



T&G Wood Treatment Oil

recommended by Ask Aggie
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Ask Aggie Aggie MacKenzie



How to ... oil a chopping board

Good-quality wooden chopping boards are not cheap, so to keep yours from turning into a dried-out relic use a food-safe mineral oil. How often you should oil your board depends on how often it's in hot soapy water — but once every few months is probably enough. Apply the oil liberally with a soft cloth, wait a few minutes, then wipe off the excess with a clean cloth. Allow it to dry overnight before use. The oil will leave a slight smell, which will go quickly, and there should be no taste once it has soaked in. One to try is T&G Wood Treatment Oil, £9 for 250ml from John Lewis (contact 08456 049049 for your nearest store).