



EUROPEAN EXTRA VIRGIN OLIVE OIL

A treasury of goodness in the kitchen

Find out in 10 innovative recipes specially created
by star chef *Iside De Cesare*

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Discover the valuable properties and authentic flavor of European Extra Virgin Olive Oil in a sensory journey of tastings and recipes.



A good recipe calls for good ingredients and pairings that make it unforgettable, such as extra virgin olive oil, a treasure trove of goodness that enriches your sensory journey.

Let each dish be enriched with its unique nuances of taste and texture and tell the specialness and quality of this excellence, the story of the soils from which it comes. Extra virgin olive oil is a jewel of European food and wine culture, a precious food certified to be of superior quality, making its use an experience of great value and benefit. Promoted by the Mediterranean diet as a daily condiment,

extra virgin olive oil is a healthy habit for your whole body. A veritable treasure trove of beneficial properties, such as vitamins, antioxidants and monounsaturated fatty acids. Ideal for raw condiments, where it keeps all its beneficial properties intact, extra virgin olive oil is also perfect for long, high-temperature cooking. It is also an excellent alternative to traditional fats, providing a healthy and tasty touch to any dish. Its ability to enhance





the flavor of ingredients adds value to food, embellishing each course and enhancing your dining experience. In fact, its organoleptic properties, also given by its enveloping aroma and intense flavor, accompany recipes of all kinds.

In the kitchen, the choice of pairing a specific extra virgin olive oil can be based on the needs of your preparations. If you seek balance you will need affinity between oil and dish, so in a preparation with a very rich taste you may choose an oil that is equally complex in flavor, conversely a delicate dish will require an oil that does not cover up the taste. When you want to enhance particular ingredients used in a recipe, you can choose an extra virgin olive oil that has the right aroma to enhance them. If, on the other hand, you are looking for a particular aromatic note to add to the dish, in which case the best is that oil that can give it a spicy, rather than bitter or fruity, touch. Choosing extra virgin olive oil means embracing a tradition of authenticity, experimenting with pairings that make every meal an unforgettable experience. Discovering all the flavor possibilities and enjoying its many benefits for your body makes every bite an experience of authenticity and well-being. Immerse yourself in the sensory richness of European extra virgin olive oil, a true treasure trove of goodness and quality.



Iside De Cesare

Chef patron of the starred restaurant La Parolina, in a small and typical village on the border of Lazio, Umbria and Tuscany.

Iside De Cesare is a multifaceted chef who combines two souls: one sweet and one savory. Her bon-ton style dishes, with simple but effective lines, conquer the most demanding palates. This is also thanks to her great mentors: from her first masters - Agata Parisella, Heinz Beck, Salvatore Tassa, Gianfranco Bolognesi, Marco Cavallucci - to the internationally renowned pastry chef Gino Fabbri, all of whom bequeathed her a genuine love for good food, which Isis complements with high-quality local products, always attentive to seasonal availability. Her experience in prestigious restaurants earned her her first Michelin star in 2020 with the restaurant La Parolina (Acquapendente, Viterbo), where she is Chef de Cuisine and owner.



Pairing

The recipe turns out to be very balanced with non-sparkling flavors, and for this we need an evo oil such as Cucco, a cultivar typical of the coastal hills of the province of Chieti in Abruzzo. A monocultivar not very well known but interesting, medium fruity, tending to green, with hints of almond and artichoke. The bitter and spicy notes are of medium-light intensity. The color is yellow and from a medium fluidity.



Spa egg with creamed potatoes with Olio Evo and almonds

Ingredients

Eggs	no. 5
Almonds in fillets	to taste
Potatoes	500 gr
Extra virgin oil	
Olive oil	to taste
Salt and pepper	to taste

Preparation

Bake the almond fillets in the oven at 150 degrees until golden brown.

Steam the potatoes, mash them and process them in a pan with Extra Virgin Olive Oil, salt and pepper.

Place the eggs in a steam oven at 65 degrees C for about 45 minutes or soak them in water at the same temperature. If not using immediately, cool them.

Serve the dish with the potatoes as the base, then the shelled egg and toasted almonds. If desired, decorate with purple potato powder.

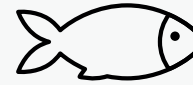
Whitefish in orange, Evo oil, roasted pepper and fior di sale

Ingredients

Whitefish	No. 1
Salt	700 gr
Sugar	300 gr
Orange	n. 1
Fresh basil	to taste
Fresh mint	to taste
Fresh lemon balm or Lippia	to taste
Edible flowers	to taste
Fresh dill	to taste
Extra virgin olive oil	to taste
Wild fennel	to taste
Salt and pepper	to taste

Preparation

Clean and fillet the fish, then remove the bones.
Prepare the marinade by sprinkling the fillets with salt, sugar and herbs.
Pair the fillets and place them in a vacuum. Steam them at 62 degrees for about 7 minutes.
In the meantime, clean the oranges with a sharp edge and cut out the segments. Season the segments with Extra Virgin Olive Oil, salt and fennel.
Toast the peppercorns in a pan and chop them finely with a knife.
Proceed to serve by arranging the fish, orange segments, roasted pepper and finish with herbs and flowers.
Garnish the dish with a drizzle of raw Extra Virgin Olive Oil.



Pairing

The dish has its own body, and to further characterize it one can think of an evo oil such as Nocellara del Belice, a cultivar typical of the Belice Valley straddling the provinces of Trapani, Palermo and Agrigento, and also widespread in other southern regions. It is a monocultivar oil, medium to intensely fruity, decidedly herbaceous, with hints of tomato, artichoke and almond. Spicy and bitter notes of medium-high intensity. Yellow color with green highlights.





Pairing

For a delicate dish such as "generic" risotto, even a light evo oil could have been fine, but in this recipe we have an ingredient "lake fish" that needs an oil that can hold its own. Here, then, is the monocultivar Don Carlo (Umbria Perugia), with a unique, medium fruity, herbaceous flavor with hints of almond and medium bitter and spicy notes. The color is yellow with green highlights.

Saffron risotto and lake fish

Ingredients

<i>Carnaroli rice</i>	<i>500 gr</i>
<i>Lake fish</i>	<i>no. 3</i>
<i>Saffron</i>	<i>to taste</i>
<i>Lemon</i>	<i>n. 3</i>
<i>Extra virgin olive oil</i>	<i>to taste</i>
<i>White wine</i>	<i>to taste</i>
<i>Lemon juice</i>	<i>to taste</i>

Preparation

In a saucepan, pour Extra Virgin Olive Oil and heat it. Add the onion and let it brown, then add the rice and toast it lightly.

Deglaze with white wine and then add salt.

Gradually add the vegetable broth, alternating with the saffron infusion liquid, bringing the rice to cook.

In a saucepan, saute fillets of filleted and boned lake fish with Extra Virgin Olive Oil flavored with parsley and grated lemon peel, adjusting salt and pepper.

Add a drizzle of Extra Virgin Olive Oil and stir-fry off the heat, adding a little lemon juice.

Serve the risotto all'onda, accompanied with the sautéed fish.

Cream of pumpkin, crispy bread and pan-seared guanciale

Ingredients

Pork cheek	50 gr
Bread	50 gr
Extra virgin olive oil	to taste
Salt and pepper	to taste.

For the pumpkin cream:

Mantuan squash	No. 1
Shallot	to taste
Marjoram	to taste
Extra virgin olive oil	to taste
Salt and pepper	to taste

Preparation

Start by cleaning the pumpkin, after which bake it at 180°C (350°F) until soft. Next, scoop out the pulp. Meanwhile, heat some Extra Virgin Olive Oil in a saucepan and add the chopped shallot. Then add the pumpkin, adjust salt and pepper, then whisk to obtain a cream. Cut the bread into thin slices and bake it with a drizzle of Extra Virgin Olive Oil at 140°C until golden brown. Cut the guanciale into very thin slices and let it cook gently in a frying pan until crispy. Dry it with paper towels. For the serving, arrange the pumpkin cream on the bottom of the plate. Add the crispy guanciale. Finally, garnish with the crispy bread and a drizzle of raw Extra Virgin Olive Oil.



Pairing

In this preparation the guanciale and pumpkin tend to characterize it nicely. We thought of a particular and little-known monocultivar as the Marina (Lazio Frosinone). Its medium herbaceous fruitiness exudes pleasant hints of artichoke, almond and tomato. The spicy and bitter notes turn out to be of high intensity. The color of the oil is green with yellow highlights.





Pairing

A renowned monocultivar such as Ascolana Tenera (Marche Ancona) manages not to disappear for flavors even in the presence of paprika. The evo oil is characterized by an intense, herbaceous-type fruitiness, with a prevalent hint of tomato and almond. The spicy and bitter notes are of medium intensity. The color is green with yellow highlights.



Pici with herb bread, Evo oil and paprika

Ingredients

For the pici:

Flour 00 300 gr
Lukewarm water 140 gr approx.

For the crumbs:

Chopped stale bread 50 gr
with a knife
Extra virgin olive oil to taste
Garlic to taste
Curly parsley to taste
Mint to taste
Basil to taste
Fennel to taste

Preparation

Iniziare preparando l'impasto per i pici mescolando all'acqua tiepida la farina un poco alla volta.

Dopo aver amalgamato e fatto riposare l'impasto, formare i pici.

Cuocere i pici in abbondante acqua salata.

Nel frattempo, scaldare dell'Olio Extra Vergine di Oliva in una padella e aggiungere aglio e erbe aromatiche. Aggiungere il pane e saltarlo fino a renderlo croccante, quindi scolarlo e tenerlo da parte.

In un'altra padella, scaldare aglio ed Olio Extra Vergine di Oliva e sfumare con un po' di acqua di cottura della pasta, creando un'emulsione. Versare i pici nella padella, cospargere di paprika e saltarli fino a quando sono ben conditi.

Friggere il prezzemolo riccio in Olio Extra Vergine di Oliva fino a renderlo croccante.

Impiattare mettendo i pici, cospargere con il pane saltato con Olio Extra Vergine di Oliva ed erbe, e infine aggiungere il prezzemolo fritto.

Guinea fowl ravioli with bell pepper ragout and onion

Ingredients

For the dough:

00 flour	700 gr
Ground semolina	300 gr
Egg yolks	870 gr

Guinea fowl	no. 1
Celery	no. 1 rib
Carrot	n. 1
Onion	n. 1
White wine	to taste
Rosemary	to taste
Sage	to taste
Bay leaves	to taste
Roasted peppers	500 gr
Extra-virgin olive oil	to taste
Garlic	1 clove
Salt and pepper	to taste

Preparation

Prepare the dough by kneading all the ingredients together and letting it rest wrapped in plastic wrap.

Meanwhile, bake the guinea fowl in a 130-degree oven for about 1 hour and 45 minutes with a vegetable base of celery, carrot, onion and red wine. Next, raise the temperature to 200 degrees for 10 minutes to brown.

Once cooked, strip the guinea fowl and chop with a knife.

Prepare the chopped celery, carrot and onion.

In a pan, pour Extra Virgin Olive Oil and add the celery, carrot and onion. Add guinea fowl, deglaze with cooking liquid and add water, bay leaf, rosemary and sage. Bring to cooking, adjusting for salt and pepper, then chop in the cutter.

Roll out the dough and form the ravioli with the prepared filling.

Meanwhile, grill the peppers in a skillet or oven at 200 degrees, then clean them by removing the skin and seeds and cut them into regular cubes.

In a skillet, brown two cloves of garlic, pour in the peppers and season with salt and pepper.

Saute the cooked tortelli in plenty of salted water and serve. To taste, add stewed red onion.

Garnish with edible flowers to taste and a drizzle of Extra Virgin Olive Oil.



Pairing

Guinea fowl and peppers are the protagonists in this dish lacking only a monovarietal up to the mark, here is Picholine monocultivar evo oil. Widespread in France, it has found its way into several areas in Italy, yielding excellent results in Campania in the province of Benevento. A limited production but one that does not deny expectations. Medium-intense fruity, herbaceous type, with hints mainly of almond and tomato. Characterized by spicy and bitter notes with an interesting medium-high intensity. The color is yellow with green highlights.





Pairing

Pork, fennel blossom, citrus and black pepper how not to "fatten" it all with the well-known evo oil Leccio del Corno (Tuscany Grasseto). Intense spiciness with medium bitter notes, its fruitiness is characterized by an herbaceous scent and hints of almond and artichoke. The color is green and on yellow highlights.

Pork sirloin with spinach in Olio Evo, citrus sauce and black pepper

Ingredients

Pork sirloin	200 gr
Fennel blossom	to taste
Rosemary	n.1 sprig
Salt	to taste
Pepper	to taste
Spinach	50 gr
Oranges	no. 2
Sugar	20 gr
Salt	4 gr
Aromatic herbs	to taste
Edible flowers	to taste
Extra virgin olive oil	to taste

Preparation

Season the sirloin with rosemary, salt, and pepper. Cook the sirloin in a steam oven at 70°C until the core probe indicates an internal temperature of 64 degrees. In the meantime, slice the oranges raw. In a saucepan, place the sugar and oranges and bring to a boil. Then add salt, pepper and Extra Virgin Olive Oil, and whisk the mixture to make a sauce. Brown the sirloin in the pan. Plate by placing the sauce on the bottom of the plate. Arrange the browned sirloin on top, accompanied by the fennel flower and steamed spinach seasoned with salt and Extra Virgin Olive Oil.

Fish skewer of cooked lake fish, Olio Evo and herb powder

Ingredients

Mixed lake fish No. 8 fillets

For the brine:

Herbs	to taste
Sugar	to taste
Water	to taste
Salt	to taste
Lemon peel	to taste
Orange peel	to taste

For the sauce:

Mixed lake fish	500 g
Cherry tomatoes	500 g
White wine	to taste
Anchovies in oil	to taste
Garlic	to taste
Extra-virgin olive oil	to taste
Shallots	to taste
Mixed herbs	to taste
Chervil	to taste
Lettuce	to taste

For the batter:

Flour 00	100 g
Potato starch	100 g
Cornstarch	100 g
Baking powder	5 g

Preparation

Fillet the lake fish, spin them and marinate them in water, salt, sugar, herbs, lemon and orange peel for 12 hours. After marinating, cook the skewer in Extra Virgin Olive Oil immersion at 60 degrees for 15 minutes.

After cooking, proceed to packaging the skewer.

With the bones, prepare the fish guazzetto: sauté Extra Virgin Olive Oil, garlic, chopped anchovies and the shallot. Add the filleted, boned and cut fish, then deglaze with white wine. Add the cherry tomatoes and water, allow to cook and strain.

Finely chop the herbs and allow them to dry.

Plate by placing the guazzetto sauce on the bottom, then arrange the skewer previously cooked for 4 minutes in a 180-degree oven.

Finally, sprinkle with the herb powder.



Pairing

We were intrigued by this Lavagnina evo oil, a cultivar that characterizes the gulfs of Liguria, particularly in the province of Genoa. EVO oil that has an aftertaste of aromatic herbs (which go well with the dish), medium fruity, green type, with hints of almond and artichoke. The bitterness and spiciness are of medium intensity, the color is yellow with green highlights.



Pairing

With the use of coda alla vaccinara we relied on the monovarietal l'Olivastra Seggianese (Toscana Grassetto), whose fruitiness is medium, but decidedly herbaceous, with hints of artichoke and almond. However, the notes turn out to be important: the spiciness is medium to high and the bitterness very intense. The evo oil results green in color with yellow highlights.



Bomba stuffed with oxtail

Ingredients

For the bombs:

Flour w 300	1 kg
Potatoes boiled and mashed	200 gr
Brewer's yeast	10 gr
Water	200 gr
Sugar	40 gr
Eggs	250 gr
Extra virgin olive oil of Olive	100 gr
Salt	18 gr

For the oxtail alla vaccinara:

Beef tail	no. 2
Celery	no. 20 ribs
Carrots	n. 6
Golden onion	no. 2
Peeled tomatoes	500 gr
Extra virgin olive oil	to taste
Wine	to taste
Cocoa	to taste
Pine nuts	to taste
Salt and pepper	to taste

Preparation

Start by preparing the dough for the bombs and let it rise until doubled in volume. Next, break it up and form balls weighing about 30 grams each. Allow to rise again.

Cut the beef tail into pieces and rinse it in plenty of cold water.

In a pan, put plenty of Extra Virgin Olive Oil.

Brown the beef tail, then remove it and put celery, carrot and onion in the pan. Stew the vegetables and then add the browned beef tail. Deglaze with the wine and allow the alcohol to evaporate. Add the tomato, then adjust the salt and cover with water. Cook for about 3 hours, adding hot water if necessary. Sprinkle with cocoa and add pine nuts, then cook for at least another 30 minutes.

Remove the beef tail from the pan, fillet it coarsely and cut it into pieces with a sharp knife.

Meanwhile, reduce the sauce in the pan.

Add the reduced sauce to the beef tail and mix well.

Fry the bombas, then open them in half and stuff them with the beef tail and its sauce.

Olive Oil Cake, apples and raspberries

Ingredients

For the cake:

Flour	400 gr
Potato starch	100 gr
Baking powder	15 gr
Water	250 gr
Extra virgin oil of Olive	240 gr
Eggs	300 gr
Sugar	480 gr
Salt	4 gr
Chopped apples	650 gr
Lemon peel	No. 3

For caramelized apples:

Sugar	30 gr
Apples	No. 1
Raspberries	To taste

Preparation

Begin by preparing the cake.
Beat the eggs with the sugar until frothy.
Add the water, Extra Virgin Olive Oil, lemon zest and salt.
Mix together the flour, potato starch and baking powder, then sift them and gradually add them to the mixture.
Mix everything gently until the mixture is smooth.
Pour the dough into a previously buttered and floured baking pan.
Bake the cake in a preheated oven at 160 degrees for the required time, checking the baking with a toothpick inserted in the center of the cake (about 30-40 minutes).
Next, prepare the caramelized apples. In a frying pan, make dry caramel and pour in the apple segments. Cook until the apples become soft and caramelized.
Cut the cake into wedges and caramelize on the surface with the caramel.
Serve the cake warm, accompanying it with the fresh raspberries and caramelized apples.



Pairing

We started by abolishing butter and using in its place a good monovarietal such as Cima di Mola (Puglia Bari). We could have used a "light" oil but preferred to challenge the final flavors with this medium fruity, herbaceous-type evo with hints of almond. Although the spicy and bitter notes are of medium intensity, we were intrigued by this berry aftertaste. Yellow reflections on a green color.



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