



# EUROPEAN ORGANIC EXTRA VIRGIN OLIVE OIL AND WINE

## *SENSES & FLAVOURS*

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

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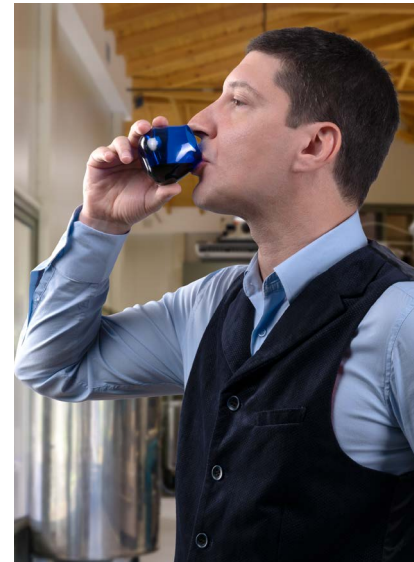
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# Discover the authentic flavours of European Organic Extra Virgin Olive Oil and Wine, in a sensory journey of tastings and recipes.



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.





# Potato Pizza with Organic EVO Oil and Organic Wine

## Ingredients

**For the pizza dough**  
Medium strength 00 flour gr 500  
Water gr 350  
Organic Extra Virgin Olive Oil gr 30  
Brewer's yeast gr 5  
Salt gr 7

**For the topping**  
Potatoes gr 800  
Organic White Wine n. 1 glass  
Primo sale or mozzarella gr 100  
Salt to taste  
Pepper to taste  
Organic Extra Virgin Olive Oil to taste

## Procedure

In a large bowl, mix the ingredients for the pizza base until smooth and soft and leave to rise.

In the meantime, cut the potatoes into pieces, keeping the skin on, then place them on a baking tray lined with baking paper. Season with Organic Extra Virgin Olive Oil, rosemary, salt, pepper and a glass of Organic White Wine. Bake in a preheated oven at 180 °C until golden brown.

Grease a baking tray with a drizzle of Organic Extra Virgin Olive Oil, spread the risen dough and distribute the roast potatoes evenly over the surface.

Top with primo sale or mozzarella to taste, drizzle with a little Organic Extra Virgin Olive Oil and bake in a preheated oven at 200 °C until golden brown.

EXTRA VIRGIN OLIVE OIL

### PAIRING

For this recipe, we recommend a Dolce di Rossano (Calabria) cultivar EVO Oil with a medium herbaceous fruitiness and hints of almond, artichoke and light tomato. Medium intensity spicy and bitter notes.

ORGANIC WINE

### PAIRING

A white wine from Alentejo made from Antão Vaz grapes is recommended. This structured white, with fruity aromas of pineapple, peach, and lime, offers freshness that balances the creamy consistency of the pizza, delivering a broad and mineral sip.





# Panzanella tacos with Organic EVO Oil and Organic Wine

## Ingredients

|                                           |                   |
|-------------------------------------------|-------------------|
| <i>Stale or toasted bread</i>             | <i>gr 200</i>     |
| <i>Ripe tomatoes</i>                      | <i>gr 200</i>     |
| <i>Cucumbers</i>                          | <i>n. 1</i>       |
| <i>Red onion</i>                          | <i>n. 1 small</i> |
| <i>Fresh basil</i>                        | <i>to taste</i>   |
| <i>White wine vinegar</i>                 | <i>to taste</i>   |
| <i>Organic White Wine</i>                 | <i>to taste</i>   |
| <i>Organic Extra Virgin<br/>Olive Oil</i> | <i>to taste</i>   |
| <i>Salt</i>                               | <i>to taste</i>   |
| <i>Pepper</i>                             | <i>to taste</i>   |
| <i>Small corn tortillas</i>               | <i>n. 8</i>       |

## Procedure

Cut the bread into cubes and place on a baking tray. Season with Organic Extra Virgin Olive Oil, salt and pepper, then toast in a preheated oven at 130 °C until lightly browned.

In a large bowl, combine the tomatoes, cucumber and onion cut into small pieces. Add the vinegar, a drizzle of Organic Extra Virgin Olive Oil and a little Organic White Wine. Stir well.

Add the toasted bread, adjust the salt and complete with chopped basil leaves.

Heat the tortillas on a griddle or in a frying pan, stuff them with the panzanella and garnish with tufts of fresh basil. Serve immediately, warm or at room temperature.

### EXTRA VIRGIN OLIVE OIL PAIRING

For this recipe, we recommend an Itrana (Lazio) cultivar EVO Oil. A medium intense herbaceous fruity oil with hints of intense tomato and aromatic herbs such as basil, intense spicy and slightly bitter notes.

### ORGANIC WINE PAIRING

A white wine from the Tejo region, made from a blend of Fernão Pires and Arinto, pairs beautifully with this dish. Fernão Pires brings floral and fruity notes, while Arinto adds lively acidity, enhancing the freshness of the panzanella and cleansing the palate.







EXTRA VIRGIN OLIVE OIL  
**PAIRING**

For this recipe, we recommend a Nostrale di Rigali (Umbria) cultivar EVO Oil. This oil has a medium fruity flavour, very herbaceous with medium-intense bitter and spicy notes on the finish and an aftertaste of artichoke and chicory.

ORGANIC WINE  
**PAIRING**

A white wine from Douro made from Moscatel Galego grapes is ideal. With notes of yellow fruit and white flowers and a soft, rounded finish, it enhances the saltiness of the prosciutto and the sweetness of the mustard, creating a harmonious balance.



# Organic EVO Oil bread with ham, caprino, fig mostarda and Organic Wine taralli

## Ingredients

**For the Organic Extra Virgin Olive Oil bread**

|                                |        |
|--------------------------------|--------|
| Strong flour                   | gr 500 |
| Milk                           | gr 400 |
| Brewer's yeast                 | gr 12  |
| Sugar                          | gr 10  |
| Organic Extra Virgin Olive Oil | gr 40  |
| Salt                           | gr 10  |

**For the accompaniment**

|                                      |          |
|--------------------------------------|----------|
| Organic Extra Virgin Olive Oil bread | gr 200   |
| Cured raw ham                        | gr 100   |
| Fresh caprino                        | gr 100   |
| Fig mostarda                         | gr 40    |
| Organic Extra Virgin Olive Oil       | to taste |
| Fresh fennel or dill                 | to taste |
| Edible flowers (optional)            | to taste |
| Organic White Wine taralli           | to taste |

## Procedure

Knead the bread, let it rise and form into loaves. Bake, then allow to cool completely before cutting into slices.

Toast the slices on a hot griddle or in the oven until crispy. Dress each slice with a drizzle of Organic Extra Virgin Olive Oil.

Spread a small amount of caprino on some slices and, next to it, place a teaspoon of fig mustard.

Roll the ham slices into small cones and arrange them next to the seasoned bread.

Garnish with fresh fennel or dill and, if desired, an edible flower for a decorative touch.

Serve at room temperature as a rustic hors d'oeuvre, where sweet, salty and sour flavours are harmoniously balanced, accompanied by Organic White Wine taralli.



# Eggs in purgatory with organic EVO Oil and toasted bread

## Ingredients

|                                       |                   |
|---------------------------------------|-------------------|
| <i>Eggs</i>                           | <i>n. 4</i>       |
| <i>Peeled tomatoes</i>                | <i>gr 400</i>     |
| <i>Garlic</i>                         | <i>n. 1 clove</i> |
| <i>Organic Extra Virgin Olive Oil</i> | <i>to taste</i>   |
| <i>Chilli pepper</i>                  | <i>to taste</i>   |
| <i>Salt</i>                           | <i>to taste</i>   |
| <i>Paprika</i>                        | <i>to taste</i>   |
| <i>Homemade bread</i>                 | <i>gr 200</i>     |

## Procedure

In a frying pan, fry the garlic and chilli pepper in Organic Extra Virgin Olive Oil until lightly golden. Add the peeled tomatoes and cook over medium heat for about 15 minutes, stirring occasionally. Adjust the salt.

With a spoon, create small hollows in the sauce and gently break the eggs directly into the pan. Cook over a gentle flame until the egg white is partially hardened, leaving the yolk soft.

Toast the bread and serve it together with the hot eggs. Complete with a sprinkling of paprika.



### EXTRA VIRGIN OLIVE OIL PAIRING

For this recipe, we recommend a Frantoio (Tuscany) cultivar EVO Oil. A very elegant, clean and balanced extra virgin olive oil. The fruitiness is very herbaceous; characteristic is the green of the wheat stalk. The taste is very harmonious with medium bitterness and pungency with an aftertaste of wild rocket. Balanced bitterness and spiciness.

### ORGANIC WINE PAIRING

A white wine from the Dão region made from Encruzado grapes pairs perfectly. Featuring citrus notes and marked minerality, it offers freshness that complements the richness of the tomato and eggs.





EXTRA VIRGIN OLIVE OIL  
**PAIRING**

For this recipe, we recommend a Carolea (Calabria) cultivar EVO Oil. A medium-light fruity oil with delicate hints of fresh olives. It has definite notes of sage and officinal herbs. The flavour is very harmonious and balanced. Bitterness and a slight spiciness close with an aftertaste of unripe almonds.

ORGANIC WINE  
**PAIRING**

A red wine from Tejo made from Touriga Nacional grapes is the perfect match. Elegant and aromatic, with hints of wild berries, sweet spices, and a balsamic note, it complements the depth of the octopus with soft tannins and good persistence.



# Mezze maniche with octopus ragu, Organic EVO Oil and Organic Wine

## Ingredients

|                                       |                    |
|---------------------------------------|--------------------|
| <i>Mezze maniche</i>                  | <i>gr 300</i>      |
| <i>Cleaned and boiled octopus</i>     | <i>gr 500</i>      |
| <i>Cherry tomatoes</i>                | <i>gr 400</i>      |
| <i>Onion</i>                          | <i>n. 1 small</i>  |
| <i>Celery</i>                         | <i>n. 1 stem</i>   |
| <i>Carrot</i>                         | <i>n. 1 small</i>  |
| <i>Garlic</i>                         | <i>n. 2 cloves</i> |
| <i>Pitted black olives</i>            | <i>gr 80</i>       |
| <i>Organic Red Wine</i>               | <i>ml 100</i>      |
| <i>Organic Extra Virgin Olive Oil</i> | <i>to taste</i>    |
| <i>Salt</i>                           | <i>to taste</i>    |
| <i>Black pepper</i>                   | <i>to taste</i>    |

## Procedure

Finely chop the onion, celery and carrot. In the meantime, heat a little Organic Extra Virgin Olive Oil in a large saucepan.

Add two whole garlic cloves and fry them for a few seconds, then add the chopped vegetables and fry over a gentle heat for about 5 minutes, stirring occasionally.

Cut the octopus into small pieces and add it to the sauté. Allow to brown for about 10 minutes, then deglaze with Organic Red Wine and allow to evaporate completely.

Cut the cherry tomatoes in halves or quarters and add them to the pan, together with the black olives. Season with salt and pepper and cook, stirring occasionally until a tasty and well-bonded ragu is obtained.

Cook the mezze maniche in plenty of salted water. Drain them al dente and transfer them directly to the pan with the octopus ragu.

Stir-fry over a high heat for one minute, then serve piping hot.



# Orecchiette with broccoletti, sausage, fennel, Organic EVO Oil and Organic Wine

## Ingredients

### For the pasta

|                 |        |
|-----------------|--------|
| Ground semolina | gr 500 |
| Warm water      | gr 240 |

### For the sauce

|                                |             |
|--------------------------------|-------------|
| Broccoletti                    | kg 2        |
| Garlic                         | n. 2 cloves |
| Organic Extra Virgin Olive Oil | to taste    |
| Chilli pepper                  | to taste    |
| Salt                           | to taste    |

### For the seasoning

|                  |          |
|------------------|----------|
| Sausage          | n. 2     |
| Onion            | n. 1     |
| Organic Red Wine | ml 10    |
| Fennel seeds     | to taste |

## Procedure

Knead the ingredients for the fresh pasta, let the dough rest covered and form the orecchiette.

In the meantime, prepare the sauce: heat Organic extra Virgin Olive Oil in a pan with a clove of garlic and a small piece of chilli pepper. Add the previously washed and blanched broccoletti and leave to gain flavour for a few minutes. Transfer everything to a blender and blend, adding more Organic Extra Virgin Olive Oil until a smooth, homogenous cream is obtained.

Remove the casing from the sausages and work the inside with a little Organic Wine. Finely chop the onion and brown it in a pan with Organic Extra Virgin Olive Oil. Add the marinated sausage and cook over medium heat until the mixture is dry and golden. Finally, add the chopped wild fennel.

Cook the orecchiette in plenty of salted water, drain them al dente and toss with the broccoletti cream. Complete the dish by scattering the fried sausage over the top.

Serve piping hot.

### EXTRA VIRGIN OLIVE OIL PAIRING

For this recipe, we recommend a Peranzana (Apulia) cultivar EVO Oil with a medium herbaceous fruitiness and hints of artichoke, almond and cut herbs. Bitter and spicy notes of medium intensity and extreme elegance.

### ORGANIC WINE PAIRING

A red wine from Douro, blended from Touriga Nacional, Touriga Franca, and Tinta Roriz, is ideal for this rich dish. With aromas of ripe red fruit and spices, its structured body harmonizes with the savory and herbal components.







EXTRA VIRGIN OLIVE OIL

PAIRING

For this recipe, we recommend an Intosso (Abruzzo) cultivar EVO Oil. It denotes a medium-light herbaceous fruitiness with hints of artichoke, tomato and herbs. Medium intensity spicy and bitter notes.

ORGANIC WINE

PAIRING

An Alentejo red wine made from Alicante Bouschet and Touriga Nacional is the best choice. Fruity and spicy, with notes of blackberry, black pepper, and licorice, it supports the fried texture and complements the herbal note of the sauce for a full and satisfying vegetarian pairing.



# Aubergine meatballs with Organic EVO Oil and herb mayonnaise

## Ingredients

|                                |            |
|--------------------------------|------------|
| Aubergines                     | gr 600     |
| 00 flour                       | gr 100     |
| Eggs                           | n. 1       |
| Grated Parmigiano Reggiano DOP | gr 60      |
| Grated Pecorino Romano DOP     | gr 30      |
| Parsley                        | to taste   |
| Chopped mint                   | to taste   |
| Garlic                         | n. 1 clove |
| Salt                           | to taste   |
| Pepper                         | to taste   |
| Breadcrumbs                    | to taste   |
| Organic Extra Virgin Olive Oil | to taste   |

**For the herb mayonnaise**

|                                                       |          |
|-------------------------------------------------------|----------|
| Unsweetened soy milk                                  | ml 100   |
| Organic Extra Virgin Olive Oil                        | ml 200   |
| Lemon juice or apple vinegar                          | gr 1     |
| Mustard                                               | to taste |
| Salt                                                  | to taste |
| Fresh herbs (parsley, basil, chives, marjoram, thyme) | to taste |

## Procedure

Cook the whole aubergines in the oven or steam until soft. Allow them to cool, then peel, mash the flesh and squeeze it out very well to remove excess liquid. Finely chop the pulp obtained.

Add the grated Parmigiano Reggiano DOP, eggs, chopped garlic and parsley. Season with salt and pepper, mix the mixture and form into meatballs. Dip them in breadcrumbs and fry in hot Organic Extra Virgin Olive Oil until golden brown.

Drain the meatballs on absorbent paper and serve hot or lukewarm.

For the herb mayonnaise, pour the room temperature soy milk into a tall, narrow container. Add the lemon juice (or vinegar), a pinch of salt and the mustard. Start blending with an immersion blender, pouring in the Organic Extra Virgin Olive Oil in a trickle.

Continue blending until a stable, creamy consistency is obtained. Add the finely chopped fresh herbs and blend for a few more seconds. Taste and adjust salt.



# Lasagna with carasau bread, leeks, Organic EVO Oil and Organic Wine

## Ingredients

|                                       |                 |
|---------------------------------------|-----------------|
| <i>Carasau bread</i>                  | <i>gr 100</i>   |
| <i>Leeks</i>                          | <i>n. 3</i>     |
| <i>Organic White Wine</i>             | <i>ml 100</i>   |
| <i>Béchamel sauce</i>                 | <i>gr 400</i>   |
| <i>Grated Parmigiano Reggiano DOP</i> | <i>gr 80</i>    |
| <i>Mozzarella</i>                     | <i>gr 200</i>   |
| <i>Organic Extra Virgin Olive Oil</i> | <i>to taste</i> |
| <i>Salt</i>                           | <i>to taste</i> |
| <i>Pepper</i>                         | <i>to taste</i> |

## Procedure

Thinly slice the leeks and stew them in a pan with Organic Extra Virgin Olive Oil, salt and pepper. Deglaze with Organic Wine and allow the liquid to dry in an oven dish.

Start composing the layers by alternating wet carasau bread, leeks, béchamel sauce, mozzarella and Parmigiano Reggiano DOP, starting with a layer of béchamel sauce and ending with Parmigiano Reggiano DOP.

Bake in a preheated oven at 180 °C until golden brown and crispy.

Serve hot.



### EXTRA VIRGIN OLIVE OIL PAIRING

For this recipe, we recommend an Bosana (Sardinia) cultivar EVO Oil. It goes well with its medium herbaceous fruitiness, with hints of almond and artichoke. Bitter and spicy notes of medium intensity balance the sweetness of the leek.

### ORGANIC WINE PAIRING

This creative lasagna is best enjoyed with a white wine from Dão, blended from Encruzado, Bical, and Cercial. Fresh and floral, with bright acidity, it balances the delicate sweetness of the leeks and enhances the crunchy, layered texture.





EXTRA VIRGIN OLIVE OIL

## PAIRING

For this recipe, we recommend a Moraiolo (Umbria) cultivar EVO Oil with a decidedly herbaceous medium fruitiness with hints of almond and artichoke; medium bitterness and pungency to match the intense hints of truffle and the savouriness of Parmigiano Reggiano DOP

ORGANIC WINE

## PAIRING

A red wine from Tejo, blended from Aragonês, Cabernet Sauvignon, Petit Verdot, and Syrah, is the perfect partner. Full-bodied and spicy, with notes of dark fruit, pepper, and tobacco, it softens the acidity of the vinegar and stands up to the fried texture.



# Fried aubergines marinated in vinegar with Organic EVO Oil

## Ingredients

|                                |             |
|--------------------------------|-------------|
| Long aubergines                | gr 800      |
| White wine vinega              | ml 200      |
| Garlic                         | n. 2 cloves |
| Fresh mint                     | to taste    |
| Organic Extra Virgin Olive Oil | to taste    |
| Salt                           | to taste    |
| Black pepper                   | to taste    |

## Procedure

Wash the aubergines and cut them into slices about half a centimetre thick. Sprinkle the slices with a little salt and leave them to drain in a colander for 30 minutes.

Rinse the slices, dry them carefully with kitchen paper and, in the meantime, heat plenty of Organic Extra Virgin Olive Oil in a frying pan.

Fry the aubergines a few at a time until evenly golden. Drain on paper towels and salt lightly.

In a small saucepan, pour the vinegar and reduce over low heat until syrupy. Season the aubergines with chopped garlic, salt, pepper and the vinegar reduction.



# Spaghetti with peppers and tomato paste with Organic EVO Oil

## Ingredients

|                                       |                 |
|---------------------------------------|-----------------|
| <i>Spaghetti</i>                      | <i>gr 320</i>   |
| <i>Sweet red peppers</i>              | <i>gr 400</i>   |
| <i>Tomato paste</i>                   | <i>gr 60</i>    |
| <i>Organic Extra Virgin Olive Oil</i> | <i>gr 40</i>    |
| <i>Salt</i>                           | <i>to taste</i> |
| <i>Pepper</i>                         | <i>to taste</i> |
| <i>Onion charcoal (optional)</i>      | <i>to taste</i> |
| <i>Fresh mint leaves (optional)</i>   | <i>to taste</i> |

## Procedure

Grill the whole peppers until the skin is burnt and blackened. Immediately seal them in a food bag and leave them to stand for 10 minutes; this will make it easier to remove the skin. Peel the peppers, remove the seeds and filaments, then blend the flesh until smooth.

Meanwhile, heat some of the Organic Extra Virgin Olive Oil in a frying pan and toast the tomato paste for a few minutes, stirring continuously, until it darkens slightly and releases an intense aroma.

Add the pepper cream to the toasted tomato paste and mix well.

Cook the spaghetti in plenty of salted water, drain them al dente and stir them into the sauce. Serve, forming a nest.



### EXTRA VIRGIN OLIVE OIL PAIRING

For this recipe, we recommend a Tonda iblea (Sicily) cultivar EVO Oil with medium intense fruity green type and intense hints of tomato leaf. Bitterness of light intensity, intense spiciness.

### ORGANIC WINE PAIRING

This dish pairs well with a red wine from Douro, blended from Touriga Nacional, Touriga Franca, and Tinta Roriz. Rich and deep, with velvety tannins and aromas of ripe red fruit and spices, it matches the natural sweetness of the peppers and the intensity of the tomato.





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