

> Infusing 101:

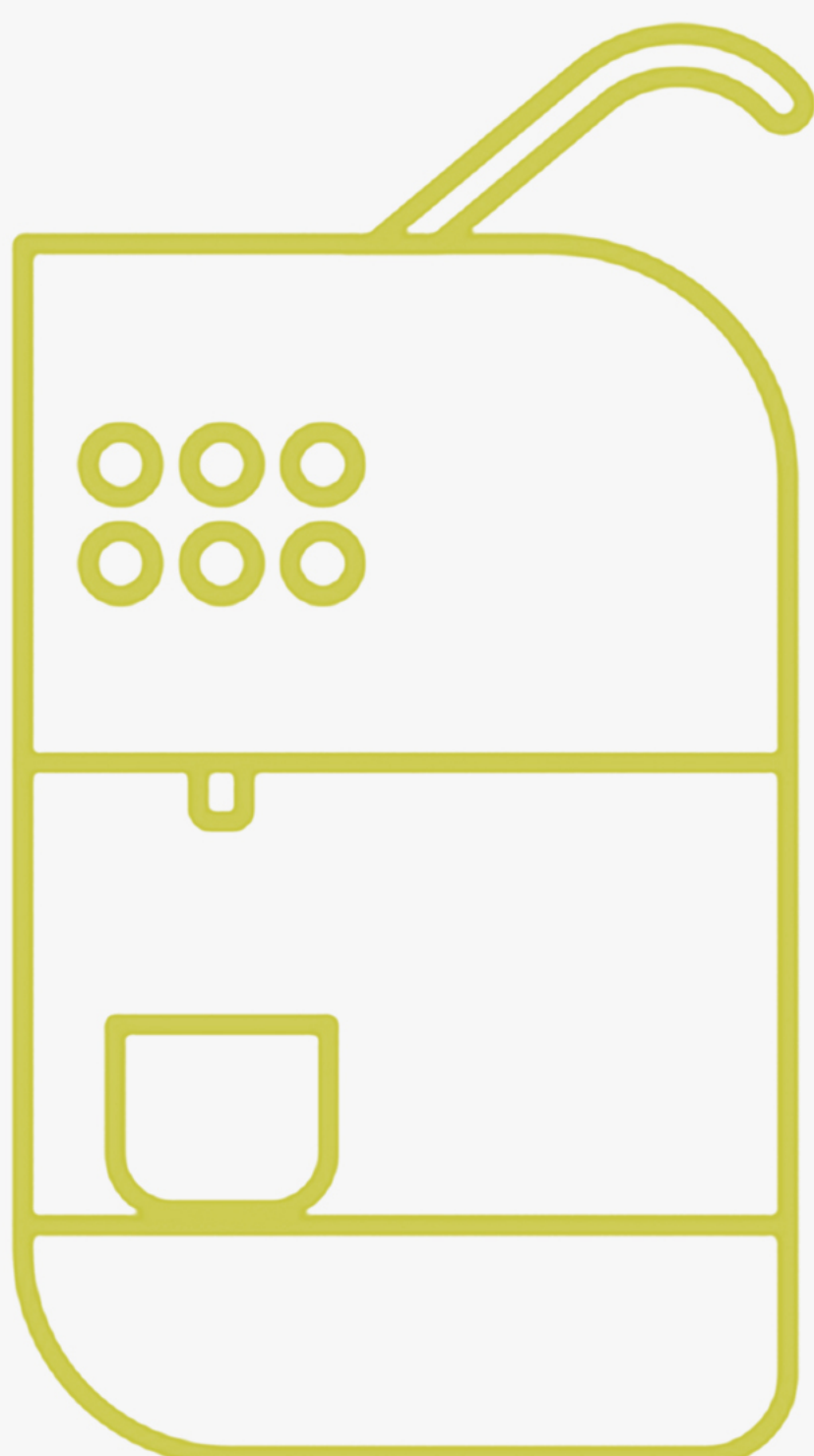
Get the Most out of LEVO



You may have used our handy calculator to get started, but we are sharing more exclusive content with our customers & subscribers that will help you make the most of your infusions!

Let's start with some basic concepts that will help LEVO make you an infusion master.

- 1 The moister the herb, the shorter the shelf life (but always store your creations in a cool, dark place).
- 2 When it comes to fats: the more refined, the higher the smoke point and more neutral the taste. The less refined, the more aroma and good stuff (like healthy fats, antioxidants, and vitamins!), but lower the smoke point.
- 3 The longer you infuse, the greater the potency.



Because LEVO won't let temperature exceed boiling, you don't need to worry about over heating as you infuse (which would compromise the integrity of ingredients). No matter the combination, LEVO will never do you wrong; there's only an upside to zeroing in on specific time and temperature settings.

That aside, it's always good to know the smoke points of different fats before cooking with them. Take a look at our list of smoke points for common (and not so common) oils & butters you can use in your infusions to get a sense of which fats are most appropriate for particular uses.

> Cooking Oils / Fats

* Quick tip: Our top choice for high temperature cooking is avocado oil!

Cooking Oils / Fats	Smoke Point °F
Unrefined flaxseed oil	225°F
Unrefined safflower oil	225°F
Unrefined sunflower oil	225°F
Unrefined high-oleic sunflower oil	320°F
Extra virgin olive oil	320°F
Unrefined peanut oil	320°F
Semi-refined safflower oil	320°F
Unrefined soy oil	320°F
Unrefined walnut oil	320°F
Hemp seed oil	330°F
Butter	350°F
Semi-refined canola oil	350°F
Coconut oil	350°F
Unrefined sesame oil	350°F
Semi-refined soy oil	350°F
Vegetable shortening	360°F
Lard	370°F
Macadamia nut oil	390°F
Canola oil (Expeller Pressed)	400°F
Refined canola oil	400°F
Refined Safflower oil	510°F
Semi-refined walnut oil	400°F

Cooking Oils / Fats	Smoke Point °F
HQ (low acidity) extra virgin olive oil	405°F
Sesame oil	410°F
Cottonseed oil	420°F
Grapeseed oil	420°F
Virgin olive oil	420°F
Almond oil	420°F
Hazelnut oil	430°F
Peanut oil	440°F
Sunflower oil	440°F
Refined corn oil	450°F
Palm oil	450°F
Palm kernel oil	450°F
Refined high-oleic sunflower oil	450°F
Refined peanut oil	450°F
Semi-refined sesame oil	450°F
Refined soy oil	450°F
Semi-refined sunflower oil	450°F
Olive pomace oil	460°F
Extra light olive oil	468°F
Rice Bran Oil	490°F
Avocado oil	520°F

Our calculator was built with illustrative examples and is just the tip of the iceberg! For more inspiration, check out some of the other herbs that share characteristics with our examples as they pertain to infusion.

We recommend a similar cycle time for each cluster of comparable ingredients below. As with smoke points, our goal is to empower you with an idea of the spectrum of cycle times (which we base largely on texture).



2+ hours

Flower



1-2 hours

Nut

Pine nut
Pistachio
Pecan
Hazelnut



1-2 hours

Clove

Allspice
Cinnamon



1-2 hours

Seed

Sesame
Fennel
Mustard
Anise
Annatto
Coriander



30 min - 1 hr

Root

Dandelion
Ginger
Horseradish
Licorice
Sassafras
Turmeric



30 min - 1 hr

Vegetables

Garlic
Mushrooms
Shallot
Chive
Scallion
Truffle



30 min - 1 hr

Pepper

Paprika
Red
Jalapeno
Chili
Szechuan
Peppercorn



15 min - 30 min

Rosemary

Sage
Thyme
Tarragon



15 min - 30 min

Fruit

Juniper berry
Orange rind
Lime rind
Yuzu
Tangerine rind
Clementine rind
Grapefruit rind
Blood orange rind
Meyer lemon rind
Kumquat rind



15 min - 30 min

Vanilla



5-15 min

Petal

Chamomile
Calendula
Lavender



5-15 min

Basil

Parsley
Mint
Dill
Bay leaf
Cilantro
Lemon
grass
Oregano
Watercress

**Looking to swap out your routine marinade or opt for a healthier sauce?
Try one of these combinations for your next meal:**

Baked Chicken with cannabis, rosemary and garlic infused Extra Virgin Olive Oil
***Try saving the leftover from this infusion to mix lemon juice or vinegar for an easy salad dressing!**



Roasted Root Vegetables with hazelnut, thyme, and lemon infused Grapeseed Oil
***Grapeseed Oil is great for cooking at higher temperatures, so feel free to throw these infused veggies on the grill!**



Stir Fried Tofu with ginger, yuzu and Sichuan peppercorn infused Sesame Oil
***Yuzu is a Japanese citrus fruit that lends a tart flavor and distinct aroma to recipes! Enjoy!**



Pan Fried Scallops with cilantro, lime, and onion infused Avocado Oil
***When infusing with citrus, use a vegetable peeler and cut thin slivers of the oily top layer into long ribbons. Make sure not to peel off the bitter white pith!**

We're working to bring you more recipes and tips for infusing with LEVO. We'd love to hear from you! Get in touch at info@levooil.com anytime with questions, comments or suggestions!

With love,

Team LEVO