

Achiote Oil

Amount	Measure	Ingredient - Preparation Method
1 1/2	tablespoons	achiote seeds
1/2	cup	canola oil

In a small sauce pan over medium-high heat, add the seeds and toast for 2-3 minutes. Add the oil, reduce the heat to low and cook for 5-6 minutes. Remove from heat, cool and strain.

Yield: "1/2 cup"