



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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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

We recommend an Organic Monocultivar Carolea PGI EVO Oil from Campania, with a herbaceous and harmonious profile. Its vegetal freshness lightens the savory intensity of the anchovies and complements the earthy notes of the purple potato powder, maintaining balance and a lingering finish.

ORGANIC WINE
PAIRING

For this dish, we recommend an Alvarinho white wine from the Vinho Verde region. Its lively freshness, accompanied by citrus and mineral notes, balances the savory flavor of the anchovies and lends lightness to the emulsion, enhancing the dish's vegetable-based components.



Caesar salad with organic EVO oil dressing and anchovies

Ingredients

Romaine lettuce	g 120
Chicken breast	g 100
Parmigiano Reggiano PDO	g 40
Organic extra virgin olive oil	g 60
Anchovies in oil	g 10
Pasteurized egg yolk	g 20
Lemon juice	g 10
Mustard	g 5
Garlic	no. 1 clove
Bread	g 40
Purple potatoes	g 100
Rosemary	to taste
Salt	to taste
Pepper	to taste

Procedure

Season the chicken breast with organic extra virgin olive oil, salt, pepper, and rosemary. Cook in a steam oven at 64 °C for 1 hour, or quickly sear in a pan with a drizzle of organic extra virgin olive oil. Let cool slightly and slice.

Wash and dry the romaine lettuce, then chop it, keeping it crisp. Blend the anchovies with the pasteurized egg yolk, mustard, lemon juice, and garlic; gradually incorporate the organic extra virgin olive oil until you obtain a smooth, homogeneous emulsion.

Cut the bread into cubes and toast until crispy. Shave the Parmigiano Reggiano PDO into thin shavings.

For the purple potato powder, boil the potatoes, puree them, and spread them in a thin layer on parchment paper. Dehydrate at 70 °C for about 3 hours, then finely grind into a powder.

Dress the lettuce with the emulsion, add the chicken, the croutons, and the Parmigiano Reggiano PDO shavings. Finish with the purple potato powder and serve.

Bruschettone with organic EVO oil, poached egg, organic red wine sausage and broccoli rabe

Ingredients

<i>Homemade bread</i>	<i>g 120</i>
<i>Egg</i>	<i>no. 1</i>
<i>Sausage</i>	<i>g 80</i>
<i>Broccoli rabe</i>	<i>g 100</i>
<i>Organic extra virgin olive oil</i>	<i>g 20</i>
<i>Organic red wine</i>	<i>ml 30</i>
<i>Garlic</i>	<i>no. 1 clove</i>
<i>White vinegar</i>	<i>ml 10</i>
<i>Salt</i>	<i>to taste</i>
<i>Pepper</i>	<i>to taste</i>

Procedure

Cut the homemade bread into slices and toast it until crispy. Brown the crumbled sausage in a skillet until golden, deglaze with organic red wine, and let it reduce until it reaches a dry consistency.

Blanch the broccoli rabe in salted water, then sauté it in a pan with the garlic clove and some of the organic extra virgin olive oil. Season with salt. Bring water with white vinegar to a gentle boil, create a whirlpool, and cook the egg for 2–3 minutes, keeping the yolk soft.

Arrange the broccoli rabe on the toasted bread, add the sausage, and top with the poached egg. Finish with the remaining organic extra virgin olive oil and a grind of black pepper.



EXTRA VIRGIN OLIVE OIL PAIRING

The Organic Monocultivar Dolce Agogia EVO Oil elegantly complements the dish thanks to its hints of almond and artichoke. The vegetal notes echo the broccoli rabe, while the balanced body supports the egg and sausage without weighing down the bite.

ORGANIC WINE PAIRING

The elegance of a light Pinot Noir red wine from the Tejo region provides a balanced complement to the dish's richness. The delicate aromas of small red berries and the soft tannic texture support the sausage, leaving room for the vegetable notes of the baby broccoli.





EXTRA VIRGIN OLIVE OIL

PAIRING

For this recipe, we recommend an organic Marche PGI EVO oil, which is delicate and well-balanced. The almond notes complement the sweetness, while the oil's freshness balances the tartness of the raspberries and the intensity of the mulled wine.

ORGANIC WINE

PAIRING

This recipe finds its natural complement in the organic mulled wine used in the preparation. Its sweet and spicy notes complement the creaminess of the cream and pancakes, creating a pleasant contrast with the freshness of the raspberries.



Pancakes with organic EVO oil, cream, raspberries and organic mulled wine

Ingredients

Ingredients for the pancakes:

00 flour	g 120
Eggs	no. 2
Milk	ml 150
Organic extra virgin olive oil	g 30
Sugar	g 20
Baking powder	g 5
Salt	no. 1 pinch

For the pastry cream:

Milk	ml 250
Egg yolks	no. 3
Sugar	g 70
Cornstarch	g 20
Lemon zest	to taste

For garnish:

Fresh raspberries	g 120
Organic mulled wine	g 80
Powdered sugar	to taste
Fresh mint	to taste

Procedure

Prepare the pastry cream by heating the milk with the lemon zest until it almost comes to a boil. In a separate bowl, beat the egg yolks with the sugar, then stir in the cornstarch. Add the hot, strained milk and cook over low heat, stirring constantly, until the mixture thickens. Cover tightly and let cool.

For the pancakes, beat the eggs with the sugar and salt. Add the milk and organic extra virgin olive oil, then stir in the sifted flour and baking powder until you have a smooth batter.

Cook the pancakes in a nonstick skillet lightly greased with organic extra virgin olive oil, pouring in small amounts of batter. Brown on both sides until the pancakes are fluffy and even.

Reduce the organic mulled wine in a small saucepan until it reaches a syrupy consistency, then let it cool slightly.

Assemble the dessert by alternating layers of pancakes with the pastry cream, add fresh raspberries, and drizzle with the reduced organic mulled wine. Finish with powdered sugar and fresh mint leaves.

Pork ribs glazed with organic EVO oil, organic wine and honey and cabbage roast sauce

Ingredients

Ingredients for the ribs:

Pork ribs g 600
Organic extra virgin olive oil g 30
Organic red wine ml 120
Honey g 25
Brown stock (or gravy) ml 150
Fresh rosemary to taste
Salt to taste
Pepper to taste

For the cabbage:

Red cabbage g 300
Organic extra virgin olive oil g 20
Red wine vinegar ml 15
Honey g 5
Salt to taste
Pepper to taste

Procedure

Season the pork ribs with salt, pepper, and rosemary, then rub them with organic extra virgin olive oil.

Sear the ribs in a hot skillet until they develop an even crust. Deglaze with organic red wine and let the alcohol evaporate. Add the brown stock and cook over low heat, covered, for 40–50 minutes until the meat is tender. In the last few minutes, add the honey and baste the ribs until a glossy, thick glaze forms.

Meanwhile, thinly slice the red cabbage. Sauté it in a pan with organic extra virgin olive oil, salt, and pepper. Add the red wine vinegar and honey, and continue cooking over low heat until it reaches a soft, slightly sweet-and-sour consistency.

To serve, arrange the red cabbage on a plate as a base, place the glazed ribs on top, and finish with the cooking juices and a drizzle of raw organic extra virgin olive oil. Garnish with fresh rosemary.

EXTRA VIRGIN OLIVE OIL PAIRING

Organic Monocultivar Bosana EVO Oil (Sardinia), with its medium-intense fruitiness, is ideal for complementing the richness of the ribs. Its green notes and spicy finish contrast with the sweetness of the glaze and enhance the cabbage.

ORGANIC WINE PAIRING

A red wine from Jaen in the Dão region pairs harmoniously with this dish. Its aromas of red fruits and pleasant freshness lighten the richness of the ribs and balance the sweetness of the honey glaze.





EXTRA VIRGIN OLIVE OIL
PAIRING

In such a simple dish, the oil takes center stage. The Organic Tuscan PGI EVO Oil, with notes of artichoke, cut grass, and black pepper, adds aromatic depth and a pleasant spicy note that enhances the garlic and breadcrumbs.

ORGANIC WINE
PAIRING

To highlight the dish's simplicity, we recommend an Encruzado white wine from the Dao region. Its minerality and fresh acidity complement the intensity of the garlic and lend elegance to the oil's richness.



Pici with garlic, organic EVO oil and breadcrumbs

Ingredients

Ingredients for the pici:
00 flour g 300
Lukewarm water to taste

For the sauce:
Fresh pici g 400
Organic extra virgin olive oil g 80
Garlic g 20
Stale bread g 120
Dried chili pepper g 5
Sweet paprika g 2
Fresh parsley g 5
Cooking water to taste
Salt to taste

Procedure

Knead the flour with enough lukewarm water to form a smooth, elastic dough. Let the dough rest, then shape the pici and let them dry slightly.

Coarsely chop the stale bread until you have irregular crumbs. In a skillet, heat some of the organic extra virgin olive oil and toast the crumbs until they are golden and crispy. Add the paprika and a small amount of the chili pepper, then set aside.

Finely slice the garlic and gently sauté it in the remaining organic extra virgin olive oil along with the chili pepper, being careful not to let it brown.

Cook the pici in plenty of salted water, drain them al dente, and transfer them to the skillet with the flavored organic extra virgin olive oil. Toss, adding a little of the cooking water until the sauce is well combined.

Stir in some of the crispy breadcrumbs and mix gently. Serve topped with the remaining breadcrumbs and chopped fresh parsley.

Spit-roasted pigeon with organic EVO oil, fleur de sel, organic wine sauce and artichoke chips

Ingredients

Ingredients for the skewer:

Pigeons	no. 2
Organic extra virgin olive oil	g 60
Fleur de sel	g 2
Black pepper	to taste

For the organic red wine sauce:

Organic red wine	g 200
Shallot	g 20
Butter	g 10
Sugar	g 5
Red wine vinegar	g 5
Organic extra virgin olive oil	g 10

For the artichoke chips:

Artichokes	no. 2
Organic extra virgin olive oil for frying	ml 500
Fleur de sel	to taste

Procedure

Clean the pigeons, separating the breasts, thighs, and livers. Sauté the meat in a skillet with some of the organic extra virgin olive oil, then let it rest and debone where necessary. Thread the different cuts onto small skewers, alternating them, and season with fleur de sel and black pepper.

For the sauce, finely slice the shallot and sauté it in organic extra virgin olive oil until softened. Add the sugar and let it caramelize slightly, then deglaze with red wine vinegar and add the organic red wine. Let it reduce over low heat until you obtain a concentrated, velvety sauce. Remove from the heat and stir in the butter.

Clean the artichokes and slice them very thinly. Fry them in hot organic extra virgin olive oil until golden and crispy, then drain them on paper towels and season with a pinch of fleur de sel.

Finish cooking the skewers in a pan or in the oven to your desired doneness. Serve drizzled with the organic red wine sauce, accompanied by the artichoke chips, and finish with a drizzle of raw organic extra virgin olive oil.

EXTRA VIRGIN OLIVE OIL PAIRING

The body of the Terre di Bari Organic Monocultivar Coratina PDO EVO Oil (Puglia) perfectly complements the rich flavor of the pigeon. Notes of thistle and artichoke harmonize with the chips, while the oil's bitterness and spiciness balance the dish's succulence.

ORGANIC WINE PAIRING

A red wine from the Douro region, made from Touriga Nacional, Touriga Franca, and Tinta Roriz, pairs beautifully with the pigeon meat. Its notes of dark fruit and spices complement the wine sauce, enhancing the dish's complexity.



EXTRA VIRGIN OLIVE OIL PAIRING

The Organic Sicilian PGI EVO Oil adds freshness and Mediterranean aromas to the mayonnaise. Its aromatic notes and mild spiciness enhance the lemon and provide a balanced complement to the lobster's natural sweetness.

ORGANIC WINE PAIRING

For this pairing, we recommend an Antão Vaz white wine from the Alentejo region. Its citrusy and fruity notes bring out the lemon and aromatic herbs, elegantly complementing the lobster's natural sweetness.



Lobster with organic EVO oil mayonnaise, herbs and lemon

Ingredients

Ingredients for the lobster:

Fresh lobster no. 1 (g 600–800)
Green vegetables
(zucchini or asparagus) g 50
Salt to taste

For the herb mayonnaise:

Organic extra virgin
olive oil g 200
Egg yolks no. 2
Lemon juice ml 10
Mild mustard g 5
Fine salt g 2
Grated lemon zest g 1
Fresh parsley g 5
Fresh dill g 3
Chives g 2
White pepper to taste

For the finishing touch:

Organic extra virgin
olive oil ml 10
Fresh dill to taste

Procedure

Bring a large pot of salted water to a boil, add the lobster, and cook for about 8 minutes. Immediately cool it in an ice bath to stop the cooking process, then drain it and cut it in half, keeping the shell intact for presentation.

Prepare the mayonnaise by whisking the egg yolks with the mustard, salt, and lemon juice. Gradually pour in the organic extra virgin olive oil until you achieve a stable, velvety consistency. Stir in the finely chopped lemon zest, white pepper, parsley, dill, and chives.

Blanch the greens for a few minutes, cool them in ice water, and dress them with a drizzle of organic extra virgin olive oil and a pinch of salt.

Arrange the vegetables on the bottom of the plate, place the lobster on top, and serve with the herb mayonnaise. Finish with a drizzle of organic extra virgin olive oil and a few sprigs of fresh dill before serving.

Pulled pork with organic EVO oil and vegetable sauce

Ingredients

Ingredients for the pulled pork:
Pork g 200
Red onion g 20
Organic extra virgin olive oil g 15
Vegetable broth g 40
Organic red wine g 20
Sea salt to taste
Black pepper to taste

For the vegetable sauce:
Mixed seasonal vegetables (zucchini, celery, and carrots) g 80
Cornstarch g 5
Vegetable broth to taste
Organic extra virgin olive oil to taste
Salt to taste

For serving:
Artisanal focaccia g 120
Fresh fennel g 15
Mixed greens and aromatic herbs g 10
Marinated red onion g 20
Edible flowers to taste
Organic extra virgin olive oil to taste

Procedure

Brown the pork in a saucepan with some of the organic extra virgin olive oil until lightly caramelized. Add some of the sliced red onion, deglaze with organic red wine, and let it evaporate. Add the vegetable broth, season with salt and pepper, and cook over low heat until the meat is tender. Shred the meat and keep it in its cooking liquid.

For the sauce, sauté the mixed seasonal vegetables with the remaining red onion, a little organic extra virgin olive oil, and a bit of vegetable broth. Blend until smooth and velvety, then thicken slightly with cornstarch.

Cut the artisanal focaccia into rectangular pieces and toast until golden brown and crispy on the surface.

Spread the vegetable sauce over the warm focaccia, place the pulled pork in the center, and top with the mixed greens, fresh fennel, marinated red onion, aromatic herbs, and edible flowers. Finish with a drizzle of raw organic extra virgin olive oil and serve.



EXTRA VIRGIN OLIVE OIL PAIRING

For this dish, we recommend an organic Monocultivar Caninese PDO Canino EVO oil (Lazio), which is intense and vegetable-forward. Its notes of green tomato and fresh grass balance the tenderness of the pulled pork and complement the vegetable sauce.

ORGANIC WINE PAIRING

An Alicante Bouschet red wine from Alentejo pairs perfectly with the richness of the pulled pork. Its smooth structure and hints of ripe fruit complement the succulence of the meat, keeping the flavor profile balanced.



EXTRA VIRGIN OLIVE OIL
PAIRING

The Organic Monocultivar Itrana EVO Oil (Lazio PGI Rome) adds freshness and harmony thanks to its herbaceous and green tomato notes. Its mild spiciness complements the marinade and blends with the citrusy and fruity nuances of the mandarin mostarda and currants.

ORGANIC WINE
PAIRING

We recommend a Castêlão red wine from the Setúbal Peninsula. The aromas of red fruits and light spicy notes complement the mandarin and currant mostarda, balancing the fried element of the dish.



Chicken marinated in organic wine, fried and finished with spiced organic EVO oil, spinach, mandarin mustard and redcurrant

Ingredients

Ingredients for the chicken:

Boneless chicken thighs	no. 4
(approx. g 600)	
Organic red wine	ml 100
Organic extra virgin olive oil	g 20
Sweet paprika	g 2
Mild curry	g 1
Garlic	no.1 clove
Fresh rosemary	g 2
Fresh thyme	g 2
Flour	g 40
Egg	no.1
Breadcrumbs	g 80
Organic extra virgin olive oil for frying	to taste
Sea salt	to taste
Black pepper	to taste

For the side dish and garnish:

Fresh spinach	g 200
Mandarin mostarda	g 80
Red currants	g 30
Organic extra virgin olive oil	to taste
Sea salt	to taste

Procedure

Marinate the chicken thighs in organic red wine with organic extra virgin olive oil, garlic, rosemary, thyme, sweet paprika, curry powder, salt, and pepper for at least 6 hours.

Drain the chicken and pat it dry thoroughly. Cook in a steam oven at 65 °C for about 40 minutes, then let it cool. Dredge the thighs in flour, then in beaten egg, and finally in breadcrumbs. Fry in plenty of organic extra virgin olive oil until the coating is golden and crispy, keeping the meat tender and juicy on the inside.

Quickly sauté the spinach in a pan with a drizzle of organic extra virgin olive oil and a pinch of salt, keeping it glossy and tender.

Arrange the spinach on the plate and place the fried chicken in the center. Top with small dots of mandarin mostarda and fresh currants. Finish with a drizzle of organic extra virgin olive oil flavored with a pinch of sweet paprika, and serve.

Caramelized onions slow-cooked in organic EVO oil, with organic red wine sauce and black truffle

Ingredients

<i>Large white onions</i>	<i>no. 2</i>
<i>(approx. g 500)</i>	
<i>Organic extra virgin olive oil</i>	<i>g 35</i>
<i>Organic red wine</i>	<i>ml 120</i>
<i>Brown sugar</i>	<i>g 10</i>
<i>Vegetable broth</i>	<i>g 150</i>
<i>Fresh black truffle</i>	<i>g 20</i>
<i>Sea salt</i>	<i>to taste</i>
<i>Black pepper</i>	<i>to taste</i>

Procedure

Peel the onions and cook them slowly in a saucepan with organic extra virgin olive oil and some of the vegetable broth, maintaining a low heat until they are soft and tender.

Cut the onions in half and brown the surfaces in a skillet until evenly caramelized.

Prepare the sauce by reducing the organic red wine with the brown sugar and the remaining vegetable broth until it reaches a glossy, concentrated consistency. Season with salt and pepper.

Arrange the onions in the center of the plate and drizzle them with the organic red wine sauce. Thinly slice the fresh black truffle directly onto the onions while they're still warm. Finish with a drizzle of raw organic extra virgin olive oil and a fresh grind of black pepper.



EXTRA VIRGIN OLIVE OIL PAIRING

The delicate flavor of Organic Sabina PDO EVO Oil (Lazio) enhances the sweetness of the caramelized onions and the aromatic elegance of the truffle. Hints of green apple and almond add freshness and round out the dish's balance.

ORGANIC WINE PAIRING

The complexity of a Douro red wine made from Touriga Nacional, Touriga Franca, and Tinta Roriz harmonizes with the aromatic notes of the truffle. The wine's structure and spicy nuances provide a balanced complement to the sweetness of the caramelized onion.



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