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# 18 Aroma-Vital Cuisine

## *Healthy and Delightful Consumption by the Use of Essential Oils*

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Your nourishment ought to be your remedies and your medicaments shall be your food.

—Hippocrates

Certainly, the value of our nutrition, in terms of nutritional physiology, is not only conditioned by its nutrient and calorie contents. Moreover, also health-conscious and constitutional eating habits require an adequate preparation of meals as well as an appropriate form of presentation. Early sophisticated civilizations and their health doctrines, like that of the Traditional Chinese Medicine (TCM), Ayurveda in Southeast Asia, and for instance the medical schools during the ancient Greek period examined individuals and their reaction on life circumstances, habits, nutrition, and substances, to contribute to a long-lasting health. To support a person's balance the aim was to develop a conscious way of using the senses and a balanced sensory perception.

Thus fragrances are a kind of soul food, as the information of scents can be perceived in every section of our self, physical, energetic as well as intellectual, from a holistic point of view. Adding spice with essential oils according to the Aroma-Vital cuisine combines sensuality with sanative potential.

People across continents and cultures have experimented with the healing virtues of "nature's bouquet" or just simply tried to enhance the flavor and vitality of their meals. The ancient Egyptian civilization reverted to an elaborated dinner ceremony by using the efficacy of essential oils to get

the participants in the mood for the meal. Before the food was served, heated chalices with scented fats, enriched with a variety of herbs and spices were provided, not only to spread pleasant smells, rather as a kind of odorous aperitif to activate ones saliva to prepare for digestion. Meals that have been enriched with essential oils or expressed oils, rebound to a conscious awareness of consuming food, are well-nigh comparable, like going on a culinary expedition. This fare is perceived as a composition of tastes, which is not only tastefully ingenious, but also might be able to raise the food's virtue.

In this regard the entropy rather than the potency of the condiment is significant. The abundance of nuances, the art of adding flavor on the cusp of being noticeable, becomes more important than giving aroma officiously. The scents hovering above the meals, almost like a slight breeze, compound the food's own natural flavor in a subtle manner. "Less is more" is the economic approach which in this context is indicative.

The sensation of satiety is taking place early on. Due to this desire to savor to the fullest, the taste is excited and leads to longer chewing. This in turn activates  $\alpha$ -amylase (amylolytic enzyme, already working in the oral cavity). Conditionally on the high bioavailability, especially of the monoterpenes, which are significant and available in the paring of citrus fruits and some kind of herbs, in a sense the Aroma-Vital cuisine shows aspects of the salutary genesis (Salutogenese). The savoriness of the food, pleasant smell, and appetizing appearance plays a prominent role here, at last the appetite regulates between physiological needs and pleasure and thus variety and vitally enhanced meals are in demand.

## 18.1 BASIC PRINCIPLES OF THE AROMA-VITAL CUISINE

### 18.1.1 THE HEART OF CULINARY ARTS IS BASED ON EXQUISITE INGREDIENTS AND AN ACCOMPLISHED ROUNDING

Natural aromas, from blossoms, herbs, seeds, and spices, extracted in artificial pure essential oils, delicately accompany the elaborate cuisine. They are not supposed to supersede fresh herbs, rather complementing them. If, however, herbs are not available, natural essences are delightfully suited to add nuances. They are giving impetus to and are flexible assistants for preparing last-minute menus. One should use this rich source to compile a first-aid assortment of condiments or even a mobile spice rack.

### 18.1.2 QUALITY CRITERIA AND SPECIFICS THAT HAVE TO BE ADHERED TO, WHILE HANDLING ESSENTIAL OILS FOR FOOD PREPARATION

The regional legal regulations of the food chemical codex or the local food legislation might differ and if one is going to use essential oils professionally, one has to be firm with them, but still there are certain basics that deserve attention and lead to a safe and healthy way of practicing this subtle culinary art.

For cooking, solely 100% pure essential oils from controlled organic cultivation should be used. Oils that are not available of controlled organic origin, particularly those that are cold-pressed, a residue check should be guaranteed by the manufacturer to ensure that the product does not contain harmful amounts of pesticides. The label should not only contain name, contents, and quantity but also

- Latin definition
- Country of origin
- Description of used plant parts
- Used method of extraction

- Date of expiry
- If the oil has been thinned, the exact ratio of mixture
- If solvents have been used, they should be mentioned.

For the Aroma-Vital cuisine, the only acceptable solvent would be alcohol. As the oil is used in very small and thinned concentrations it would not be harmful to children. Less qualitative oils from industrial origin sometimes might even contain other substances. It should be indicated that natural flavorings used in food production should be pure and free of animal by-products such as gelatin or glycerin, which has been obtained by saponification of animal fat.

### 18.1.3 STORAGE

Essential oils are very sensible to the disposure of light, air and temperature; therefore they should be stored adequately. In this way, long-lasting essential oils keep their aroma as well as their ingredients and might even develop their bouquet. Foods or processed foods with essential oils may not be stored in tin boxes. Very important: essential oils should be kept away from children.

### 18.1.4 QUANTITY

The internal use of essential oils has to be practiced carefully. This subtle art is an amazing tool, but swallowed in too huge amounts, they are bad for one's health. One should never add the pure concentrate of essential oils to foods; it should not be forgotten that 1 drop is often comparable to a huge amount of plant material. Therefore, they ought to be always thinned and the dilution should be used teaspoon by teaspoon.

### 18.1.5 EMULSIFIERS AND FORMS OF ADMINISTERING

Essential oils are not water soluble; therefore, emulsifiers are necessary to spread their aroma, they are for example

1. Basic oils, special oils, or macerated oils
2. Butter, milk, curd, egg yolk, and mayonnaise
3. Alcohol and vinegar
4. Syrups, molasses, honeys, treacles, and sugars
5. Salt
6. Tofu, soy sauce and tamarind sauce
7. Avocado, lemon juice, and coconut
8. Sesame seeds, sunflower seeds, almonds, and walnuts.

On the basis of these emulsifiers and a mixture of essential oils, a variety of "culinary assistants" can be conjured up: spiced oils, spiced butter or mayonnaises, spiced alcohols, spiced syrups, spiced sauces, or even spiced salts. These blends can be prepared in advance and stored to use them for everyday meals. Another nice variation is the use of hydrolates (a partial extract of plant material extracted by distillation) such as rose water, for food preparation.

### 18.1.6 TO ADD SPICE WITH NATURAL AROMAS IN A BALANCED WAY

To know how food and essential oils interact is a great help to create a harmonic assembly of foods, which is nourishing us from a holistic point of view. In this manner, the sun-pervaded seed oils of anise, bay, dill, fennel, or caraway might be able to aerate the earthy corm- and root-vegetable. Salads can be enhanced and prepared to be more digestive by adding pure natural essential oils such as thyme, rosemary, and clementine to the marinade, or another rather Asian variation would be to add ginger, pepper, and lemon grass.

### 18.1.7 ESSENTIAL OILS ARE ABLE TO LIFT OUR SPIRITS AS WELL

A condiment ensemble of orange, vanilla extract, cacao extract, and rose for example, is able to support soul foods such as milk rice, milk shakes, and desserts in their attitude to supply security and confidence.

## 18.2 A SMALL CULINARY TRIP: AROMA-VITAL CUISINE RECIPES AND INTRODUCTION

TABLE 18.1

Basic Spice Rack of Essential Oils: How to Prepare Essential Oil Mixtures and Essential Oil Seasonings

Basic Essential Oils	Mixtures	Emulsifier Seasonings	Recipes Example
<b>EURO ASIA</b>			
Lime ( <i>Citrus aurantiifolia</i> )	5 drops	1. Oil	50 mL sesame oil Asian style
Coriander seed ( <i>coriandrum sativum</i> )	1 drop	2. Dairy prod.	50 mL mayonnaise Eggs
		3. Vinegar	50 mL rice vinegar Sushi
Ginger ( <i>Zingiber officinalis</i> )	2 drops	4. Sweetener	50 mL agave syrup Chutney
		5. Salt	50 mg sea-salt Spice
Lemongras ( <i>Cymbopogon citratus</i> )	1 drop	6. Tofu and co	50 mL soy sauce Marinated fried tofu
		7. Vegetables and fruits	50 mL coconut milk Rice and curry
Green pepper ( <i>Piper nigrum</i> )	1 drop	8. Nuts and seeds	50 mg sesame seeds Spice
		<b>O SOLE MIO</b>	
Thyme linalool ( <i>Thymus vulgaris</i> )	1 drop	1.	50 mL olive oil Pasta
		2.	50 mL egg yolk Omelette
		3.	50 mL balmy vinegar Salad
Rosemary cineole ( <i>Rosmarinus officinalis</i> )	1/2 drop	4.	50 mL honey Cuisine Provençal
		5.	50 mg sea-salt Spice
Clementine ( <i>Citrus deliciosa</i> )	5 drops	6.	50 mg tofu Grilled tofu
		7.	50 mg avocado Guacamole
		8.	Pesto
<b>CAPRI</b>			
Orange ( <i>Citrus sinensis</i> )	5 drops	1.	50 mL hazelnut oil Desserts
Lemon ( <i>Citrus limon</i> )	3 drops	2.	50 mL buttermilk Drink
		3.	50 mL cider vinegar Salad
		4.	100 mL maple syrup Desserts
		5.	50 mg sea-salt Spice
		6.	50 mL apple vinegar Fruit salad
		7.	50 mg avocado Sauce
		8.	50 mg walnuts Cakes
<b>BERGAMOT-GRAND MANIER</b>			
Grapefruit ( <i>Citrus paradisi</i> )	5 drops	1.	50 mL walnut oil Salad
		2.	50 mg butter Cake

continued

TABLE 18.1 (continued)

## Basic Spice Rack of Essential Oils: How to Prepare Essential Oil Mixtures and Essential Oil Seasonings

Basic Essential Oils	Mixtures	Emulsifier Seasonings	Recipes Example	
Orange ( <i>Citrus sinensis</i> )	5 drops	3.	1 L white vine	Beverage
		4.	50 mg raw sugar	Sweets
Limon ( <i>Citrus limon</i> )	2 drops	5.	50 mg sea-salt	Spice
		6.	50 mL tamarind sauce	Thai cuisine
Bergamot ( <i>Citrus bergamia</i> )	2 drops	7.	50 mL lemon juice	Drink
		8.	50 mg pumpkin seeds	Soup
<b>MAGIC ORANGE</b>				
Orange ( <i>Citrus sinensis</i> )	5 drops	1.	50 mL almond oil	Sweets
		2.	50 mg goat cheese	Oriental
Vanillaextract ( <i>Vanilla planifolia</i> )	3 drops	3.	50 mL raspberry vinegar or balsamic vinegar	Fruit salad
		4.	100 mL honey/treacle	Sweets
Kakaoextract ( <i>Theobroma cacao</i> )	3 drops	5.	—	
		6.	50 mL seitan tofu	Oriental
Rose ( <i>Rosa damascena</i> )	1/2 drop	7.	50 mg bananas	Desserts
		8.	50 mg almonds	Spice
<b>CLARY SAGE AND BERGAMOT</b>				
Clary sage ( <i>Salvia sclarea</i> )	2 drops			Spice
Bergamot ( <i>Citrus bergamia</i> )	5 drops	5.	50 g sea-salt	
<b>PEPPERMINT</b>				
Peppermint ( <i>Mentha piperita</i> )	Rather less—2 drops per 100 mL/mg	4.	100 mL maple syrup	Drink
<b>LAVENDER</b>				
Lavender ( <i>Lavandula officinalis</i> )	Rather less—2 drops per 100 mL/mg	4.	100 mL honey	Cuisine Provençal

**MENU****BASICS**

Crispy Coconut Flakes (Flexible Asian Spice Variation)

Gomasio (Sesame Sea-Salt Spice)

Honey Provençal

**BEVERAGES**

Aroma Shake with Herbs

Earl Grey at His Best

Lara's Jamu

Rose-Cider

Syrup Mint-Orange