



MODERN KITCHEN · CLASSICAL FRENCH · PANTRY FOUNDATION · SAUCE ·
CONDIMENT · PLATING TOOL

Aceite Verde · Blanch-Shock-Blend Herb Oil

Parsley, chives, basil, or shiso transformed into a radioactive-green oil that keeps its color for five days refrigerated. Ten minutes of work, one ice bath, and every plate in the kitchen gets a plating tool chefs charge restaurant-prices for. The universal chlorophyll-preservation technique — same blanch, same shock, same blend — across every soft herb.

Protein None (naturally vegan)

Serves ~150 ml oil · 30+ plating-drizzle portions · keeps 5 days refrigerated

Difficulty Beginner

Active 10 min active

Total 15 min (includes ice-shock + strain)

THE STORY

The Green Oil Every Restaurant Keeps

Walk into any modernist-leaning restaurant kitchen and somewhere near the pass there will be a squeeze bottle of bright-green oil. Parsley oil, basil oil, chive oil, shiso oil, occasionally chervil or dill oil. It comes out on almost every plate — a drizzle, a pool, a decorative streak — and it's the visual signature of contemporary plating. It is also absurdly easy to make. The technique has been documented since the 1990s nordic-avant-garde kitchens made it their calling card; variants of it appear in classical French haute cuisine for longer.

The mechanism is simple and specific. Chlorophyll, the compound that makes leaves green, is chemically unstable. Exposed to heat above 90 °C for more than a few seconds, the magnesium atom at its center is displaced by hydrogen — turning bright-green chlorophyll-a into olive-brown pheophytin. Also present in every soft herb is the enzyme *chlorophyllase*, which catalyzes the same degradation at room temperature over 24-48 hours. A simply-blended herb-and-oil mixture will be green for a few hours, then go brown overnight. It tastes fine, but the visual is gone.

The blanch-shock-blend sequence is the fix. **Blanch** 10 seconds in boiling water denatures chlorophyllase (heat-kills the enzyme). **Shock** in ice water 30 seconds stops the heat before pheophytin degradation begins. **Squeeze dry** removes the water phase that would emulsion-break the oil. **Blend** at 60-75 °C (friction heat from a high-speed blender, not direct heat) extracts the fat-soluble green pigments into the oil matrix. **Strain** through fine-mesh to remove leaf solids. The result: a radioactive-green oil that holds its color 5 days refrigerated — the enzyme that would destroy it is dead; the direct heat that would degrade it was never applied.

Five days refrigerated shelf life turns this into a pantry staple, not a special-occasion prep. Make a batch on Sunday, a bright-green squeeze bottle lives in the fridge door, every plate that wants a plating drizzle between Monday and Friday gets one. This recipe is the standalone extraction of the shiso-oil technique from [hamachi-crudo-yuzu-kosho](#) (Batch 3). Same sequence. Any soft herb.

Specs

<p>YIELD</p> <p>~150 ml oil · 30+ drizzle portions</p>	<p>BLANCH</p> <p>10 seconds boiling water, exactly</p>	<p>SHOCK</p> <p>30 seconds ice water, squeeze dry after</p>	<p>BLEND</p> <p>2 min high- speed, friction temp 60-75 °C</p>
<p>DIFFICULTY</p> <p>Beginner ●○○○○</p>	<p>ACTIVE TIME</p> <p>10 min</p>	<p>TOTAL TIME</p> <p>15 min</p>	<p>KEEPS</p> <p>5 days refrigerated (light-tight container ideal)</p>
<p>HERB : OIL</p> <p>1 : 3 by weight (30 g herb : 90 g oil), or 1 : 5 for lighter flavor</p>	<p>KEY RULE</p> <p>Squeeze herbs DRY — residual water breaks the oil emulsion</p>		

UMAMI ADAPTATION

What Changed & Why

Two variables: herb quality, oil quality. Technique is identical across every herb — same 10-sec blanch, same 30-sec ice-shock, same blend temp, same strain. The ● Tier A (Everyday) uses grocery flat-leaf parsley or basil + California Olive Ranch Arbequina EVOO. Produces a legitimate bright-green oil usable across every plating application. The ● Tier B (No-Limits) uses home-grown or farm-fresh herbs (30-minute-from-pot window) + Rincón de la Subbética summit EVOO. Fresh-plucked herbs 30 min before blanching are the single biggest quality lever — the volatile aromatics in herbs oxidize

rapidly after picking, so a Whole-Foods clamshell of parsley that sits in the fridge 3 days makes a noticeably duller oil than a pot-grown bunch cut the morning of. The oil difference (Arbequina vs Rincón) is real but secondary; the herb-freshness difference is primary.

CHANGE	ORIGINAL	UMAMI VERSION	WHY
TECH	Blend herbs with olive oil, strain, done — the common home-kitchen approach	Blanch 10 sec + ice-shock 30 sec + squeeze dry + blend at 60-75 °C friction heat + strain	The blanch-shock sequence is the entire difference between a 2-hour green oil and a 5-day green oil. Raw-herb blending skips the chlorophyllase-inactivation step; the enzyme continues degrading chlorophyll in the finished oil, turning it olive-brown within 24 h. The blanch-shock-blend sequence produces an oil that holds its color for 5+ days refrigerated. This is the technique used across every modernist-leaning kitchen.
TECH	—	Squeeze herbs between paper towels or clean cloth until as dry as possible before blending	Blanched herbs retain water. Water + oil = emulsion-break risk during blending + accelerated oxidation during storage. A hard squeeze (until no droplets appear) is a 15-second step that doubles shelf life. Skipping it is the #2 failure mode for green oils (after skipping blanch entirely).

CHANGE	ORIGINAL	UMAMI VERSION	WHY
ADD	—	60-75 °C target blend temperature (friction heat from high-speed blender only; no direct heat)	Above 80 °C chlorophyll degrades to pheophytin during the blend. Below 60 °C the extraction is incomplete (oil pulls only surface pigments). High-speed blenders (Vitamix, KitchenAid) hit 60-75 °C naturally through friction within 2 min of high-speed run. Lower-power blenders stay below 60 °C; may need a 3rd minute. Countertop thermometer in the blender jar is the sanity check.
ELEV	Strain once through fine-mesh sieve	Optional: re-strain through coffee filter or fine cheesecloth for silk-smooth finish	Single strain removes visible leaf particles. Re-strain through coffee filter (slow — 20-30 min drip) produces a crystal-clear oil with no particulate cloud. Only necessary for fine-dining plating where the oil will be streaked across a white plate and seen clearly. For everyday pantry use, single-strain is fine.

CHANGE	ORIGINAL	UMAMI VERSION	WHY
SKIP	Blanching salt — adding salt to the boiling blanch water	Plain water only for blanching	The common French haute-cuisine trick of salting blanch water is for vegetable color preservation, where the salt raises boiling point slightly and buffers chlorophyll. For 10-second herb blanches, the salt contributes nothing meaningful to color (the blanch is too short for salt to matter) but adds variable seasoning to the oil. Skip it. Season the oil directly if needed — a pinch of salt at the end.

INGREDIENTS

What You Need

Everyday

The Herb (Choose One)

- 30 g **flat-leaf parsley** — the universal default; versatile, easy, produces bright green. Leaves only (stems contribute bitter off-notes).
- 30 g **fresh basil** — for Italian/Mediterranean applications.
- 30 g **fresh chives** — milder, sulfur-forward; pairs with seafood.
- 30 g **green shiso (aojiso)** — for Japanese applications (the variant used in [hamachi-crudo](#)).
- 30 g **chervil or dill** — more delicate; softer green, subtler flavor.

The Oil

- 90 g **California Olive Ranch Arbequina EVOO** (Whole Foods) or any mild-flavor Spanish or Italian EVOO. Avoid strong peppery oils (overpowers the herb) and avoid sunflower/canola (boring).

No Limits

The Herb (Tier B)

- 30 g **home-grown or farm-fresh soft herbs** — picked within 30 min of blanching. A potted parsley/basil/chive plant on a windowsill is the single biggest quality lever available; fresh cut beats Whole Foods clamshell by a noticeable margin because volatile aromatics in herbs oxidize rapidly after picking. Zone 10b Miami grows parsley/basil/chives year-round with minimal care.

The Oil (Tier B)

- 90 g **Rincón de la Subbética summit EVOO** — the Spanish EVOO summit (see [sourcing/11-oils-vinegars](#)). Early-harvest Arbequina with pronounced peppery-grassy notes that amplify rather than compete with the herb. Alternative: **Castillo de Canena Early Harvest** (Jaén) for the same register.

EQUIPMENT

Your Kit

- Small saucepan (1-qt) — for the 10-sec blanch

- Ice water bowl — for the 30-sec shock

- Paper towels or clean kitchen cloth — for squeezing herbs dry

- High-speed blender (Vitamix, Ninja, or equivalent) — friction heat is what extracts the oil

- Fine-mesh strainer — for removing leaf solids

- Optional: coffee filter or fine cheesecloth — for re-strain to silk-smooth

- Small squeeze bottle (100-200 ml) — for storage and controlled plating

MISE EN PLACE

Before You Start

- Herbs washed, dried if fridge-cold, leaves only (stems removed for parsley, whole for chives). Measured to 30 g.

- Small saucepan on stove, water at rolling boil.

- Ice water bowl ready at stove (bigger bowl = faster temperature drop).

- Oil measured to 90 g in small container.

- Blender clean + dry (water will emulsion-break the oil).

- Fine-mesh strainer + small jar or squeeze bottle ready for strain.

MAKE-AHEAD

Timeline

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METHOD

The Cook

1 Phase 1 · Blanch + Shock — 45 seconds

1. Bring saucepan of water to a rolling boil.
2. Have ice water bowl ready on counter next to stove.
3. Drop all 30 g of herb into boiling water. Stir gently with a slotted spoon to submerge.
4. Count 10 seconds. The herbs turn vibrant-green and go slightly limp.
5. Immediately transfer with slotted spoon to ice water. Shock 30 seconds.
6. Drain.

WHY THIS WORKS

Heat denatures chlorophyllase (the enzyme in soft herbs that catalyzes chlorophyll breakdown). 10 seconds at 100 C is sufficient to inactivate this enzyme without significant chlorophyll degradation. Ice-shock immediately drops the temperature below 40 C where any remaining thermal degradation stops. The vibrant green color is chlorophyll stabilized; pheophytin formation has been prevented.

2 Phase 2 · Squeeze Dry — 30 seconds

1. Transfer shocked herbs onto a clean kitchen cloth or paper towels.
2. Fold the cloth over and squeeze firmly. Water will run out.
3. Continue squeezing until no more water appears — aim for herbs that are damp-looking but not dripping.
4. If using cheesecloth or a clean t-shirt sleeve (the chef trick), wring it out like twisting wet laundry.

WHY THIS WORKS

Water introduced to oil during blending breaks the oil emulsion (water + oil separate). Water also accelerates oxidation of the finished oil (shortens shelf life from 5+ days to 1-2 days). Any residual water is a liability. The squeeze reduces water content to roughly 30-40% of the original wet weight — enough for the blender to work against, not enough to ruin the oil.

3 Phase 3 · Blend — 2 minutes

1. Transfer squeezed herbs to the blender jar.
2. Add 90 g oil. Seal the blender.
3. Start on low speed to combine, then ramp to high speed.
4. Blend at high speed for 2 minutes. The jar will warm to 60-75 C from friction (touch the jar — should be noticeably warm to hot, not burning).
5. If blend temperature hasn't reached 60 C after 2 min (low-power blenders), extend to 3 min. A kitchen thermometer probed into the blender jar (blender off) confirms.
6. Stop the blender. The mixture should look deeply green, smooth, hot.



WHY THIS WORKS

Friction from high-speed blades heats the oil through mechanical work. At 60-75 C, fat-soluble compounds in the herb (including chlorophyll pigments, volatile aromatics, terpenes) extract efficiently into the oil. Below 60 C extraction is incomplete. Above 80 C chlorophyll pigments begin degrading to pheophytin even in oil. The 60-75 C window is the extraction sweet spot.

4 Phase 4 · Strain + Bottle — 5 minutes

1. Pour blender contents through a fine-mesh strainer into a small jar or squeeze bottle.
2. Press gently with a silicone spatula to extract all the oil; don't force the leaf solids through.
3. Discard (or compost) the leaf solids — they've given up their flavor.
4. OPTIONAL re-strain: pour through coffee filter or multiple layers of cheesecloth for crystal-clear oil. Slow drip (20-30 min); only worth it for fine-dining plating.
5. Seal jar or squeeze bottle. Refrigerate.
6. Shelf life: 5 days refrigerated in the squeeze bottle. Take out 15 min before use to let the oil return to pourable viscosity.



WHY THIS WORKS

Straining removes the insoluble leaf solids that would continue slowly oxidizing in the oil over storage. A squeeze-bottle gives controlled plating dispense; a jar with a spout works for pouring. Light-tight container (tinted glass or cabinet-stored) extends shelf life by protecting against UV photo-degradation.




QUICK REFERENCE

Timing Cheat Sheet

STEP	TIME	CUE
Mise herbs + oil + water + ice	T- 1 5 m	30 g herb + 90 g oil + water to rolling boil
10-sec blanch	T- 1 0 m	Drop herbs, count 10, transfer
30-sec ice shock	T- 9 m 3 0 s	Submerge in ice water, stir gently
Drain + squeeze dry	T- 9 m	Firm squeeze in cloth, 30 sec
Blend 2 min high-speed	T- 8 m	Friction temp 60-75 C
Strain through fine-mesh	T- 3 m	Silicone spatula press; discard solids
Bottle + refrigerate	T+ 0 m	Squeeze bottle preferred
First use	T+ 0 onward	Take out 15 min before for pourable temp

TROUBLESHOOTING

Emergency Protocols

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DEEP DIVES

Technique Notes

Universal: The 10-30-2 Rule

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10 seconds blanch, 30 seconds ice-shock, 2 minutes blend. Memorize. This is the universal chlorophyll-preservation sequence for every soft herb oil. Deviation breaks the technique — 5-sec blanch doesn't denature chlorophyllase enough; 15-sec blanch starts degrading chlorophyll; 1-min blend doesn't hit extraction temperature; 4-min blend overheats. The three numbers are empirically tested and consistent across parsley, basil, chives, shiso, chervil, dill.

Universal: The Squeeze Rule

MODERN KITCHEN · WATER-ELIMINATION

Blanched herbs retain significant water (often 50-70% of their wet weight). Water is the enemy of green oil — it breaks emulsions during blending and accelerates oxidation during storage. A proper squeeze removes 40-60% of that water, dropping residual to a tolerable level. Hard squeeze in cloth for 30 seconds. Test: no droplets should emerge from further squeezing. This is the most-under-done step across amateur green-oil recipes.

● **Modern Plating: Base-Under vs Drizzle-Over**

PLATING ARCHITECTURE

Green oil has two primary plating applications. Base-under: a pool laid beneath fish, meat, vegetables — oil bathes the protein, every lift picks up aroma (see hamachi-crudo). Drizzle-over: thin streaks on top — aroma-forward, visual-focal. Base-under works for fatty-rich proteins (duck, lamb, wagyu, salmon); drizzle-over works for leaner or delicate plates (white fish, crudo, vegetable centerpieces). Same oil, different structural role.

● **Pantry Strategy: The Weekly Batch**

SUNDAY-PREP · RESTAURANT DISCIPLINE

Make one batch every Sunday morning. The 10-minute prep + 15-minute total is a weekend-routine investment that unlocks 5 weekday dinners of plating elevation. Rotate the herb: parsley one week (universal), basil the next (Italian/Mediterranean week), chives the third (seafood week), shiso the fourth (Japanese week). A pantry rhythm that mirrors restaurant-kitchen prep practice.

● **No Limits: Multi-Herb Blends**

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The technique extends to multi-herb blends for specific applications. Herbes de Provence oil (parsley + thyme + rosemary + lavender — 20:4:4:2 g ratio) for lamb, roast chicken, Provençal plates. Tricolor oil (parsley + basil + chive — 15:10:5 g) for Italian plates. Asian green oil (shiso + cilantro + Thai basil — 20:5:5 g) for crudo and cold noodles. Same 10-30-2 sequence; multi-herb extraction balances the fat-soluble aromatic profile across register.

No Limits: Coffee-Filter Re-Strain

FINE-DINING PLATING POLISH

For fine-dining presentation where oil streaks will be clearly seen on a white plate, re-strain the single-strained oil through a coffee filter or multiple layers of cheesecloth. Slow drip (20-30 minutes for 150 ml). The result is a crystal-clear oil with no particulate cloud — glossy, photographic. Only worth it for flagship plates. Everyday kitchen use, single-strain is visually indistinguishable for squeeze-bottle application.

PAIRING

What to Drink

Application · Crudo + Tartare

Base-under under hamachi-crudo, kanpachi-crudo, tuna-tartare, beef-tartare-classic

The bright green base elevates any raw-protein plate. Shiso variant for Japanese; parsley variant for classical tartare.

Application · Grilled Seafood

Drizzle over whole-fish-kamado, miso-salmon-sv, gambas-al-ajillo

Seafood with herb oil is a universal pairing — Mediterranean in roots, modern in execution. Parsley oil on whole grilled fish is classical.

Application · Roasted Meat + Lamb

Drizzle over lamb-leg-sv-kamado, cordero-lechal, chuleton

Lamb + parsley oil is Provence-via-Spain; ribeye + basil oil is northern-Italian classical. Fatty red meat wants a bright green counterpoint.

🔥 Application · Vegetable Centerpieces

Drizzle over zanahorias-sv-miso (Batch 3), kamado-mushrooms, pisto-manchego

Vegetable plates benefit dramatically from visual + aromatic elevation. A streak of chive oil on miso-glazed carrots turns a side into a centerpiece.

🔥 Application · Plated Soups

Drizzle streaks onto gazpacho-tm6 or (upcoming) ajoblanco or salmorejo. Classical Andalusian cold-soup plating

Cold soups in shallow bowls are a canvas for aromatic oil. The bright green against the pale tomato-red of salmorejo is the classical dinner-party visual.

CONTEXT

Menu Ideas

The Sunday Pantry Install

Every Sunday morning: 15 min of prep produces the squeeze bottle that unlocks 5 weekday dinners of plating elevation. Rotate herb by week (parsley/basil/chives/shiso) to match planned dinners.

Dinner-Party Three-Plate Arc

Opener: hamachi-crudo with shiso-oil base. Main: lamb-leg-sv-kamado with parsley-oil drizzle. Side: zanahorias-sv-miso with chive-oil streaks. Three different green oils, three different plates, one technique.

The Minimal Tapas Night

Squeeze-bottle green oil drizzled over: good sourdough + Maldon + a pool of oil; or a wedge of tortilla with a streak of oil; or simply a small plate with oil in a pool and a piece of bread. Spanish-via-minimalism.

Plating Class for Pablo

Practice plating discipline: a streak on a white plate, then a dot-pattern, then a swoop. Five minutes at the sink with a squeeze bottle before dinner = real plating confidence in 2 weeks.

Herb-Garden Feedback Loop

Growing potted parsley + basil + chives on the windowsill produces roughly 30 g/week of fresh cuttings per plant — exactly one weekly batch of green oil. The pantry + the garden + the kitchen form a closed loop.

YOUR NOTES

Cook Log

Session Notes

Date: _____ · Serves: ____ · Rating: __ / 5

Use this space to record what you changed, what worked, and what you'd do differently next time. Your future self will thank you.



Stop following recipes. Start understanding food.

