



EUROPEAN EXTRA VIRGIN OLIVE OIL

Tradition and creativity on your plate

Discover it in 10 original recipes created especially by
Michelin-starred 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

For this dish with a strong but balanced character, we have selected a Dolce Agogia (Umbria) Organic monocultivar EVO Oil, with medium fruitiness and marked herbaceous notes. Notes of almond and aromatic herbs, combined with a medium intensity bitterness and spiciness and a pleasant thyme aftertaste, enhance the bitter nuances of the chicory and the savouriness of the Pecorino Romano PDO.

Chicory and Pecorino Romano PDO bao with EVO Oil

Ingredients

For the biga:

Water	gr 250
Flour	gr 200
Brewer's yeast	gr 20

For the dough:

Flour	gr 500
Water	gr 150
Sugar	gr 100
Extra Virgin Olive Oil	gr 30
Salt	gr 15

For the chicory:

Wild chicory or catalogna	kg 1
Extra Virgin Olive Oil	to taste
Garlic	n. 2 cloves
Salt	to taste
Pepper	to taste
Pecorino Romano PDO	to taste
Vegetable stock	to taste

Preparation

Prepare the starter dough and leave it to rise. Once ready, add it to the flour, water and sugar, kneading until you obtain a smooth dough. Add the salt and Extra Virgin Olive Oil, then leave to rise until doubled in size. Divide into 25 gr balls, leave to rise again and steam at 100°C for about 4 minutes.

Meanwhile, clean the chicory and sauté it in a pan with Extra Virgin Olive Oil and garlic. Season with salt and cook until tender, then blend with hot vegetable stock and a drizzle of Extra Virgin Olive Oil until smooth.

Serve the bao hot, topping each with a spoonful of chicory cream and a sprinkling of Pecorino Romano PDO.

Tomato rice croquettes, EVO Oil and basil

Ingredients

For the tomato rice:

Rice

gr 300

Onion

n. 1

Extra Virgin Olive Oil

to taste

Pomodori San Marzano dell'Agro Sarnese-Nocerino PDO

n. 7/8

Basil

to taste

Vegetable stock

gr 600

Salt

to taste

Grated Parmigiano Reggiano PDO

gr 50

Butter

gr 20

White wine

to taste

Olives

to taste

For the breadcrumb coating:

00 flour

gr 200

Eggs

n. 3

Breadcrumbs

to taste

Preparation

Finely slice the onion and sauté in a saucepan with Extra Virgin Olive Oil. Add the washed and chopped tomatoes, season lightly with salt and cook until soft. Add the basil at the end of cooking, blend and sieve to obtain a smooth sauce.

Toast the rice in a dry pan after lightly salting it, add white wine and allow to evaporate. Add the tomato sauce and, little by little, the hot stock until cooked. Remove from the heat and stir in the butter and Parmigiano Reggiano PDO, then allow to cool completely.

Form into balls, roll them in flour, egg and breadcrumbs, repeating the egg and breadcrumb step for a double coating. Fry in hot Extra Virgin Olive Oil until golden brown. Serve the croquettes hot, placed on a bed of chopped olives dressed with Extra Virgin Olive Oil.





Pairing

To complete this dish with its enveloping Mediterranean flavour, we have chosen a Valle del Belice DOP EVO Oil, obtained mainly from Nocellara del Belice cultivars (Sicily). Its medium-intense fruity profile, rich in herbaceous, tomato and almond notes, perfectly accompanies the sweetness of the tomato and the fragrance of the basil. The medium-high pungency and slight bitterness balance the fried flavour and add depth to each bite



Pairing

For this elegant and fresh recipe, we have selected a Tuscan IGP EVO Oil, with a fruity, herbaceous flavour and hints of almond and artichoke. Its medium spiciness and slight bitterness discreetly complement the dish, supporting the delicacy of the raw fish without overpowering its aromas.

Fish tartare with EVO Oil, tomato water, courgette pearls and courgette flowers

Ingredients

Sea bass	n. 1
Extra Virgin Olive Oil	to taste
Salt	to taste
Pepper	to taste
Courgettes	n. 4
Courgette flowers	n. 10
Ripe tomatoes	gr 500

Preparation

Clean the sea bass, scale and gut it, then fillet it and remove the skin. Cut the fillets evenly with a knife, tartare style, and season simply with Extra Virgin Olive Oil and salt

Wash the tomatoes, cut and blend them, then leave them to drain in a clean cloth placed on a sieve to obtain the tomato water.

Wash the courgettes thoroughly and, using a melon baller, scoop out pearls. Blanch them for about a minute, then cool them immediately in ice water to preserve their colour. Season with Extra Virgin Olive Oil, salt and pepper.

Gently clean the courgette flowers, removing the inner pistil and washing them carefully. Cut them into thin strips.

To serve, place the tartare in the centre of the plate using a pastry cutter, top with the seasoned courgette pearls and courgette flower strips. Serve the tomato water separately, seasoned with salt and pepper, pouring it onto the plate just before serving.

Courgette salad with lemon and EVO Oil

Ingredients

Courgettes	n. 4
Lemon	n. 1
Salt	
to taste	
Extra Virgin Olive Oil	to taste
Pepper	to taste
Purple potato powder	to taste

Preparation

Wash and clean the courgettes, then slice them finely with a mandolin. Cut the lemon into very thin slices. Prepare a citronette by emulsifying part of the lemon juice with part of the Extra Virgin Olive Oil and a pinch of salt. Dress the courgettes with the citronette, adding a sprinkling of pepper and lemon zest.

Arrange the seasoned courgettes on a plate and finish with the lemon slices and a sprinkling of purple potato powder. Serve immediately.



Pairing

To accompany this simple and bright dish, we chose a Bella di Cerignola (Puglia) Organic monocultivar EVO Oil, with a medium herbaceous fruitiness and pleasant hints of broad beans and fresh peas. The bitter and spicy notes, light but present, balance the citrus notes of the lemon and the crunchiness of the courgettes.





Pairing

To enhance the vegetable and seafood components of this dish, we have selected a Sardinian DOP EVO Oil with a medium-intense fruitiness and marked herbaceous, almond and artichoke notes, with a hint of tomato. The bitterness and pungency, both of medium intensity, add character to the sweetness of the chard and the strong flavour of the roasted squid.

Cream of Swiss chard and roasted squid with EVO Oil

Ingredients

Fresh Swiss chard	gr 500
Garlic	n. 2 cloves
Potato	n. 1
Vegetable stock	to taste
Chilli pepper	n. 1
Cleaned squid	gr 800
Extra Virgin Olive Oil	to taste
Salt	to taste
Pepper	to taste

Preparation

Wash the Swiss chard and cut it into large pieces. Heat a drizzle of Extra Virgin Olive Oil in a saucepan and lightly fry the chopped garlic. Add the Swiss chard and cook over medium heat, covered, for about 4-5 minutes, until tender. Season with salt and pepper, then blend until smooth.

Clean the squid by separating the tentacles from the body, removing the mouth and internal parts. Brown them over high heat with a drizzle of Extra Virgin Olive Oil until they are golden brown and tender.

Serve the chard cream hot, topped with the roasted squid.

Ricotta and spinach cannelloni with celery, carrot, onion and EVO Oil ragu

Ingredients

For the pasta:

00 flour gr 300
Eggs n. 3

For the cannelloni filling:

Ricotta gr 500
Cooked spinach gr 200
Grated Parmigiano
Reggiano PDO gr 100
Salt to taste
Pepper to taste
Nutmeg to taste

For the ragu:

Carrots n. 2
Celery n. 2 stalks
Onion n. 1
Pomodori San Marzano
dell'Agro Sarnese-Nocerino
PDO kg 1
Extra Virgin Olive Oil to taste
Salt to taste
Pepper to taste
Basil to taste

For the béchamel sauce:

Butter gr 50
Flour gr 50
Milk ml 500
Salt to taste
Nutmeg to taste
Parmigiano Reggiano
PDO to taste

Preparation

Prepare the dough with flour and eggs and let it rest. Mix the ricotta with spinach, Parmigiano Reggiano PDO, salt, pepper and nutmeg. Roll out the egg pasta, cut into rectangles, blanch and cool, then fill with the filling.

Heat Extra Virgin Olive Oil in a saucepan and fry the chopped celery, carrots and onion until softened. Add the peeled tomatoes, salt and pepper and cook the ragu until you have a smooth sauce.

For the béchamel sauce, melt the butter and flour, add the hot milk and stir until thickened. Season with salt and nutmeg.

Spread a layer of ragu in a baking dish, place the stuffed cannelloni on top, cover with the béchamel sauce and more ragu. Sprinkle with Parmigiano Reggiano PDO and bake in a preheated oven at 180°C for 25-30 minutes, until golden brown.

Serve hot with a drizzle of basil Extra Virgin Olive Oil.



Pairing

For this recipe, which is reminiscent of home cooking, we have chosen a Garda PDO monocultivar Casaliva EVO Oil, a variety typical of the shores of Lake Garda. Its green fruitiness with notes of olive and aromatic herbs accompanies the dish harmoniously. The taste is balanced, with a slight bitterness and an elegant aftertaste of almond and artichoke, ideal for supporting the sweetness of the filling and the complexity of the vegetable ragu.





Pairing

To complete this rustic and flavourful dish, we have selected an organic monocultivar EVO Oil from Ascolana Tenera (Marche). Its medium-light herbaceous fruitiness with notes of tomato, apple and almond, together with a medium intensity bitterness and spiciness, delicately and freshly accompanies the sweetness of the savoy cabbage and the crunchiness of the fried polenta.



Fried polenta and stewed savoy cabbage with EVO Oil

Ingredients

For the polenta:

Polenta flour	gr 300
Water	l 1
Salt	to taste
Extra Virgin Olive Oil	to taste

For the savoy cabbage:

Savoy cabbage	n. 1 head
Golden onions	n. 2
Extra Virgin Olive Oil	to taste
Pancetta	n. 1 thick
slice	
Salt	to taste
Pepper	to taste

Preparation

Bring salted water to the boil with a drizzle of Extra Virgin Olive Oil and sprinkle in the polenta flour, stirring vigorously with a whisk. Cook for about 45 minutes, stirring occasionally. Once ready, pour the polenta into a mould to give it a regular shape and leave to cool completely.

In a saucepan, brown the julienned onion with the pancetta. Add the savoy cabbage, season with salt and cook, stirring frequently, adding water when necessary to prevent sticking. Continue cooking until the savoy cabbage is soft and well cooked, seasoning with salt and pepper to taste.

Cut the cooled polenta into regular circles or rectangles and fry in plenty of hot Extra Virgin Olive Oil until golden brown. Drain, season with salt and arrange on a plate.

Serve the fried polenta hot, garnished with the stewed cabbage on top of the croutons.

Soy-marinated pork capocollo with potatoes, apple mostarda and EVO Oil

Ingredients

For the pork capocollo:

Pork capocollo gr 500

For the marinade:

Soy sauce to taste
Salt gr 70
Pepper to taste
Water l 1
Sugar gr 30
Orange (zest only) n. 1
Cloves n. 2

Other ingredients:

Apple mustard to taste
Apples n. 2
Potatoes n. 2
Purple cabbage n. ½
Vinegar to taste
Extra Virgin Olive Oil to taste
Salt to taste
Pepper to taste

Preparation

Prepare a marinade by combining all the ingredients listed and leave to cool. Dip the pork capocollo in the marinade and leave to rest overnight. Then cook the meat sous vide in the oven at 75°C.

Meanwhile, boil the potatoes and mash them until creamy, then stir in Extra Virgin Olive Oil, salt and pepper. Cut the apples into pieces and brown them in a pan. Marinate the finely chopped cabbage with vinegar, salt and pepper.

When ready to serve, slice the capocollo and brown it in a pan with a drizzle of Extra Virgin Olive Oil. Arrange the potato cream on the plate, add the browned apples and finish with the marinated cabbage. Serve the capocollo hot accompanied by apple mostarda.



Pairing

For this intense and complex recipe, we have chosen a Canino DOP EVO Oil (Lazio), made mainly from the Caninese cultivar, a historic variety from the Tuscia area of Viterbo. Its well-balanced herbaceous fruitiness, between bitter and spicy, decisively accompanies the smoky nuances of the capocollo and the sweetness of the apples, harmonising with the pungent note of the mostarda.





Pairing

To enhance the aromatic intensity of this dish, an Umbria DOP EVO Oil has been selected. Its medium fruitiness, distinctly herbaceous with hints of almond and artichoke, combines with a medium intensity bitterness and spiciness, capable of supporting the complex flavour of the truffle and the savouriness of the Parmigiano Reggiano PDO, without covering the more subtle notes of garlic and chilli pepper.

Potato spaghetti with garlic, EVO Oil and chilli pepper with truffle caviar

Ingredients

Potatoes	n. 5 large
Extra Virgin Olive Oil	to taste
Garlic	n. 2 cloves
Salt	to taste
Fresh chilli pepper	to taste
Paprika	to taste
Truffle perlage	to taste

Preparation

Wash and peel the potatoes, then use a mandolin or vegetable peeler to cut them into thin, long strips, similar to spaghetti. Heat a drizzle of Extra Virgin Olive Oil in a frying pan, add the chopped garlic and chilli pepper, and fry gently without burning the garlic. Add a little boiling water and allow to evaporate.

Add the potato spaghetti to the pan and sauté gently, allowing the flavours to blend evenly. Serve hot, garnished with paprika and, if desired, truffle perlage.

Apple rose with beetroot and EVO Oil shortcrust pastry

Ingredients

For the shortcrust pastry:

00 flour	gr 300
Sugar	gr 100
Extra Virgin Olive Oil	gr 150
Eggs	n. 2 egg yolks
Lemon (grated zest only)	n. 1

For the custard:

Milk	l 1
Egg yolks	gr 150
Sugar	gr 200
Cornflour	gr 60
Vanilla	n. 1 bean

For the beetroot apple rose:

Yellow apples	n. 5
Cooked beetroot	n. 2
Sugar	gr 100
Cinnamon	to taste
Vanilla	n. 1 bean
Raspberries	to taste

Preparation

Combine the flour, sugar and lemon zest, then add the egg yolks and Extra Virgin Olive Oil, mixing briefly until the dough is smooth. Adjust the consistency with flour or Extra Virgin Olive Oil if necessary, wrap in cling film and leave to rest in the fridge for at least 30 minutes.

Prepare the custard. Roll out the dough, cut out circles with a pastry cutter and bake at 170°C for 10-15 minutes.

Peel the apples and cut into thin slices, overlap them and roll them into a rose shape, securing them with a skewer. Place the roses in a vacuum bag with sugar, cinnamon, vanilla and beetroot juice, then steam in the oven for 10 minutes and leave to cool.

Caramelize the roses with caster sugar in a baking tray, glaze them with the reduced beetroot juice. Assemble the dessert with cream and raspberries on the shortcrust pastry bases, add the glazed roses and serve warm.



Pairing

For this elegant and refined dessert, we have selected a Riviera Ligure DOP EVO Oil, obtained from Taggiasca cultivars (Liguria). Lightly fruity, with subtle hints of almond and a predominantly sweet sensation on the palate, it has a slightly bitter and spicy finish. Its delicate profile pairs perfectly with the sweet and savoury contrasts of the dish, supporting its fragrance without weighing it down.



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