



## Achiote Oil (Annatto Seed Oil)

---

Oil infused with annatto seeds to give an orange colour. This oil can then be used in cooking to impart a yellow/orange colour. It will also give food a pleasant peppery, nutty taste.

**Cooking Time** : 5 minutes

### Ingredients

### Herbs & Spices

4 fl oz olive oil or sunflower oil    1 tbsp Annatto Seed

### Cooking Instructions

Heat the annatto seeds and the oil in a frying pan over a medium heat until the seeds are sizzling. When they reach this point, remove the pan from the heat and let the seeds steep in the oil as it cools. Once cool remove the seeds and store the oil in a sealed container in the fridge until needed.

**BEWARE:** The seeds and oil WILL STAIN surfaces and clothing.