size Ziplocs, I find the extra room at the top makes them easier to seal.

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## Heating the Water

There are many ways to heat the water. If you are familiar with the sous vide process then use whatever method you are most comfortable with. If you have successfully cooked food with sous vide then making infusions should be easy.



If you are new to sous vide, I recommend first starting with sous vide on the stove, in a beer cooler, or in a crockpot. If you find you prefer sous vide infusions over the other techniques, or want to experiment with sous vide food, then you can look into buying an inexpensive immersion circulator for under \$200. My website has much more information on sous vide at <http://MCMEasy.com/SousVide> .

### ***Beer Cooler Sous Vide Process***

Beer cooler sous vide uses the insulating properties of a beer cooler to hold the water temperature stable, or at least stable-enough. It works well for short-time cooks, which most infusions fall into.

Coolers are good at retaining their temperature but they still lose heat over time. For cooks longer than a few hours you'll have to periodically add more hot water to it. You can measure the temperature of the water with a meat thermometer.

To use a beer cooler for sous vide, heat enough water to fill the cooler, or at least come up to the top of your infusion vessels. This can usually be done on the stove using a thermometer. Make sure the water is a few degrees hotter than you want to cook at because when you add the infusions it will drop the temperature slightly. Fill the cooler with the heated water, place your sealed infusion into it, put the lid on, and wait. That's all there is to it.

### ***Sous Vide on the Stove***

Sous vide on the stove is similar to the beer cooler sous vide method except after you heat the water on the stove, you place the sealed food into the pot. The temperature is maintained by using the stove to raise the temperature and cold water or ice to lower the temperature as needed. It's more hands-on than beer cooler sous vide but it is ok for shorter term cooks, especially for infusions where the temperature precision isn't nearly as critical.

### ***Crockpot Sous Vide***

For traditional sous vide cooking, a crockpot is used with a temperature controller to highly regulate the temperature. Because

infusions don't need this level of precision, crockpots can be used by themselves to manage the temperature. Just fill the crockpot with water. Then turn it to its lowest setting for most water, alcohol, or vinegar infusions or highest setting for most oil infusions. Place the sous vide bags or Mason jars in it and cook for the desired amount of time.

### ***Dishwasher Sous Vide***

One of the more interesting takes on making hot infusions I've seen is to use the dishwasher to make them. Most dishwashers run between 120°F and 170°F (49°C and 77°C), which is right in the range for making infusions with sous vide. Just add all your ingredients to a Mason jar, seal it, and place in the dishwasher. Run the dishwasher for a cycle then remove the Mason jar with a hot pad and place it in an ice bath to chill.

The directions for your dishwasher should let you know what temperature it runs at, and many dishwashers have different settings. If possible, aim for the 130°F to 150°F (54°C to 66°C) range, that's the sweet spot for making infusions. The majority of the sous vide infusion recipes will turn out fine using the dishwasher method.

Note that while the dishwasher works fine for sous vide infusions, you can't use it to actually "sous vide" food. The lack of precision will ruin almost any type of food you try to cook with it.