

Oil-Free Dry Browning Technique & Storing and Preserving Herbs

Quick Step by Step: Oil-Free Sauté Technique

- Use a dry [stainless pan](#) (instant pot: use sauté setting)
- Turn burner to medium heat
- Add onions (diced or sliced)
 - Don't add any liquid or oil
- Allow onions to brown (or other items. See below for suggestions)
 - Notice the natural water releasing from the item
- Stir - occasionally (Approximately 3 minutes)
 - Remove from burner or lower the temperature **if**:
 - The onions get too dark
 - Your worried about burning.
- Continue to stir (About another 3 minutes)
- Turn off heat
- Add a small amount of water or [vegetable broth](#)
- Stir, making sure to scrape the bottom of the pan
- Mix everything together

Use this technique for mushrooms or onions (yellow, red, white or sweet) - diced or sliced. Use the same technique for sautéing in the instant pot. As well as the stove. Click the sauté button on the instant pot and follow the steps above.

Quick Step by Step: Storing & Preserving Herbs

- Place herbs in a bowl
- Add cold water
 - Gently move herbs from side to side
 - Remove any dirt
- Drain the water
- Repeat the steps of adding cold water and draining until all the water is clear
- Drain all the water from the bowl
- Shake the excess water from the herbs
- Rest herbs on the side of the bowl
- Use [plastic](#) or glass container with a lid to store the herbs
- Use a [flour sack](#) or tea towel that will fit into the container folded in half
- Lay one half of the towel inside the bottom of the container
- Add herbs
- Fold the other side of the towel over the herbs
- Change the towel weekly
 - The towel will absorb the water from the herbs
 - By changing the towel weekly, the herbs will last two weeks or longer.
 - When changing out the towel the following week
 - If herbs are limp repeat the Cold-Water Rinse steps from above.

I change out my towel every Saturday. No matter when I brought them home. It makes it easier for me to have a set date instead of remembering the day I washed them. I label the outside of the [potluck size container](#) with what's inside. By using a [dry erase marker](#) or [masking tape](#).

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