

Vanilla Essence



Serves	500ml
Prep time	5 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Dairy , Egg , Glutamates , Preservatives , Salicylates , Wheat
Suitable for	Dairy / Lactose Free , Gluten Free , RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Ingredient

Ingredients

- 6 vanilla beans
- 500ml plain vodka

Directions

1. Cut each vanilla bean in half lengthways, then in half cross-ways.
2. Place the vanilla beans in a bottle or jar that will hold 500 ml. Pour in the vodka and seal the jar.



3. Place the jar in a dark place and leave for at least 6 weeks, shaking occasionally.
4. After 6 weeks the vanilla essence is ready to use. Continue to store it out of sunlight. The flavour will continue to develop and get stronger over time.



Note

Low Chemical / FAILSAFE

Vanilla is considered low chemical, but needs to be limited during the strict elimination phase.

Some recipes for vanilla essence recommend topping up the jar with more vodka as you use it up. I prefer to let mine get stronger and start a new jar once it runs out.