

GOURMET FISHING

Season III - Episode XXXXVIII



INFO-SHORTS



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Myers Lemon & Tarragon Infused Olive Oil



Host, Chef & Guide, David Murray



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Myers Lemon & Tarragon Infused Olive Oil





Grocery List

Myers Lemon & Tarragon Infused Olive Oil

- Olive Oil
- Myers Lemon
- Fresh Tarragon



Myers Lemon & Tarragon Infused Olive Oil Ingredients

Myers Lemon & Tarragon Infused Olive Oil



- 1 Cup Extra Virgin Olive Oil
- 1 Myers Lemon or other Citrus*
- 1 large Sprig Fresh Tarragon

Set the precision cooker for 12^o F.

Using a vegetable peeler, remove the rind without the pith or the tough white part of the lemon. The pith would make the oil bitter.

Place all of the ingredients into a zip lock bag and seal the bag, and remove as much air as possible while sealing the bag. Place the bag into the preheated water bath for 2 hours.

Remove the infused oil from the water and let rest and cool for about 20 minutes or so. The oil may be cloudy. If so, use a coffee filter and pass the oil through it, which will remove the impurities and should leave clear oil.

Place your infused oil in a container and use it well. It's great with seafood and poultry

* *About the size of a baseball or multiples to make it that size*



Gourmet Fishing



We catch fish, and then, We cook our catch...



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