



EUROPEAN EXTRA VIRGIN OLIVE OIL

*From the first glance
to the first taste*

*Let yourself be guided by the flavour of
European extra virgin olive oil: ten original
recipes to help you discover all its richness.*

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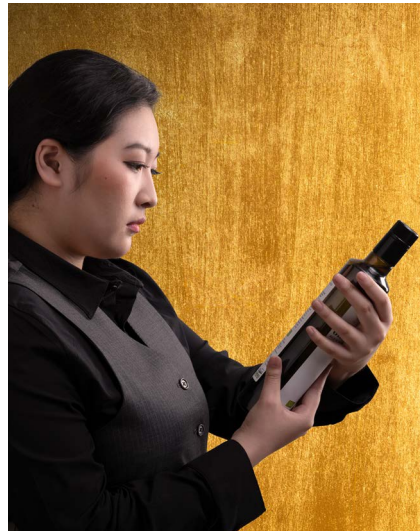


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Discover the authentic flavour of European extra virgin olive oil and learn how to recognise its quality, on a journey through signature recipes.



Every great dish begins with carefully selected ingredients. And amongst these, extra virgin olive oil is what makes all the difference: a treasure trove of flavour capable of transforming a recipe into a memory.

Let every course be enriched by its unique nuances of flavour and texture. In every drop lies the flavour of the land from which it comes, the Mediterranean sun, and the patience of those who have been tending olive trees for generations. Extra Virgin Olive Oil is a jewel of European food and wine culture, a precious foodstuff certified as being of superior quality,

which makes every use of it an experience of great value.

It is also a gesture of everyday wellbeing. Promoted by the Mediterranean diet as an everyday condiment, extra virgin olive oil is a veritable treasure trove of beneficial properties: vitamins, antioxidants and monounsaturated fatty acids. Ideal when used raw, where it retains all its virtues, it is also perfect for slow cooking and high-temperature cooking. A tasty and healthy





choice, an alternative to traditional fats, which enhances every dish and enriches your cooking experience.

In the kitchen, choosing the right oil depends on the character of the dish. If you're looking for balance, you'll need a good match: a rich-tasting dish calls for an equally complex oil, whilst a delicate dish needs an oil that won't overpower its flavour. If, on the other hand, you want to highlight a particular ingredient, choose an oil with an aroma capable of bringing it to the fore. And when you wish to add an unexpected note, it is an oil with a hint of spiciness, bitterness or fruitiness that will give the dish its personality.

A valuable tip before you choose: look at the label. That is where European Extra Virgin Olive Oil tells its story. The PDO and PGI labels, issued by the European Union, guarantee the origin and quality of every bottle, whilst the harvest year tells you just how fresh its aroma is. It takes just a few seconds of attention to make an informed choice and bring an authentic product to the table.

Choosing European extra virgin olive oil means embracing a tradition of authenticity and discovering pairings that make every meal unforgettable. The ten recipes that follow, created especially by Michelin-starred chef Iside De Cesare, are an invitation to do just that: a journey of flavours where extra virgin olive oil is the silent star of every dish. Immerse yourself in the sensory richness of European extra virgin olive oil, a true treasure of flavour 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.



Tomatoes au gratin with panko and EVO oil

Ingredients

Vine tomatoes	g 600
Panko	g 80
Extra virgin olive oil	g 40
Garlic	n. 1 clove
Fresh oregano	to taste
Salt	to taste
Tomato powder	g 10
Mint leaves for garnish	to taste

Preparation

Wash the tomatoes, cut them in half widthwise, and scoop out some of the pulp, then lightly salt them.

In a bowl, mix the panko with the extra virgin olive oil, finely chopped garlic, fresh oregano, and a pinch of salt until well combined.

Stuff the tomatoes with the mixture and arrange them on a baking sheet lined with parchment paper. Bake in a preheated oven at 190 °C for about 25–30 minutes, or until the surface is golden brown and crispy.

Once removed from the oven, sprinkle half of the tomatoes with tomato powder and garnish with fresh mint leaves.



Pairing

The vibrant character of this dish is perfectly balanced by an organic Tuscan PGI EVO oil, made primarily from the Frantoio, Moraiolo, and Leccino varieties. Its medium fruitiness, accompanied by elegant herbaceous notes and a pleasant balance between bitterness and spiciness, enhances the intensity of the tomatoes and adds freshness to the crispy gratin.

Water-dough tagliolini sautéed with vegetables and EVO oil

Ingredients

Water-dough tagliolini (or, to make them at home: g 220 of remilled durum wheat semolina and g 110 of water)	g 320
Zucchini	g 100
Carrots	g 80
Asparagus	g 120
Shiitake mushrooms	g 80
Soy sauce	g 20
Extra virgin olive oil	g 40
Salt	to taste
Edible flowers	to taste

Preparation

Prepare the tagliolini by mixing the semolina with water until the dough is smooth and uniform. Let the dough rest for about 30 minutes, then roll it out and cut into tagliolini. Alternatively, use ready-made tagliolini made with water.

Wash the vegetables and cut the zucchini and carrots into julienne strips. Cut the asparagus into thin strips and slice the shiitake mushrooms.

Cook the tagliolini in plenty of salted water and drain them al dente.

Meanwhile, heat the extra virgin olive oil in a large skillet and sauté the vegetables over high heat for a few minutes, keeping them crisp. Add the soy sauce, toss in the tagliolini, and stir quickly to blend the flavors.

Finish with a drizzle of raw extra virgin olive oil and garnish with edible flowers before serving.



Pairing

An organic Garda PDO Bresciano EVO oil, produced primarily from Casaliva, Frantoio, and Leccino olives, pairs subtly with this dish. Its delicate and harmonious profile enhances the sweetness of the vegetables and the lightness of the tagliolini, without altering their delicate balance.



Pairing

This dish pairs particularly well with an organic Riviera Ligure PDO "Riviera dei Fiori" EVO oil, made primarily from Taggiasca olives. Its soft almond notes and delicate flavor elegantly complement the eggplant, allowing the freshness of the mint and the aromas of the fennel to shine through.

Baked eggplant with mint, garlic, EVO oil, fennel mayonnaise and eggplant chips

Ingredients

Eggplant	g 600
Extra virgin olive oil	g 50
Garlic	n. 1 clove
Mayonnaise	g 100
Wild fennel	g 10
Fresh mint	to taste
Salt	to taste

Preparation

Wash the eggplants. Slice most of them into slices about 1 cm thick, and set aside a few slices to cut into thin strips for the chips.

Arrange the eggplant slices on a baking sheet, drizzle with extra virgin olive oil, sprinkle with finely minced garlic and a pinch of salt, then bake in a preheated oven at 190 °C for about 25–30 minutes, until they are tender and lightly golden.

Meanwhile, finely chop the wild fennel and stir it into the mayonnaise, mixing until the sauce is smooth.

Fry the eggplant strips in very hot extra virgin olive oil until golden and crispy, then drain them on paper towels and lightly salt them.

Arrange the roasted eggplant on a serving platter, and top with dollops of fennel mayonnaise, the eggplant chips, and a few fresh mint leaves.

Pork with dolceforte sauce and pine nut EVO oil

Ingredients

<i>Pork shoulder and neck, cut into bite-sized pieces</i>	<i>g 800</i>
<i>Onions</i>	<i>g 250</i>
<i>Raisins</i>	<i>g 80</i>
<i>Pine nuts</i>	<i>g 60</i>
<i>Red wine vinegar</i>	<i>g 40</i>
<i>Tomato paste</i>	<i>g 20</i>
<i>Extra virgin olive oil</i>	<i>g 50</i>
<i>Salt</i>	<i>to taste</i>
<i>Pepper</i>	<i>to taste</i>

Preparation

Heat the extra virgin olive oil in a saucepan and brown the pork cubes evenly until lightly golden. Season with salt and pepper.

Add the thinly sliced onions and let them cook over low heat until they are soft and translucent.

Add the raisins, half of the lightly toasted pine nuts, the tomato paste, and the red wine vinegar. Stir thoroughly and continue cooking over low heat for about 45–60 minutes, adding a little hot water if necessary, until the meat is tender and the sauce is thick and glossy.

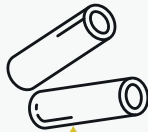
Garnish the dish with the remaining toasted pine nuts and serve piping hot.



Pairing

The intensity of this dish is enhanced by Monti Iblei PDO "Gulfu" Organic EVO Oil, made from the Tonda Iblea cultivar. Its green notes, reminiscent of tomatoes and freshly cut grass, balance the dish's sweet-and-sour flavor and harmoniously complement the richness of the meat and the aroma of the pine nuts.





Pairing

A rich, complex dish calls for Terra di Bari PDO "Castel del Monte" Organic EVO Oil, made primarily from Coratina olives. Its bold character, with notes of artichoke and fresh herbs and a pleasantly bitter and spicy finish, enhances every element of the dish, balancing the meat, Parmigiano Reggiano PDO, tomatoes, and spinach.

Meat cannelloni with Parmigiano Reggiano PDO, tomato sauce, spinach cream and EVO oil

Ingredients

Cannelloni pasta sheets	g 250
Mixed ground meat	g 400
Ricotta	g 100
Parmigiano Reggiano PDO	g 120
Tomato sauce	g 250
Spinach	g 250
Béchamel sauce	g 250
Extra virgin olive oil	g 40
Salt	to taste
Black pepper	to taste

Preparation

Brown the ground meat in half of the extra virgin olive oil, let it cool slightly, then mix it with the ricotta and 80 g of Parmigiano Reggiano PDO. Season with salt and pepper.

Stuff the cannelloni with the filling and arrange them in a baking dish lightly greased with extra virgin olive oil.

Cook the spinach in a little water or steam it, squeeze out the excess water, and blend it with the remaining extra virgin olive oil until you have a smooth, creamy consistency.

Spread the béchamel sauce and tomato sauce over the cannelloni, top with the remaining Parmigiano Reggiano PDO, and bake in a preheated oven at 180 °C for about 30–35 minutes, until the top is nicely browned.

Serve the cannelloni with the spinach purée and a spoonful of tomato sauce.

Crispy tofu with sweet-and-sour red onion, soy sauce and EVO oil

Ingredients

Ingredients for the tofu (serves 4):

Firm tofu	g 400
Soy sauce	g 40
Extra virgin olive oil	g 30
Cornstarch	g 30

For the sweet-and-sour onions:

Red Tropea onion	g 300
Red wine vinegar	g 80
Water	g 80
Brown sugar	g 30
Salt	g 3

For garnish:

Basil leaves	g 5
Extra virgin olive oil	g 20

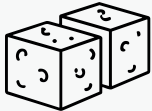
Preparation

Cut the tofu into even rectangles measuring about 4 × 6 cm, 1.5 cm thick. Pat it dry thoroughly with paper towels, season with 20 g of soy sauce, and let it marinate for 20 minutes.

Drain the tofu, pat it dry lightly, and coat it evenly with cornstarch. Brown it in a nonstick skillet with 30 g of extra virgin olive oil until it has a golden, crispy crust on both sides. Keep warm.

Meanwhile, thinly slice the onion. Bring the vinegar, water, brown sugar, and salt to a boil, then add the onion and cook over low heat for 8–10 minutes, until it is tender but still slightly crisp. Let it cool in its cooking liquid.

Arrange the tofu on plates, top with the well-drained sweet-and-sour onion, and drizzle with the remaining soy sauce. Finish with a drizzle of extra virgin olive oil and garnish with basil leaves.



Pairing

The delicate flavor of the tofu is enhanced by an organic Umbria PDO "Colli Assisi-Spoleto" EVO oil, predominantly made from Moraiolo olives. Its vegetal notes and lively bitter and spicy components add depth to the dish, harmonizing the savory flavor of the soy sauce with the sweetness of the onion.





Octopus with soy sauce and potatoes, served with crispy celery and EVO oil

Ingredients

Octopus	g 800
Potatoes	g 300
Celery	g 80
Soy sauce	g 20
Extra virgin olive oil	g 40
Salt	to taste

Preparation

Cook the octopus in water until tender, then let it cool slightly and cut it into pieces. Sear it on a very hot grill until lightly browned.

Meanwhile, peel the potatoes, cut them into cubes, and boil them in lightly salted water until tender but still firm. Drain them and toss with extra virgin olive oil and a pinch of salt.

Toss the octopus with soy sauce and some of the extra virgin olive oil, then arrange it on plates alongside the potato cubes. Top with finely chopped celery, left crunchy, and finish with the remaining extra virgin olive oil drizzled over the top.



Pairing

An organic Sardinian PDO EVO oil, made from the Bosana cultivar, complements the dish with its intense yet harmonious profile. The vegetal notes of thistle and artichoke blend with the savory flavor of the soy sauce, enhancing the octopus and providing a balanced accompaniment to the tenderness of the potatoes and the freshness of the celery.

Steamed ravioli with spring onion soup and EVO oil

Ingredients	
<i>Ingredients for the ravioli dough:</i>	
00 flour	g 100
Water	g 55
<i>For the filling:</i>	
Ground pork	g 150
Ground veal	g 80
Fresh spring onion	g 20
Grated fresh ginger	g 5
Soy sauce	g 10
Extra virgin olive oil	g 5
Salt	g 2
Black pepper	to taste
<i>For the spring onion soup:</i>	
Spring onions	g 200
Light vegetable broth	g 800
Extra virgin olive oil	g 25
Salt	to taste
<i>For the finishing touch:</i>	
Extra virgin olive oil	g 5

Preparation
Prepare the filling by mixing the ground pork and veal with the finely chopped spring onion, grated ginger, soy sauce, extra virgin olive oil, salt, and a pinch of pepper. Knead the mixture until smooth and let it rest in the refrigerator for about 30 minutes. Knead the flour with the water until you have a smooth, elastic dough. Knead it for about 10 minutes, wrap it in plastic wrap, and let it rest for 30 minutes. Then roll out the dough very thinly, cut out circles or squares, place the filling in the center, and seal the ravioli carefully, removing any air pockets inside. For the soup, finely slice the scallions, using both the white and the tender green parts. Sauté them gently in extra virgin olive oil without letting them brown, add the vegetable broth, and cook for about 20 minutes. Purée two-thirds of the mixture and stir it back into the remaining portion, creating a smooth yet slightly chunky soup. Season with salt. Place the ravioli in a steamer lined with perforated parchment paper or cabbage leaves and steam for about 8 minutes, until the filling is fully cooked. Pour the spring onion soup into deep soup bowls, place the ravioli in the center, and finish with a drizzle of raw extra virgin olive oil.





Pairing

The delicacy of this dish is naturally complemented by Brisighella PDO Organic EVO Oil, made from the Nostrana di Brisighella single-variety olive. Its refined and elegant profile, with vegetal nuances, enhances the lightness of the steaming and the sweetness of the spring onion soup, without overpowering the filling.



Pairing

To round out this dish, an organic Marche PGI EVO oil—made from a blend of native Marche cultivars—is ideal. Its medium fruitiness and balanced aromatic profile complement the toasted rice, the creaminess of the egg, and the freshness of the spring onion, without overpowering the other flavors.

Fried rice with EVO oil, eggs and spring onion

Ingredients

<i>Cooked and cooled rice</i>	<i>g 350</i>
<i>Spring onions</i>	<i>g 80</i>
<i>Eggs</i>	<i>n. 2</i>
<i>Extra virgin olive oil</i>	<i>g 40</i>
<i>Tomato powder</i>	<i>g 8</i>
<i>Salt</i>	<i>to taste</i>

Preparation

Boil the eggs in boiling water for 9 minutes. Quickly cool them in ice water, peel them, and slice them.

Finely slice the scallions and sauté them in a skillet with extra virgin olive oil until softened. Add the cooked and cooled rice, season lightly with salt, and toast over high heat for a few minutes.

Press the rice down firmly in the pan with a spatula and continue cooking until a golden, crispy crust forms. Gently flip it over and brown the other side as well.

Transfer the rice to a serving plate, arrange the hard-boiled egg slices on top, and finish with the tomato powder before serving.

Duck breast with onion powder and EVO oil

Ingredients

Duck breast (about g 350–400 each)	n. 2
Extra virgin olive oil	g 20
Dried onion powder	g 10
Salt	to taste
Ground black pepper	to taste
Fresh spinach	80–100 g

Preparation

Pat the duck breasts dry with kitchen paper and score the skin with a sharp knife in a light criss-cross pattern, taking care not to cut into the meat. Season with salt and pepper on both sides.

Place the breasts in a cold frying pan, skin-side down, without adding any fat. Place the pan over a medium heat and cook for 8–10 minutes, skimming off any excess fat from time to time, until the skin is golden brown and crispy.

Turn the breasts over and brown the flesh side for about 2 minutes, then transfer them to an oven preheated to 180 °C and finish cooking for 5–8 minutes, depending on their thickness and the desired level of doneness. The meat should remain pink in the centre.

Meanwhile, sauté the spinach in a frying pan with a drizzle of extra virgin olive oil for 1–2 minutes, just long enough to wilt it, then season with salt.

Leave the meat to rest for 5 minutes, then slice it into pieces about 1 cm thick. Arrange the slices on the plates so that they overlap slightly, place the sautéed spinach alongside, sprinkle evenly with onion powder and finish with a drizzle of extra virgin olive oil.





Pairing

To complement the succulence of the duck, we recommend Canino PDO Organic EVO Oil, made from the Caninese cultivar. Its intense fruitiness, supported by a pleasant liveliness on the palate, balances the fat content of the meat and enhances its flavor, elegantly complementing the aromatic notes of the onion.

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