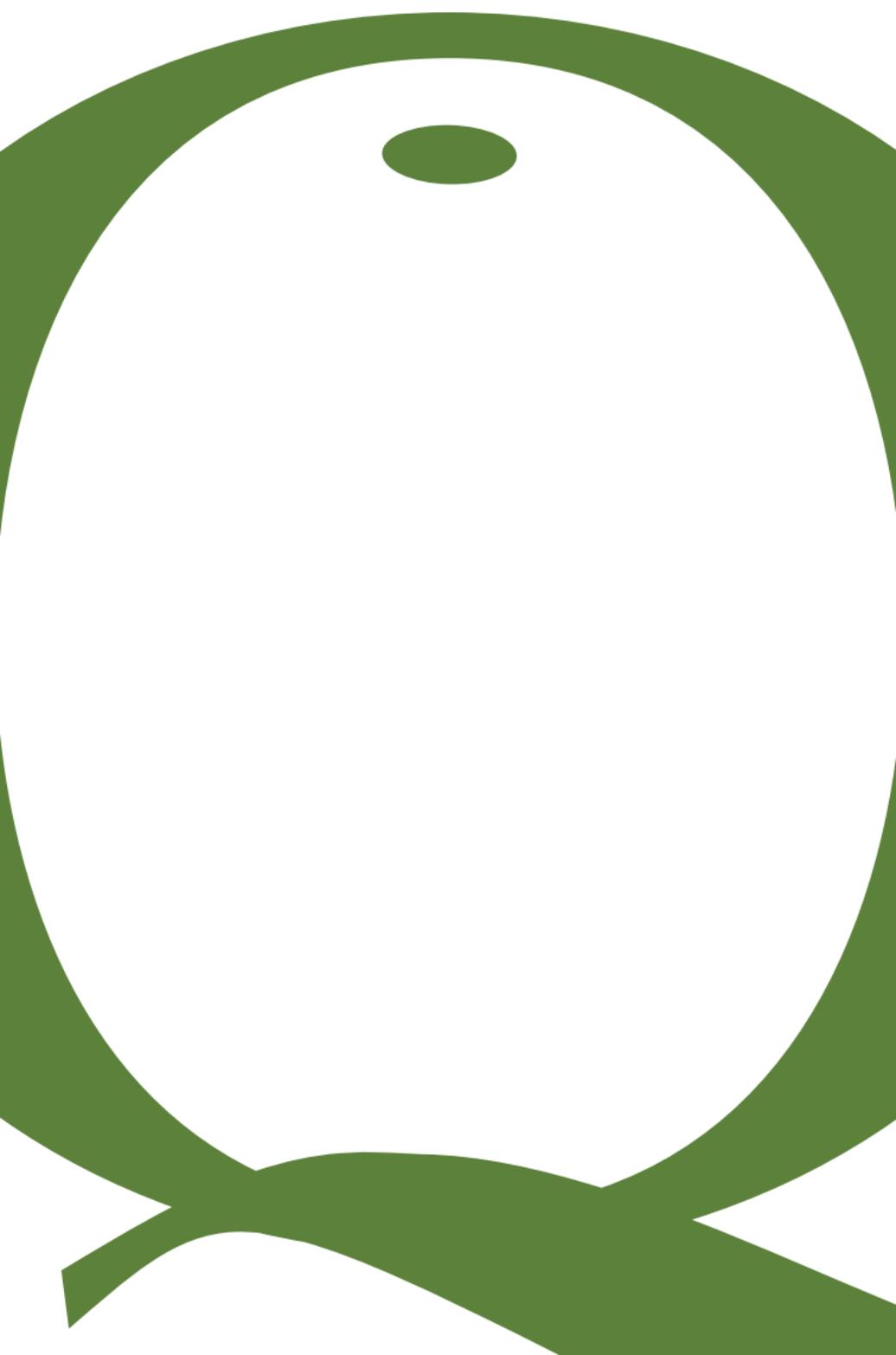


Using olive oils in the kitchen



The fruitiness
of an olive oil
and suggested
food pairings

The wealth of different olive varieties is one of the most important aspects for the quality of Italian extra virgin olive oils.

The specific and unique nature of the different growing areas makes a vast range of sensory fragrances possible, and these are a valuable part of the success of Italian cuisine in the world.

Comprehending the wide variety of flavours and aromas can be a great help in giving due value to a dish.

In order to facilitate consumers and restaurant managers in the use and pairing of extra virgin olive oils, this presentation of the oils has been conceived on the basis the intensity of their fruitiness and the production area.

It should not be forgotten that the sensorial profile of an oil also depends on factors linked to the weather, agricultural practices and technologies used, which can cause significant differences between oils of the same variety and from the same area.

The chefs are then entrusted with the task of interpreting and matching the olive oils according to their creative impulse.



Delicate, lightly or medium fruited oils, which give a gentle, mild balance to food

Liguria



Main varieties

Taggiasca, Razzola, Pignola.

Main sensory characteristics

Lightly fruited. To the nose its aroma has nuances of green olive and freshly cut grass, with notes of local herbs, almond or artichoke depending on the variety.

To the palate they are sweet though flavoursome, the hint of bitter and spiced notes are light and balanced with traces of almond or artichoke.

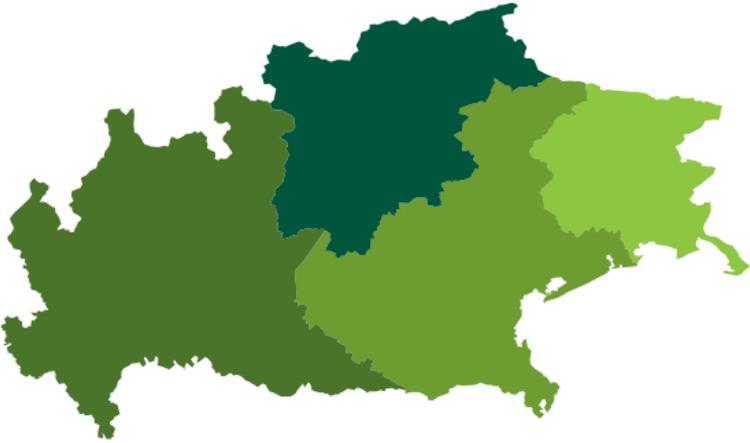
The aftertaste is characterised by almond, apple or wild herbs, accompanied by a lively pungent note.

PDO/PGI

Riviera Ligure.



Lombardia, Trentino Alto Adige, Veneto, Friuli Venezia Giulia



Main varieties

Casaliva (Lombardia, Trentino and Veneto), Gargnà and Sbresa (Lombardia), Raza and Favarol (Trentino and Veneto), Bianchera, Gentile di Rosazzo and Buca (Friuli Venezia Giulia).

Main sensory characteristics

Lightly fruited. The aroma holds pleasant notes of green olive, freshly cut grass and hints of apple, citrus fruit, or artichoke according to the variety.

The flavours are sweet and gentle, punctuated with delicate bitter and pungent notes. The pungency is light and persistent, made more precious by the hints of almond in the aftertaste.

PDO/PGI

Garda Bresciano and Laghi Lombardi (Lombardia), Garda Trentino (Trentino Alto Adige), Garda Orientale and Veneto (Veneto), Tergeste (Friuli Venezia Giulia).



Emilia Romagna



Main varieties

Nostrana di Brisighella, Correggiolo, Ghiacciolo.

Main sensory characteristics

Medium fruited. The aroma depends on the variety, richly aromatic they go from tomato leaves to herbs, artichoke or alternatively slightly sweet fragrances with apple taking a central role. The flavours are harmonious and velvety, the bitter and pungent notes are well calibrated and delicate, with hints of artichoke and almond.

The aftertaste is lightly though persistently pungent, often accompanied by hints of almond.

PDO/PGI

Brisighella, Colline di Romagna.



Calabria



Main varieties

Carolea, Ottobratica, Dolce di Rossano.

Sensory characteristics

Lightly fruited. Verdant aromas of green olive and freshly cut grass with hints of medicinal herbs, almond, apple, artichoke or tomato according to the variety. The flavours are sweet, elegant and delicate with gentle, balanced bitter and pungent notes with a good degree of persistency. The aftertaste yields pleasant hints of almond, artichoke, apple or aromatic herbs.

PDO/PGI

Alto Crotonese, Bruzio, Lametia.



Assertive oils, medium to intensely fruited, that give strength and character to food

Toscana and Umbria



Main varieties

Frantoio, Moraiolo, Leccino.

Main sensory characteristics

Medium or intensely fruited. To the nose there are clear aromas of green olive and fresh grass with hints of artichoke, meadow grasses, almond, tomato, cardoon or walnut according to the variety. The flavours are expressive and fresh, recalling those of freshly crushed olives. The bitter and pungent notes are vibrant but are well proportioned and elegant. The aftertaste is enhanced by notes of almond, walnut, artichoke or wild herbs. The oils made from *Leccino* variety olives are the sweetest and most delicate.

PDO/PGI

PGI Toscano, Chianti Classico, Lucca, Terre di Siena, Seggiano, Umbria.



Lazio



Main varieties

Caninese, Itrana, Carboncella.

Main sensory characteristics

Medium fruited. Grassy and floral fruited aromas with the fragrance of olive leaves, freshly cut grass, artichoke, fresh almond or cardoon according to the variety.

The taste is enveloping and marked, with well-proportioned bitter and pungent notes, embellished with hints of white fruit, almond and artichoke. The aftertaste is lightly pungent with tones of almond and wild herbs.

PDO/PGI

Sabina, Canino, Tuscia and Colline Pontine.



Marche



Main varieties

Ascolana Tenera, Raggiola, Carboncella.

Main sensory characteristics

Medium fruited. Nuances of green olive reach the nose first, with freshly cut grass and floral hints, notes of artichoke, cardoon, almond or tomato according to the variety.

The taste is elegant and harmonious, with well-measured hints of bitterness and pungency, balanced and enhanced by notes of dried fruit, almond or artichoke. A slightly pungent note can be appreciated in the aftertaste with hints of almonds or wild herbs.

PDO/PGI

Cartoceto.



Abruzzo



Main varieties

Dritta, Gentile di Chieti, Carboncella.

Sensory characteristics

Medium fruited. Aromas of vegetation, green olive and freshly cut grass meet the nose, enriched with pleasant hints of artichoke, cardoon, almond, tomato or apple according to the variety. The flavours are striking though the bitter and pungent notes are balanced with hints of almond, artichoke, tomato and wild herbs.

The aftertaste is slightly pungent, accompanied by hints of dried fruit and wild herbs.

The variety *Gentile di Chieti* stands out, the oil obtained from this olive is more delicately fruited with less marked bitter and pungent tones.

PDO/PGI

Aprutino Pescarese, Colline Teatine, Pretuziano.



Molise and Basilicata



Main varieties

Gentile Di Larino, Rosciola di Rotello, Leccino (Molise), Maiatica, Ogliarola del Vulture, Ghiannara (Basilicata).

Sensory characteristics

Medium fruited. Aromas of green olive and freshly cut grass with hints of artichoke and almond. The flavours are harmonious and enveloping. Sweet at first before the strong though balanced bitter and pungent notes with hints of wild herbs.

The aftertaste is slightly pungent with hints of almond.

PDO/PGI

Molise, Vulture.



Apulia



Main varieties

Coratina, Peranzana, Ogliarola Garganica, Barese or Leccese, Cellina di Nardò.

Sensory characteristics

Coratina variety: Intensely fruited. The aromas are grassy with clear notes of green olive, freshly cut grass, artichoke, almond and green apple. The flavour is robust and intense. The bitter tones are striking and the pungency persistent, these combine with hints of almond and wild herbs. There are pungent notes in the aftertaste too, accompanied by wild herbs and almond.

Other varieties: medium fruited. Aromas of grass, artichoke, almond, aromatic herbs or apples can be appreciated according to the variety. The flavours tend to be fresh with well-balanced bitter and pungent notes. There are often sweet initial flavours with hints of almond. The aftertaste is slightly pungent and almondy.

PDO/PGI

Dauno, Terra di Bari, Collina di Brindisi, Terre Tarentine, Terra d'Otranto.



Sardinia



Main varieties

Bosana, Tonda di Cagliari, Semidana.

Sensory characteristics

Medium fruited. Aromas of vegetation, green olive and freshly cut grass, accompanied by floral hints, notes of apple, artichoke, cardoon or wild herbs according to the variety. The flavours are harmonious, balanced and full-bodied. The bitter and pungent notes are well-proportioned, enhanced by grassy notes and hints of cardoon and artichoke. The aftertaste is lightly pungent with floral or almondy notes.

PDO/PGI

Sardegna.



Scented oils, with aromas that give unique sensory characteristics to any dish

Campania



Main varieties

Ravece, Ortice, Pisciotana.

Main sensory characteristics

Medium fruited. A clear aroma of green olive and freshly cut grass with clear notes of artichoke, tomato, aromatic herbs, white fruit or apple according to the variety. The flavours are fresh and harmonious with notes of bitterness and pungency that are well-proportioned, enhanced with a hint of artichoke and almond. A light though persistent pungency with hints of almond or tomato can be noted in the aftertaste.

The variety *Pisciotana* stands out, the oil obtained from this olive is more delicate, medium to lightly fruited, slightly sweeter.

PDO/PGI

Cilento, Colline Salernitane, Penisola Sorrentina, Terre Aurunche, Irpinia.



Sicily



Main varieties

Nocellara, Biancolilla, Cerasuola.

Main sensory characteristics

Medium fruited. Their aromas are typically complex though crisp, medium to high intensity, with hints of green olive, freshly cut grass, artichoke, almond and clear traces of tomato. Their flavours are fresh and enveloping, with bitter and pungent notes that interact with harmony and poise, enhanced with hints of vegetable.

The aftertaste is slightly pungent, with hints of tomato, almond, white fruit or wild herbs.

PDO/PGI

Monti Iblei, Monte Etna, Val Di Mazara, Valli Trapanesi, Valle del Belice, Valdemone.



Uses in
the kitchen



Extra virgin olive oil can be used in the kitchen both as a cooking ingredient and cold as a dressing

Using it raw...

This is the best way to appreciate its flavour and aroma fully, as well as getting the greatest benefit from its nutritional properties.

Cooking with it...

It is very resistant to heat, which is transferred gradually to foods. This is why the best way to enhance its characteristics is cooking slowly over a low heat.

Frying or sautéing

Its smoke point, or the temperature up to which it is stable for frying, is higher than that of other commonly used fats, around 190°C.

The intense aromatic flavour, however, tends to cover the delicate taste of the food. For this reason, if you prefer a more neutral taste, we recommend the use of olive oil, which has the same stability on heating.

Recommended food pairings based on the dish being prepared

The dish being prepared

Simple soups and stock, delicate vegetable purées

Complex traditional soups, highly aromatic vegetable purées (artichoke, mushroom, asparagus, etc.)

Rice dishes and risotto

Preparations at the beginning of a dish that involve sautéing mainly onions, leeks or shallot

Preparations at the beginning of a dish that involve a mixed sauté of onion, carrot and celery

Tomato sauces for pasta

Meat sauces with or without tomato

Vegetable based pasta sauces

Béchamel white sauces

Pesto, sauces like mayonnaise

Simple green salads

Traditional Italian combinations of vegetables, like caprese (salad tomatoes and mozzarella), marinated artichokes, raw vegetables, mixed and complex salads, etc

Grilled vegetables

How to use olive oils and the recommended fruitiness

Delicately fruited extra virgins in the initial stages of cooking and a drizzle of the same oil before serving

Medium to intense extra virgin olive oils in the initial stages of cooking and a drizzle of the same oil before serving

For boiled rice or rice salads: lightly fruited extra virgin olive oils used raw; for seafood risotto use lightly or medium fruited extra virgin olive oil; for risotto with aromatic vegetables such as artichokes or with smoked meat use an intensely fruited extra virgin olive oil. Mix the risotto at the end to make it creamy using a very small amount of the same oil

Olive oil in the initial stages or a medium-intensely fruited extra virgin olive oil

Olive oil in the initial stages or a delicate-medium fruited extra virgin olive oil with clear traces of wild herbs

Highly perfumed, medium fruited extra virgin olive oils with clear notes of tomato to be used in the initial stages of preparation

Medium or intensely fruited extra virgin olive oils to be used in the initial stages of preparation

When using garlic and fairly aromatic vegetables, in the initial stages of preparation use a medium fruited extra virgin olive oil; with onion or more aromatic vegetables, use an intensely fruited extra virgin olive oil

For sauces to be used as dressings, in the initial stages of preparation use a lightly fruited extra virgin olive oil; in sauces that will be the base for a pie or bake, use a medium fruited extra virgin

Lightly fruited extra virgin olive oils, mixed into the other ingredients without heating; for traditional pesto sauce, it would be preferable to use an extra virgin with strong herbal note, basil in particular

Lightly fruited extra virgin olive oil, drizzled on before serving

Medium or intensely fruited extra virgin olive oil, drizzled on before serving

Lightly fruited extra virgin olive oils, drizzled on before serving; medium fruited extra virgin olive oils in an emulsion with vinegar or lemon and with fresh herbs; Together with soft cheese like mozzarella or where peppers or tomatoes are prevalent, use an intensely fruited extra virgin olive oil

The dish being prepared

Fried fish

Fried vegetables

White meat

Baked or roast red meat

Grilled or barbequed red meat

Boiled meat

Raw meat or fish

Biscuits, pastry, sponges, choux pastries

Desserts with cooked fruit, mousses, Bavarois,
creams and custards



How to use olive oils and the recommended fruitiness

Olive oil for frying or lightly fruited extra virgin olive oils

Olive oil for frying or lightly fruited extra virgin olive oils with vegetables like potatoes or courgette; medium fruited with vegetables like artichokes, fennel or peppers

Lightly or medium fruited extra virgin olive oils in the initial stages of preparation

Medium or intensely fruited extra virgin olive oils in the initial stages of preparation

Medium or intensely fruited extra virgin olive oils drizzled on as a final dressing

Medium or intensely fruited extra virgin olive oils with clear notes of tomato in the initial stages of preparation

Lightly or medium fruited extra virgin olive drizzled on cold

Substitute animal fats in the preparation of the dough, use a lightly fruited extra virgin olive oil with strong notes of almond and dried fruit

To create a contrast, use an intensely fruited extra olive oil with desserts that have already been cooked, the flavours of the oil will balance the fruit sugars





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