

**Essential Oil**

	Meat	Chicken	Fish	Eggs	Cheese	Vegetables	Rice	Pasta	Desserts	Pastries	Bread	Cakes	Sorbets	Ice Cream	Fruit	Dressings	One Drop Equals
Basil	●	●	●	·	·	●	●	●	·	·	·	·	·	·	·	·	1 tsp
Bergamot	·	●	·	·	·	·	·	·	●	·	·	·	●	●	·	·	1 tsp
Black Pepper	●	●	●	●	·	●	●	●	·	·	●	·	·	·	●	●	1 tsp
Cardamon	●	●	●	●	·	●	●	·	●	●	●	●	●	●	●	●	1 tsp
Cassia	·	·	●	·	●	●	●	●	●	●	●	●	·	●	●	●	2 Tbsp
Cilantro	●	●	·	·	·	●	·	●	·	·	·	·	·	·	·	·	1 Tbsp
Cinnamon	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	2 Tbsp
Clove	●	●	·	·	·	·	·	·	●	●	●	●	●	●	●	●	2 tsp
Celery Seed	●	·	●	·	·	●	·	·	·	·	·	·	·	·	·	●	1 Tbsp
Coriander	●	●	·	·	·	●	·	●	·	·	·	·	·	·	·	·	1 tsp
Fennel	·	·	●	·	·	●	●	●	●	●	●	●	·	·	●	●	1 Tbsp
Ginger	·	·	·	·	●	●	·	●	●	●	●	●	●	●	●	●	1 tsp
Grapefruit	·	·	·	●	·	●	●	●	●	●	·	·	●	●	·	●	1 tsp
Green Mandarin	·	·	·	·	·	●	·	·	●	●	·	●	●	●	●	●	1 tsp
Lavender	·	●	●	●	●	·	●	●	●	●	●	●	●	●	●	·	1 Tbsp
Lemon	●	●	●	·	●	●	●	●	●	·	●	●	●	●	●	●	1 tsp
Lemongrass	·	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	5 tsp
Lime	●	●	●	·	·	●	●	●	●	●	●	●	●	●	●	●	1 tsp
Marjoram	●	●	●	·	·	·	·	·	·	·	●	·	·	·	·	●	1 tsp
Oregano	●	●	●	●	●	●	●	●	·	·	●	·	·	·	·	●	2 tsp dried
Peppermint	·	·	·	·	·	●	·	·	●	●	·	●	●	●	●	·	1 tsp dried
Pink Pepper	●	●	●	●	·	●	●	●	·	·	●	·	·	·	●	●	1 tsp
Rosemary	●	●	●	·	●	●	●	·	·	●	·	·	·	·	·	●	1 tsp
Spearmint	·	·	·	·	·	●	·	·	●	●	·	●	●	●	●	·	1 tsp dried
Tangerine	●	●	●	·	·	·	●	●	●	●	●	●	●	●	●	●	1 tsp
Thyme	●	●	●	·	·	●	●	●	·	·	·	·	·	·	·	●	1 tsp
Wild Orange	●	●	●	●	·	·	●	●	●	●	●	●	●	●	●	●	1 tsp

For an Ebook with some recipe ideas

to get you started using oils.

Download from:

<http://www.earthgifts.com.au/documents/content/recipes.pdf>

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DROPS	ML	TSP.	TBSP.	OZ.
6	0.3	0.06		
10	.5	0.1		
12	0.6	0.12		
20	1	0.20		
25	1.25	0.25		
50	2.5	0.5		
100	5	1	0.33	0.16
	10	2	0.66	0.33
	15	3	1	0.5
	30	6	2	1
	60	12	4	2
	120	24	8	4
	237	48	16	8
	473	98	32	16

## Tips for Replacing Extracts and Flavourings with Essential Oils

- Never ever think about cooking with essential oils you have purchased from your chemist or health food shop. They are not guaranteed to be pure and often contain preservatives and fillers such as multi purpose liquid or mineral turpentine. The oil extracts themselves are often synthetically derived and made in a lab not by nature. We use dōTERRA essential oils only because they are certified pure tested grade. Basically they are the beez kneez of purity and we trust them inherently.
- Typically, 1-3 drops of citrus oil can substitute for 1 tsp. of citrus zest. If the recipe calls for the zest from 1 citrus fruit, you can use 8–14 drops of the citrus essential oil instead. Try citrus oils like orange, tangerine, grapefruit, lemon, or lime!
- For minty oils such as peppermint and spearmint, try substituting 1 drop for 1 tsp. dried mint leaves or 1 Tbsp. fresh mint leaves.
- Typically what we know as ground cinnamon is really ground cassia (known as Chinese cinnamon), but the strength of that flavour varies wildly between different manufacturers. We recommend essential oil from the bark of another variety of cinnamon, known as “true cinnamon.” You will want to start by substituting 1 drop of cinnamon bark essential oil for 1–2 Tbsp. ground cinnamon. Cinnamon bark is a strong oil, so be sparing and avoid direct skin contact without dilution.
- With herbaceous oils like basil, marjoram, oregano, rosemary, cilantro, dill, thyme, etc., start with a toothpick dipped in the oil and stir into the mixture, and then add more to taste as needed. For some of these oils, even one drop would be too much for a recipe, so the toothpick method is highly preferred.
- For other flavours, a good rule of thumb is to substitute 1 drop of oil for 1–2 Tbsp. of dried spice or herb and 1 drop of oil for 1–2 tsp. of fresh spice. If you think the oil is strong or the recipe calls for less than the above quantities, start with a toothpick dip instead. Taste, and add more if needed.
- Heating the oils will destroy their therapeutic compounds. Always add them at the end of the cooking process and allow some time for heat to dissipate.
- Always stir really well! Essential oils can be stubborn or hard to disperse and are best combined with an oil or milk prior to adding to the rest of the batter/mix. This will make sure no one gets a whole mouth full of black pepper
- Keep in mind that since essential oils are so much stronger in flavour and purity than typical alcohol-based extracts and flavourings, always start with less and add more to taste, as necessary.