

Black Pepper

Piper nigrum 5 ml

dōTERRA™ | EUROPE

PRODUCT INFORMATION PAGE



PRIMARY BENEFITS

- Regarded as one of the most flavourful essential oils.
- A versatile flavouring component widely used across the world in savoury dishes, commonly ground from peppercorn form.
- Stimulating, herbaceous flavour ideal for soups, salads and seasoning for savoury recipes.

PRODUCT DESCRIPTION

Black Pepper is a well-known cooking spice used to enhance the flavour of foods. Described as hot, sharp, fruity, and spicy, Black Pepper essential oil can be added to meats, soups, entrées, and salads to enhance flavour. Although Black Pepper is commonly known for its vast culinary uses, its topical benefits are equally noteworthy.

USES

- Combine Black Pepper with Cilantro oil to give your next meal a hint of spice and add to meats, soups, entrées, and salads to enhance food flavour.

COOKING WITH BLACK PEPPER

It takes far less of an essential oil to flavour your food than dry seasonings, spices, or other flavouring agents. Because essential oils are so potent, even the tiniest amount can add a serious blast of flavour to your dish. When using Black Pepper oil in cooking, it is best to use the toothpick method – dip the tip of a clean toothpick into the essential oil bottle and stir the toothpick into your ingredients. After you've stirred the toothpick around in the dish, do a taste test to see whether you want to add more of the oil or not.

DIRECTIONS FOR USE

For food flavouring.

CAUTIONS

Only use diluted. Take no more than one drop per day. Keep out of reach of children. Keep out of eyes and mucosa.

