



**EUROPEAN ORGANIC
EXTRA VIRGIN OLIVE OIL
AND WINE**
SENSES & FLAVOURS

*Discover it in 10 innovative recipes specially
created by star chef Iside De Cesare*

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Research Executive Agency (REA). Neither the European Union nor the granting authority can be held responsible for them.

CONSORZIO OLIVICOLO ITALIANO
unaprol

CAP
AGRICULTORES DE PORTUGAL



CAMPAIGN FINANCED
WITH AID FROM
THE EUROPEAN UNION

**ENJOY
IT'S FROM
EUROPE**



Discover the authentic flavours of European Organic Extra Virgin Olive Oil and Wine, in a sensory journey of tastings and recipes.



A good dish calls for good ingredients, and pairings that make it unforgettable.

The senses are still the protagonists, teased by recipes that bring out the uniqueness and quality of BIO-certified European extra virgin olive oil and wine. These two extraordinary products will be the protagonists of your sensory journey, from tasting to the creation of delicious dishes in the kitchen.

Each recipe will have unique nuances of taste and texture, telling the story of the richness and diversity of the European territories from which high-quality extra virgin olive oil and wine are produced.

Promoted with full marks by the Mediterranean diet as an everyday condiment, extra virgin olive oil is a rich source of vitamins, antioxidants and monounsaturated fatty acids.



Extra virgin olive oil has the ability to bring out the flavour of ingredients, enhancing every food it comes into contact with, and the sensations it gives when tasted make each course unique. Its organoleptic properties, given also by its enveloping aroma and intense flavour, accompany recipes of all kinds. If you are looking for balance, you will need affinity between oil and dish, so in a preparation with a very rich taste you will need an oil that is equally complex in flavour, vice versa a delicate dish will require an oil that does not cover up the flavour.

If you want to enhance the ingredients used in a recipe, you can choose an extra virgin olive oil that has the right aroma to enhance the dish. For a tomato sauce for example, you can choose an oil with hints of basil, or with a fruity note.

Knowing how to match a good wine to the dish enhances your culinary and taste experience, completing the sensory journey.

Depending on the wine, there are criteria for selecting the dishes that can accompany it, and these are pairing by concordance or by contrast.

Matching by concordance is applied in relation to the degree of sweetness, or the structure of the wine, maintaining affinity with the food to be paired.

Matching by contrast, on the other hand, requires the wine to have opposite characteristics to those of the dish. Therefore, a fresh, acidic white wine goes well with soft or sweet-tasting dishes such as pulses and carbohydrates, while a light, fresh, medium-tannic red wine can accompany rich recipes with white meats, cold meats or fresh cheeses.

The journey of taste continues, with organic extra virgin olive oil and wine, from the lands of Europe to your table.



Iside De Cesare

Chef patron of the Michelin-starred La Parolina restaurant in a border village between Lazio, Umbria and Tuscany

Iside De Cesare is a multifaceted chef who combines two souls: one sweet and one savoury. 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 top-quality local products, always attentive to seasonal availability. The experience gained 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.

EXTRA VIRGIN OLIVE OIL
PAIRING

Obviously an oil that has body and texture to accompany the meat preparation. An EVO Semidana (Sardinia Oristano) with a medium intense fruitiness, decidedly herbaceous, with hints of almond artichokes and light tomato. Bitter and spicy notes of medium-high intensity. Green color with yellow highlights. Also used in Mediterranean cuisine dishes.



Beef tartare with herb mayonnaise, capers and anchovies

Ingredients

Beef (lean part)	80 gr p.p.
Anchovies	n. 2
Salt Flower	q.s.
Organic Extra Virgin Olive Oil	q.s.
Pepper	q.s.
Thyme	q.s.
Marjoram	q.s.

For the mayonnaise:

Soy milk	50 gr
Organic Extra Virgin Olive Oil	q.s.
Lemon juice	q.s.
White wine vinegar	q.s.
Chopped fine herbs	q.s.
Salt	q.s.
Water	q.s.

Procedure

Begin by preparing the mayonnaise by adding the salt, vinegar, lemon juice and chopped fine herbs to the soy milk. Add Organic Extra Virgin Olive Oil in a trickle using an immersion blender.

To prepare the tartare, start by knife-beating the beef.

Season it with Organic Extra Virgin Olive Oil, salt and chopped herbs.

Plate by placing the meat in a special mold, then add the seasoned tartare, dots of mayonnaise helping with a sac à poche, the anchovies and a few capers.

Chickpea Hummus and Organic EVO Oil

Ingredients

Chickpeas	400 gr
Apple vinegar	150 gr
Organic Extra Virgin Olive Oil	100 gr
Salt	40 gr
Isinglass sheets	30 gr

Procedure

Soak the chickpeas in water for at least 24 hours.

After the soaking time has elapsed, drain the chickpeas and transfer them to a pot with fresh water. Bring to a boil and cook until the chickpeas are tender. Drain and save the cooking water.

Blend the cooked chickpeas together with some of the cooking water until smooth and homogeneous. Then add the wine vinegar, salt and a drizzle of Organic Extra Virgin Olive Oil, mixing well.

Soak the isinglass sheets in cold water for a few minutes until they become soft.

Add the softened isinglass sheets to the still-warm mixture, stirring until completely dissolved.

Pour the resulting mixture into the desired molds and let cool at room temperature for a few minutes. Then transfer the molds to the refrigerator and let them firm up for at least a couple of hours.

Once the jelly has solidified, carefully unmold the molds. Serve with a drizzle of raw Organic Extra Virgin Olive Oil and a rosemary flower to taste.

EXTRA VIRGIN OLIVE OIL PAIRING

For the full flavor of legumes, an evo oil with character such as Ogliarola Salentina (Puglia Brindisi) with medium fruitiness, decidedly herbaceous, with hints of artichoke and almond is recommended. Bitter notes of medium to high intensity, medium pungency. Green color with yellow highlights





EXTRA VIRGIN OLIVE OIL
PAIRING

An evo Biancolilla (Sicily - Palermo) with a medium intense fruitiness that goes well with the black lentil goes well with this dish. Definitely herbaceous oil with hints of almond tomato and artichoke. Spicy and bitter notes of medium intensity those green with yellow highlights, medium-high fluidity.



Fake black lentil caviar

Ingredients

<i>Black lentil</i>	<i>200 gr</i>
<i>Fish broth</i>	<i>500 gr</i>
<i>Boiled potatoes</i>	<i>500 gr</i>
<i>Water</i>	<i>250 gr</i>
<i>Cream</i>	<i>250 gr</i>
<i>Cream of lemons</i>	<i>q.s.</i>
<i>Organic Extra Virgin Olive Oil</i>	<i>q.s.</i>
<i>Wine vinegar</i>	<i>q.s.</i>
<i>Salt</i>	<i>q.s.</i>

Procedure

Start by preparing a fish stock by putting Organic Extra Virgin Olive Oil, water, fish bones, celery, carrot and onion, and boil for at least 1 hour. After that, cook the lentils in it until they are tender but not flaky.

Meanwhile, prepare the creamed potatoes by whipping the previously boiled potatoes and gradually adding Organic Extra Virgin Olive Oil and cream and hot water until a creamy consistency is achieved. Adjust the flavor with salt and a touch of vinegar to balance the flavors. Allow the creamed potatoes to cool.

Plate by starting with a thin layer of lemon cream on the bottom of the plate.

Add a layer of creamed potatoes on top of the creamed lemons.

Finally, arrange the lentils on top of the creamed potatoes.

Tangerine Risotto and Organic EVO Oil

Ingredients

<i>Carnaroli Rice</i>	<i>100 gr</i>
<i>Mandarins</i>	<i>n. 3</i>
<i>Turmeric</i>	<i>q.s.</i>
<i>Organic Extra Virgin Olive Oil</i>	<i>q.s.</i>
<i>Vegetable broth</i>	<i>q.s.</i>
<i>Salt</i>	<i>q.s.</i>
<i>Pepper</i>	<i>q.s.</i>
<i>Parmigiano</i>	<i>At will</i>

Procedure

In a large saucepan, pour the Organic Extra Virgin Olive Oil and heat it over medium heat.

Add the rice and toast it lightly, stirring occasionally, until it becomes translucent, about 2-3 minutes.

Deglaze the rice with a ladleful of hot vegetable broth and stir gently until the liquid is absorbed.

Continue adding the vegetable broth one ladleful at a time, stirring constantly and waiting for the liquid to be absorbed before adding more.

Add turmeric and grated tangerine peel to the risotto, mix well.

Taste and adjust salt and pepper to suit your taste.

Once the rice is cooked, remove the saucepan from the heat and add a drizzle of Extra Virgin Olive Oil and mandarin juice, previously obtained from squeezing mandarins. Stir vigorously to cream the risotto, adding oil flush and Parmigiano to taste.

Serve the risotto hot, garnishing with a sprinkling of pepper if necessary.



EXTRA VIRGIN OLIVE OIL PAIRING

A delicate dish with acidic tangerine tips and a special aroma given by turmeric. Leccino (Marche Ancona) evo oil can fulfill its functions because of its medium-light green (grass) fruitiness with hints of almond. Spicy notes of medium-light intensity, light bitterness. Almond aftertaste green color with yellow highlights. Raw for delicate foods



EXTRA VIRGIN OLIVE OIL
PAIRING

With Casaliva (Trentino Alto Adige Trento) evo, the aglione can be contained due to the oil's characteristics of light herbaceous-type fruitiness with hints of almond, artichoke, lettuce and hints of mint and rosemary. Bitter notes of medium-high intensity, medium pungency, herbaceous aftertaste yellow color with green reflections high fluidity.



Tagliolini all'aglione with Organic EVO Oil and caviar

Ingredients

<i>Aglione</i>	<i>6 cloves</i>
<i>Parsley</i>	<i>1 bunch</i>
<i>Organic Extra Virgin Olive Oil</i>	<i>q.s.</i>
<i>Salt</i>	<i>q.s.</i>
<i>Caviar</i>	<i>q.s.</i>

For the dough:

<i>Remilled semolina</i>	<i>500 gr</i>
<i>Yolk</i>	<i>420 gr</i>
<i>Organic Extra Virgin Olive Oil</i>	<i>20 gr</i>

Procedure

Begin by preparing the dough. Sift the flour and form a well on a work surface.

Break the eggs into the center of the fountain and add a pinch of salt. Mix gently, gradually incorporating the flour until the dough is smooth.

Knead the dough vigorously on a flat surface for about 10 minutes until smooth and elastic. Wrap the dough in plastic wrap and let it rest in the refrigerator for at least 30 minutes. Roll out the dough with a rolling pin to a thin thickness. Then cut the dough into thin strips to form noodles.

Heat some Organic Extra Virgin Olive Oil in a frying pan over medium heat. Add the previously finely chopped garlic cloves. Allow to stew gently until lightly browned. Add chopped fresh parsley to the pan and stir well.

Transfer to a blender and blend until smooth. Adjust salt to taste.

Meanwhile, boil the noodles in a pot of boiling water until al dente. Drain the pasta and transfer it to the pan with the garlic and parsley cream.

Gently toss until the dough is evenly coated with the cream. Add the caviar to the noodles and top with a drizzle of Organic Extra Virgin Olive Oil.

Tortellini with Parmigiano cream and truffle in Organic EVO Oil

Ingredients

Flour	500 gr
Yolks	n. 7
Eggs	n. 3
For the filling:	
Pork	200 gr
Raw ham	200 gr
Mortadella	200 gr
Parmigiano	200 gr
Nutmeg	q.s.
Salt and pepper	q.s.
Salted butter	q.s.
Fresh or frozen black truffle	q.s.
Organic Extra Virgin Olive Oil	q.s.

Procedure

Start by mixing the flour with the eggs and egg yolks to make a smooth dough, which will then be the tortellini pasta;

While the dough is resting, prepare the filling by cooking the cinta pork in a pan. After adding the prosciutto and mortadella, remove from the heat and let cool.

Pass the cooled mixture through a meat grinder.

Add grated Parmigiano and nutmeg. Season with salt and pepper until desired taste is achieved.

Roll out the dough and pack the cappelletti.

Cook the cappelletti in plenty of salted water. Once drained, toss them in Organic Extra Virgin Olive Oil, salted butter and black truffle.

Serve the cappelletti on a bed of Parmigiano cream and garnish with truffle slices.



EXTRA VIRGIN OLIVE OIL

PAIRING

We envisaged an evo oil such as Moraiolo (Tuscany Florence) with medium fruitiness decidedly herbaceous with hints of almond and artichoke; bitter and spicy notes of medium intensity herbaceous aftertaste green color with yellow highlights. For hot bruschetta, cooked and raw vegetables, grilled meats.

EXTRA VIRGIN OLIVE OIL
PAIRING

You can use an oil for both biga and light mayonnaise such as *eva Tonda Iblea* (Sicilia Ragusa) with medium intense fruity green type (herbs) with hints of artichoke and tomato. Bitter notes of medium intensity legger, medium spiciness, herbaceous aftertaste of artichoke and tomato. Green color with yellow highlights. Use Delicate dishes, raw and cooked vegetables, vegetable and legume soups, wild salads grilled white meat, both traditional country and seafood.



Burger of boiled meat green sauce and capers

Ingredients

<i>Manitoba flour</i>	<i>350 gr</i>
<i>Water</i>	<i>150 gr</i>
<i>Brewer's yeast</i>	<i>25 gr</i>

For buns:

<i>Biga</i>	
<i>Flour</i>	<i>600 gr</i>
<i>Water</i>	<i>225 gr</i>
<i>Organic Extra Virgin Olive Oil</i>	<i>150 gr</i>
<i>Sugar</i>	<i>80 gr</i>
<i>Salt</i>	<i>15 gr</i>
<i>Sesame</i>	<i>At will</i>

For the filling:

<i>Tongue</i>	<i>n. 1</i>
<i>Scented salt</i>	<i>At will</i>
<i>Tomato</i>	<i>q.s.</i>
<i>Mixed salad</i>	<i>q.s.</i>
<i>Onion</i>	<i>q.s.</i>

For the green sauce:

<i>Yolks</i>	<i>60 g</i>
<i>Organic Extra Virgin Olive Oil</i>	<i>q.s.</i>
<i>Seed oil</i>	<i>q.s.</i>
<i>Vinegar</i>	<i>q.s.</i>
<i>Salt</i>	<i>q.s.</i>
<i>Garlic and parsley compote</i>	<i>q.s.</i>

Procedure

Start by kneading the biga and let it double in volume. Then proceed with making the dough and let it rise;

Break the dough into buns and give the desired shape;

Let the buns rise and brush the surface with egg; add sesame if desired;

Bake the buns at 160 degrees until golden brown;

Meanwhile, bake the tongue at an internal temperature of 65 degrees, with the oven chamber at 70 degrees for 4 hours, using the steamer.

Meanwhile, proceed with the preparation of the mayonnaise and add the garlic and parsley mixture;

Cool the tongue, then clean and portion it;

Smash the sandwiches and heat them. Add salsa verde, thin slices of warmed tongue, tomato, onions and misticanza to taste.

Beef stew with wine and potatoes

Ingredients

Beef ("priest's hat" cut)	1 kg
Organic Extra Virgin Olive Oil	50 gr
Onion	n. 1
Carrot	n. 1
Celery	No. 1 stalk
Laurel	No. 2 leaves
Cinnamon	No. 1 stick
Cloves	n. 3
Nutmeg	q.s.
Peeled or fresh tomatoes	100 gr
Red wine	q.s.

For oil potatoes:

Potatoes	500 gr
Organic Extra Virgin Olive Oil	q.s.
Salt and pepper	q.s.

Procedure

Start by cooking the potatoes: let them boil until tender, then mash and sift them while still hot.

Add the Organic Extra Virgin Olive Oil in a trickle, whipping with a whisk and adjusting for salt and pepper.

If necessary, add a little cooking water to reach the desired consistency.

Move on to preparing the meat. Cut it into portions and let it brown in oil on all sides, then remove it from the pan.

In the same pan, wilt the chopped carrot, onion and celery. Return the meat to the pan, season with salt and pepper. Add the bay leaves and spices to season everything.

Add red wine and tomato sauce.

Bake in a 130°C oven for about 3 hours with the pan tightly closed.

Let it rest until the next day.

Heat the mixture and then proceed to cut the meat. Sprinkle with the strained gravy and, if necessary, concentrate.

Serve the meat over mashed potatoes with Organic Extra Virgin Olive Oil.

EXTRA VIRGIN OLIVE OIL
PAIRING

An oil with character as the dish calls for it that can balance the flavors of the preparation. An evo such as Coratina (Puglia Bari) with intense fruitiness, herbaceous type, with hints of almond and artichoke. Bitter and spicy notes of high intensity. Herbaceous aftertaste of artichoke and almond. Yellow-green color.



EXTRA VIRGIN OLIVE OIL
PAIRING

With thyme oil we can use an evo Ascolana Tenera (Marche). Medium fruity, herbaceous type, with hints of tomato, apple, almond. Spicy and bitter notes of medium intensity, green color with yellow highlights, medium fluidity. Raw on delicate fish and white meat dishes but also on vegetables and wild herbs.



Lamb belly in Organic EVO Oil with thyme

Ingredients

Lamb belly	n.1
Red cabbage	n.1
Thyme	q.s.
Organic Extra Virgin Olive Oil	q.s.
Pepper	q.s.
Vinegar	q.s.
Salt	q.s.

Procedure

Begin by boning the lamb and taking the belly part.

Overlap two pieces of belly (meat against meat) and vacuum-cook with Organic Extra Virgin Olive Oil and herbs at 80 degrees steaming.

Place a weight on top of the freshly cooked belly, bake and cool.

Meanwhile, continue with the preparation of the kale. Chop it finely and let it marinate with vinegar, Organic Extra Virgin Olive Oil and scented salt.

Polish the lamb belly with thyme-flavored oil and then arrange the belly on the plate and top with marinated cabbage.

Ricotta and pistachio cannoli

Ingredients

Sheep ricotta cheese	500 gr
Sugar	120 gr
Vanilla	No.1 berry
Grated orange peel	q.s.

For the cannoli:

Flour	430 gr
Eggs	150 gr
Sugar	50 gr
Organic Extra Virgin Olive Oil	45 gr
Orange peel	q.s.
Coffee powder	q.s.
Cocoa powder	q.s.
Marsala	25 gr
Frying oil	q.s.
Chopped pistachios	at will
Candied orange	at will
Icing sugar	at will

Procedure

Mix the powders and flavorings in a bowl, then pour the liquid parts into the bowl with the powders and mix until smooth.

Add the Organic Extra Virgin Olive Oil last and incorporate into the dough. Allow to rest in the refrigerator for 2 hours.

Roll out the dough thin, giving it folds to make it more elastic, and cut it into squares. Wrap the dough squares around metal rods.

Fry the cannoli in plenty of hot oil until golden brown. Remove the cannoli from the holder and let them drain on paper towels.

Next, sift the ricotta into a bowl to make it creamier. Add the sugar and flavorings and mix until smooth.

Transfer the filling to a pastry bag and begin filling the cannoli.

Garnish the ends of the cannoli with pistachio granules. Complete as desired with chocolate curls or candied orange.



EXTRA VIRGIN OLIVE OIL PAIRING

Ricotta and pistachio cannoli

This evo Frantoio (Marche Ancona) because of its characteristics is also used for desserts. In fact from medium light fruity of leafy green type, Notes of spicy and bitter of light intensity, aftertaste of artichoke and almond. Yellow color with green reflections medium-low fluidity. Raw from appetizers to first courses, white meat pizzas, focaccia cooked raw vegetables and desserts.



CONSORZIO OLIVICOLO ITALIANO
Unaprol

CAP 
AGRICULTORES DE PORTUGAL



ecceamerica.eu