



# Crispy Crunchy Umami Oil Joys



**Refettorio  
OzHarvest**  
Sydney

This oil is an ideal way to add some heat and flavour to your meals. Add a spoonful of this amazing oil to your next stir fry, scrambled eggs, dips, noodles and so much more!

*Recipe by: Jez Wick, Head Chef at Refettorio OzHarvest Sydney*

## Ingredients

- 3 garlic cloves, thinly sliced
- 8 dried chillis chopped
- 3 banana shallot, thinly sliced
- 6cm knob ginger, thinly sliced
- 1 tbsp gochujang powder
- ½ tsp msg
- ½ tsp salt
- ½ tsp brown sugar
- 2 tbsp fried peanuts
- 2 tbsp fried cashews
- 2 tbsp mushroom powder (available at Asian grocers)
- 200ml neutral oil (such as sunflower or vegetable oil) + 200ml for frying

## Method

1. Heat up 400ml of neutral oil on a medium – high heat in a low shallow fry pan.
2. Fry nuts, garlic, chilli, shallots, and ginger separately for 4 - 8 minutes, or until crisp and golden. Transfer each ingredient to paper towel once fried to drain. Save the used oil for frying.
3. Roughly chop peanuts and cashews and mix in a jar with garlic, chilli, shallots, and ginger.
4. Add in the oil used for frying!
5. Oil should be stored at room temperature and will keep for up to 6 months.

For more information visit  
[ozharvest.org/refettorio-ozharvest-sydney](https://ozharvest.org/refettorio-ozharvest-sydney)