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EUROPE



Recipes

using olive oils with Protected Designation of Origin



PDO

Protected Designation of Origin

Each PDO olive oil is unique due to the **strong link** between the product and its terroir. Factors such as variety, geology, climate, harvesting date and know-how play an essential role in the **quality** of these products and the **flavours** they will develop.

The PDO label guarantees that a product has the specific characteristics linked to its **terroir** as a whole and to the **know-how** gained through experience and exchanges and laid down in the **book of specifications** for each designation.

The PDO label guarantees **a specific origin**.

In Europe, there are over **one hundred** recognised PDO olive oils. They include: Baena (*Spain*), Les Garrigues (*Spain*), Kalamata (*Greece*), Tras os Montès (*Portugal*), Terra di Barri (*Italy*), Sitia (*Greece*), Umbria (*Italy*) and Riviera Ligure (*Italy*), among others

In France, there are 8 olive oils with a Designation of Origin and 6 PDO olives.



Did you know?

The origin of the olive oil must always be mentioned on the product label. It is determined by the place of harvesting of the olives, as well as the place of trituration (extraction of the oil).

tastes

Olive oils can be classed into **three taste categories**: **delicate** taste - «goût subtil» (oils stemming from olives harvested at maturity, rather sweet, with fruity or floral notes), **intense** taste - «goût intense» (oils stemming from olives harvested during the ripening stage, more or less powerful, with herbal or grassy notes), **traditional** taste - «goût à l'ancienne» (oils stemming from olives stored under controlled conditions at the mill between their harvesting and their trituration, very sweet, with notes of black olives, cocoa, sourdough, etc.).

Each PDO fits into a taste category, yet with aromatic differences which are more or less marked:



Olive oils from Nyons, Nice, Corse - Oliu di Corsica – récolte à l'ancienne (traditional harvesting)



Olive oils from Haute-Provence, Nîmes, Vallée des Baux-de-Provence, Aix-en-Provence, Corse - Oliu di Corsica
Coming soon : Provence



Olive oils from Vallée des Baux-de-Provence – olives mûrées (matured olives) and Aix-en-Provence – olives mûrées (matured olives)
Coming soon : Provence - olives mûrées (matured olives)





Preparation: 15 min

Cooking time: 10 min

Ingredients for 4 - 6 people:

- 250 g flour
- 1 tsp. baking powder
- 25 g softened salted butter
- 10 cl + 1tbsp **PDO huile d'olive de Haute-Provence**
- 50 g bacon
- 10 dried tomato flakes (or green olive flakes)
- 1 beaten egg
- 20 cl + 1tbsp milk
- 50 g grated PDO Comté (or Emmental) cheese

Savoury Scones

with PDO huile d'olive de Haute-Provence

- 1 Preheat the oven to 200°C (Gas 6).
- 2 Cut the bacon into small pieces. In a bowl, mix the flour, baking powder and olive oil. Add the softened butter and mix until you get a coarse-textured dough. Add the beaten egg, the 20cl of milk, the bacon, the dried tomatoes cut into small pieces and the grated cheese. Mix until you get a smooth dough.
- 3 Place lumps of dough onto a baking sheet lined with greaseproof paper. Mix the tablespoon of milk with the tablespoon of olive oil and brush the mixture onto the lumps of dough.
- 4 Place the baking sheet in the oven and bake for 10 to 12 minutes. The scones should be well risen and have a slight golden colour.

Our suggestion: you can eat the scones on their own or with chive-flavoured crème fraîche.

What about the olive oil?

We advise you to use an intense-tasting **PDO huile d'olive de Haute-Provence** for its aromas of raw artichoke, banana, freshly cut grass, apple and fresh almond. Its bitterness and strength will go well with the bacon and tomato.

You can also use one of these PDO olive oils: Vallée des Baux-de-Provence, Nîmes, Aix-en-Provence, Corse - Oliu di Corsica.





Preparation: 15 min
Cooking time: 20 min

Paris - style potato salad

with PDO huile d'olive d'Aix-en-Provence olives mûrées

Ingredients for 4 people:

- 1 kg potatoes (*Charlotte, Belle de Fontenay, Franceline, etc.*) of the same size
- 2 shallots
- 1 garlic clove
- 6 cl **PDO huile d'olive d'Aix-en-Provence – olives mûrées**
- 2 cl white wine
- 2 cl cider vinegar
- 1 bunch of flat-leaved parsley
- Fleur de Sel salt and freshly ground pepper

- 1 Place the unpeeled potatoes in a saucepan of cold salted water. Bring to a boil and cook for around 20 minutes.
- 2 Peel and finely chop the shallots. Wash and chop the parsley. Peel and chop the garlic clove. Combine all the ingredients with the olive oil and cider vinegar.
- 3 When the potatoes are cooked, peel them and cut them into large dices (or round slices if you prefer).
- 4 Pour the white wine onto the warm potatoes, then add the dressing and stir gently to avoid crushing the potatoes.
- 5 Sprinkle with 2 pinches of Fleur de Sel salt and pepper (2 turns of the pepper grinder). Serve lukewarm or cold.

What about the olive oil ?

We advise you to use a traditional-tasting **PDO huile d'olive d'Aix-en-Provence – olives mûrées** (matured olives) for its sweetness and its aromas of sourdough bread, black olive, cocoa and cooked artichoke, which go very well with potatoes.

You can also use PDO olive oil from Vallée des Baux-de-Provence – olives mûrées.





Preparation: 15 min
Cooking time: 8 min

Ingredients for 4 people:

- 4 slices of farmhouse bread, lightly toasted
- 2 avocados
- The juice of one lemon
- 1 tsp. chopped coriander
- 1 small tomato
- 8 cherry tomatoes
- 1 shallot
- Guacamole spice mix
- 4 eggs
- 2 tbsp. **AOC huile d'olive de Provence**
- Salt & pepper
- Option: PDO olives noires de Nyons or Nice

toast with guacamole and soft boiled egg, with AOC huile d'olive de Provence

- 1 Prepare the guacamole:
Cut the tomato into small dices, removing the seeds. Peel the avocados and mash them in a bowl. Finely chop the shallot. Add the lemon juice, a pinch of salt, the diced tomato, the chopped shallot, the chopped coriander, 1 tbsp. olive oil and the guacamole spices. Mix.
- 2 Prepare the soft-boiled eggs:
Put water in a saucepan and bring it to a boil. Gently place the eggs in the boiling water. Cook for exactly 5 minutes from the moment the water returns to a boil. Remove the eggs from the boiling water using a slotted spoon, then plunge them into a bowl of ice water to stop the cooking. Gently shell the eggs.
Spread the guacamole onto the slices of bread. Cut the cherry tomatoes into quarters and place them on the guacamole. Place the soft-boiled egg on top and slit it delicately. Add salt and pepper and a drizzle of olive oil. Serve immediately.

Our suggestion: if you like very smooth guacamole, use a blender to mix the ingredients.

What about the olive oil?

We advise you to use an intense-tasting **AOC huile d'olive de Provence** for its aromas of fresh grass, raw artichoke sometimes rounded off with banana, hazelnut, fresh almond and tomato leaf.

You can also use one of these PDO olive oils: Vallée des Baux-de-Provence, Nîmes, Aix-en-Provence, Corse - Oliu di Corsica.





Preparation: 30 min

Cooking time: 10 min

Ingredients for 6 people:

For the dough:

- 250 g flour
- 25 ml **PDO huile d'olive de Nyons**
- A pinch of salt
- 15ml lukewarm water

For the topping:

- 75 g thick *crème fraîche*
- 75 g *fromage blanc*
- 1 large onion
- 100 g smoked bacon, diced
- Pepper
- Grated nutmeg
- 2 tbsp. **PDO huile d'olive de Nyons**
- Option: grated Gruyère or Munster cheese

flammekueche

with PDO huile d'olive de Nyons

1 Prepare the dough:
Mix the flour with the salt, olive oil and lukewarm water, and then knead (if possible with a food processor).
Finely roll out the dough.

2 Prepare the topping:
In a bowl, mix the *crème fraîche* and the *fromage blanc*. Add the pepper, grated nutmeg and olive oil.
Preheat the oven to 230°C.
Chop the onion into fairly thin pieces.
Lay the dough on a baking sheet lined with greaseproof paper.
With a spatula, spread the topping onto the dough, leaving an outer crust.
Evenly spread the bacon bits and the chopped onion.
Bake for 8 to 10 minutes (the pie should have slightly browned). Serve hot.

Our suggestion: add grated Gruyère or Munster cheese just before you put the pie in the oven.

What about the olive oil?

We advise you to use a delicate-tasting **PDO huile d'olive de Nyons**, for its sweetness, its smoothness, its aromas of dried fruit, and its buttery taste, along with possible aromas of fresh hazelnuts and/or freshly-cut grass.

You can also use one of these PDO olive oils: Nice and Corse - Oliu di Corsica - récolte à l'ancienne.





Zubereitung: 15 Min.
Ruhezeit: 30 Min.

Ingredients for 4 people:

- 1/2 red cabbage
- 1 large carrot
- 3 tbsp. **AOC huile d'olive de Provence – olives mûrées**
- 1 tbsp. sherry vinegar or wine vinegar
- 1 tsp. mustard
- Flat-leafed parsley
- A handful of shelled walnuts
- Sesame seeds
- Salt & pepper

red cabbage salad

with AOC huile d'olive de Provence olives mûrées

- 🔪 Finely shred the red cabbage. Peel and grate the carrot. Coarsely chop the walnuts.
- 🔪 Prepare the dressing by combining the olive oil, mustard and vinegar.
- 🔪 In a salad bowl, mix the red cabbage and carrot with the dressing. Add the chopped parsley, chopped walnuts and sesame seeds. Mix well.
- 🔪 Place in the refrigerator for 30 minutes, then serve chilled.

What about the olive oil?

We advise you to use a traditional-tasting **AOC huile d'olive de Provence – olives mûrées** (matured olives) for its sweetness and aromas of black olives, candied fruit, undergrowth and/or toasted bread, which go very well with red cabbage.

You can also use PDO huile d'olive de la Vallée des Baux-de-Provence – olives mûrées and PDO huile d'olive d'Aix-en-Provence – olives mûrées.





Preparation: 20 min
Cooking time: 5 min
Standing time: 1 hr

Ingredients for 1 bagel:

- 1 bagel
 - 2 slices of smoked salmon
 - Fromage Frais
 - **PDO huile d'olive d'Aix-en-Provence**
 - Salt & pepper
 - Chives
 - 2 small courgettes
 - ½ avocado
 - Salt & pepper
- Marinade:**
- 1 lemon
 - 3 tbsp. **PDO huile d'olive d'Aix-en-Provence**
 - Pepper
 - Salt
 - Herbes de Provence

What about the olive oil?

We advise you to use an intense-tasting **PDO huile d'olive d'Aix-en-Provence** for its aromas of fresh-cut grass and/or raw artichoke, sometimes rounded off with notes of walnut, fresh hazelnut and red berries.

You can also use one of these PDO olive oils: Vallée des Baux-de-Provence, Nîmes, Haute-Provence, Corse - Oliu di Corsica or AOC huile d'olive de Provence.

smoked salmon bagel with PDO huile d'olive d'Aix-en-Provence

- 1 Wash the courgettes, cut them into fine slices (or strips), and put them into a bowl.
- 2 Remove the zest from the lemon and set it aside. Squeeze the juice from the lemon. Mix it with the other marinade ingredients and pour this over the sliced courgettes. Marinate in the refrigerator for 1 hr.
- 3 Stir 1 tbsp. olive oil into the Fromage Frais to soften it. Add part of the finely chopped chives, pepper and a little lemon zest. Cut the bagel in half horizontally and toast it under the oven grill for 5 minutes. Generously spread the Fromage Frais onto the two bagel halves.
- 4 Cut the half-avocado into slices and lay them on the first bagel half in a circular fashion. Cover with a first slice of smoked salmon.
- 5 Place the marinated courgettes on top. Add the other slice of salmon. Sprinkle with chopped chives. Cover with the top bagel half.





Preparation: 30 min
Cooking time: 40 to 50 min

Ingredients for 4 people:

- 1 rabbit cut into pieces
- 2 large onions, finely chopped
- 2 tbsp. flour
- 3 tbsp. **PDO huile d'olive de la Vallée-des-Baux de Provence - olives mûrées**
- 20 cl red wine
- 1 orange
- 1 tbsp. honey
- 1 stock cube
- 1 tbsp. red wine vinegar
- 4 cardamom pods
- 1 cinnamon stick
- 3 star anise pods
- 2 sprigs of thyme
- 2 bay leaves
- 12 juniper berries
- 2 cloves
- 1 tsp. paprika
- Salt & pepper

What about the olive oil?

We advise you to use a traditional-tasting **PDO huile d'olive de la Vallée des Baux-de-Provence - olives mûrées** (matured olives) for its aromas of preserved olives, black olives, olive paste, cocoa, mushroom, cooked artichoke, truffle and sourdough bread, that go very well with rabbit.

You can also use PDO huile d'Aix-en-Provence - olives mûrées.

rabbit in mulled wine

with PDO huile d'olive de la Vallée des Baux-de-Provence olives mûrées

- Fry the onions in 1.5 tbsp. olive oil. Add the pieces of rabbit to sear them, then add the vinegar. Sprinkle with flour and stir.
- Add the wine, orange juice, orange zest, honey, stock cube, spices, paprika and 1.5 tbsp. olive oil. Mix well and cover with water.
- Simmer for around 40 minutes. Keep an eye on the level of the liquid and the cooking. The sauce should be fairly thick. Check the seasoning and serve.

Our suggestion: as a garnish, we recommend mashed potatoes with olive oil.





Preparation: 15 min

Cooking time: 10 min

Ingredients for 4 people:

- 400 g spaghetti
- Ten cherry tomatoes
- 4 dried tomato flakes
- A few basil leaves
- Grated Parmesan

Home-made pesto:

- 2 garlic cloves
- 50 g basil leaves
- 100 g Parmesan
- 10 cl **PDO huile d'olive de la Vallée des Baux-de-Provence**
- 15 g pine nuts
- 1 pinch of coarse salt
- Option: Lucques du Languedoc PDO olives

spaghetti with pesto & tomatoes

flavoured with PDO huile d'olive

de la Vallée des Baux-de-Provence

- 1 Prepare the pesto: peel and press the garlic cloves. Blend the garlic with the basil leaves and a pinch of coarse salt. Add the pine nuts and Parmesan, and continue blending until you get a smooth green sauce. Mix in the olive oil. The pesto will keep for a few days in the refrigerator in an air-tight jar.
- 2 Prepare the pasta: cook the spaghetti according to the instructions on the packet. Meanwhile, cut the cherry tomatoes in halves and sizzle them a few minutes in a frying pan with a little olive oil. Cut up the dried tomato flakes. When the pasta is cooked, drain it and immediately mix in 150 g of pesto.
- 3 Arrange on the plates. Add the cherry tomatoes and dried tomatoes. Sprinkle with Parmesan and decorate with basil leaves.

Our suggestion: you can add a few Lucques du Languedoc PDO olive flakes.

What about the olive oil?

We advise you to use an intense-tasting **PDO huile d'olive de la Vallée des Baux-de-Provence** for its aromas of freshly-cut grass, apple, almond, raw artichoke, fresh hazelnut and tomato leaf.

You can also use one of these PDO olive oils: Aix-en-Provence, Nîmes, Haute-Provence, Corse - Oliu di Corsica.





Preparation: 10 min
Cooking time: 5 to 8 min
Standing time: 2 hrs

Ingredients for 2 people:

- 4 pork chops

Marinade:

- 1 finely chopped onion
- 1 garlic clove, pressed
- 3 tbsp. balsamic vinegar
- 5 tbsp. honey
- 3 tbsp. **PDO huile d'olive de Corse - Oliu di Corsica - récolte à l'ancienne**
- 1 tsp. Espelette chilli pepper
- Salt

pork chops marinated in PDO huile d'olive de Corse - Oliu di Corsica récolte à l'ancienne

- ☀️ Prepare the marinade by mixing all the ingredients in a bowl. Put the pork chops in an air-tight box and cover them with the marinade. Close the box and leave to marinate for 2 hrs in the refrigerator. Then drain the meat, setting aside the marinade.
- ☀️ In a saucepan, sear the meat on both sides, then cook for 5 to 8 minutes, until the pork chops are well caramelised.
- ☀️ Put the marinade in a saucepan and gently simmer for 5 to 10 minutes.

Our suggestions: for the garnish, you can cut potatoes into quarters, season them with olive oil, salt and paprika and bake them in the oven. This recipe can also be done on the barbecue... a real delight!

What about the olive oil?

We advise you to use a delicate-tasting **PDO huile d'olive de Corse - Oliu di Corsica - récolte à l'ancienne** for its aromas of black olives, dry hay, nuts (almond, walnut and hazelnut), mushroom, undergrowth and floral maquis scents.

You can also use one of these PDO olive oils: Nice and Nyons.





Preparation: 20 min
Cooking time: 10 min
Standing time: 12 hrs

Ingredients for 6 people:

- 1 kg salt cod fillets
- 20 cl milk
- 20 cl **PDO huile d'olive de Nîmes**
- Freshly-ground pepper
- A few PDO olives from Nîmes

nîmes style salt cod brandade

with PDO huile d'olive de Nîmes

- 1 Desalt the fillets of salt cod over a period of 12 hrs, changing the water regularly.
- 2 Drain them and place them in a saucepan. Cover them with water and slowly bring it to a boil. Then lower the heat and simmer very gently for around 10 minutes.
- 3 Drain the cod, flake it into a deep dish, removing any bones. Coarsely crush the cod using a mortar and pestle or a fork.
- 4 Warm the milk and the olive oil. Add them to the cod in an alternating way, beating the mixture energetically with a wooden spoon. Sprinkle with pepper and serve the Brandade piping hot or lukewarm, along with a few olives.

Our suggestion: serve as a main course with steamed potatoes, as a starter with a salad, or as an appetizer on toast.

What about the olive oil?

We advise you to use an intense-tasting **PDO huile d'olive de Nîmes** for its aromas of greenery, dry hay, pineapple, yellow plum and raw artichoke, sometimes rounded off with notes of red plum and apple.

You can also use one of these PDO olive oils: Aix-en-Provence, Haute-Provence, Vallée des Baux-de-Provence, Corse - Oliu di Corsica.





Preparation: 10 min
Cooking time: 30 to 35 min
Standing time: 1 to 2 hrs

Ingredients for 6 people:

- 2 untreated lemons
- 3 eggs
- 140 g sugar
- 180 g flour
- 2 tsp. baking powder
- 1 tbsp. poppy seeds
- 1 pinch of salt
- 12 cl **PDO huile d'olive de Nice**

Icing:

- 100 g icing sugar
- The juice of 1 lemon

Lemon & Poppy seed cake

with PDO huile d'olive de Nice

- 1 Grate the zest from the lemons, then squeeze their juice and set this aside.
- 2 Whip the whole eggs with the sugar until the mixture whitens and doubles in volume. Add the zest and juice of the 2 lemons.
- 3 In a bowl, mix the flour with the baking powder, the poppy seeds and the salt. Gradually mix this into the egg/sugar/lemon mixture using a whisk to avoid lumps. Then add the olive oil.
- 4 Pour the mixture into a greased cake tin and bake for 35 minutes in an oven preheated to 180°C. Check to see whether the cake is cooked by inserting a knife in it. If the blade comes out clean, the cake is cooked.
- 5 Allow to cool completely before removing from the tin. Prepare the icing by mixing the icing sugar with the lemon juice. Ice the cold cake with this mixture. Allow to harden at room temperature for 1 to 2 hrs. As an option, you can decorate the cake with slices of candied lemon.

Our suggestion: for an original touch in the icing, you can replace the juice of one lemon with the juice of half a lemon and 1 tbsp. PDO olive oil from Nice.

What about the olive oil?

We advise you to use a delicate-tasting **PDO huile d'olive de Nice** for its sweetness and its aromas of almond, raw artichoke, broom flours, hay, grass, leaves, pastry, ripe apple and dried fruit, and its lemony notes.

You can also use one of these PDO olive oils: Nyons and Corse - Oliu di Corsica - récolte à l'ancienne.





Preparation: 30 min

Cooking time: 40 min

Ingredients for 8 people:

For the pastry:

- 250 g flour
- 75 g sugar
- 1 egg
- 2 tbsp. **PDO huile d'olive de la Vallée des Baux-de-Provence**
- 1 pinch of salt

For the filling:

- 500 g fromage blanc
- 10 cl crème fraîche
- 3 eggs
- 40 g corn flour
- 135 g sugar
- 1 sachet vanilla sugar
- 1 tbsp. **PDO huile d'olive de la Vallée des Baux-de-Provence**

For the topping:

- 200 g berries
- 2 tbsp. **PDO huile d'olive de la Vallée des Baux-de-Provence**
- 3 tbsp. caster sugar

fromage blanc tart with berries topping

using **PDO huile d'olive de la Vallée des Baux-de-Provence**

- 1 For the pastry: combine the flour, sugar and salt. Add the olive oil and then the egg and 2 tbsp. water to obtain a firm dough. Shape into a ball, cover with cling film and refrigerate for 1 hr. Roll out the dough and lay it into a greased springform pan. Prick the bottom of the pastry shell with a fork. Refrigerate.
- 2 For the filling: separate the egg whites from the yolks. In a bowl, combine the fromage blanc, the cream, the egg yolks, the corn flour, the sugar, the vanilla sugar and the olive oil. Mix thoroughly. Whisk the egg whites until they form peaks and fold them into the mixture. Pour the filling onto the pastry shell. Bake for 40 minutes in an oven preheated to 200°C. Allow to cool a little then remove from the pan and place on a rack to cool completely.
- 3 For the berry topping: In a frying pan, cook the berries with the olive oil and the sugar for 10 to 15 minutes, then leave to cool. Lay the berry topping onto the cold tart.

What about the olive oil?

We advise you to use an intense-flavoured **PDO huile d'olive de la Vallée des Baux-de-Provence** for its aromas of freshly-cut grass, apple, almond, raw artichoke, fresh hazelnut and tomato leaves.

You can also use one the following PDO olive oils: Aix-en-Provence, Nîmes, Haute-Provence, Corse - Oliu di Corsica or an AOC huile d'olive de Provence.





Preparation: 20 min

Cooking time: 15 min

Ingredients for 6 people:

- 250 g flour
- 1 tsp. baking powder or baking soda
- 4 tbsp. sugar
- 1 sachet vanilla sugar
- 1 pinch of salt
- 3 eggs
- 30 cl semi-skimmed milk
- 2 tbsp. **PDO huile d'olive de Nice**
- 150 g blueberries

blueberry Pancakes

with PDO huile d'olive de Nice

- 1 In a bowl, mix the flour and baking powder. Make a hollow in this mixture and add the eggs, the sugars and the pinch of salt.
- 2 Gradually blend in the milk and olive oil until you get a uniform mixture. Let stand at room temperature for 1 hr.
- 3 Gently stir in the blueberries, taking care not to crush them.
- 4 Oil and heat up a non-stick frying pan. When it is very hot, lay small amounts of dough onto it. Cook 2 to 3 minutes on each side.

Our suggestion: eat the pancakes warm, on their own or with honey and a few fresh berries.

What about the olive oil?

We advise you to use a delicate-tasting **PDO huile d'olive de Nice** for its sweetness and its aromas of almond, raw artichoke, broom flours, hay, grass, leaves, pastry, ripe apple and dried fruit, and its lemony notes.

You can also use one of these PDO olive oils: Nyons and Corse - Oliu di Corsica - récolte à l'ancienne.





Preparation: 15 min
Cooking time: 35 min
Standing time: 2hrs15min

Ingredients for 8 people:

- 6 cl milk
- 5 g dry baker's yeast
- 250 g flour
- 2 eggs
- 25 g brown sugar
- 8 cl **PDO huile d'olive de Nyons**
- 80 g raisins
- 50 g slivered almonds
- 50 g candied lemon
- 50 g candied orange
- 1 tsp. salt
- 1 tsp. Christmas spices
- 1 tbsp. rum

christollen

with PDO huile d'olive de Nyons

- 1 Slightly warm the milk and mix in the yeast. Leave to stand in a warm place for around 15 minutes.
- 2 Mix the flour into the yeast/milk mixture, then the sugar, olive oil, whole eggs, salt and rum.
- 3 Dice the candied lemon and orange. Add the dices to the dough, along with the raisins and slivered almonds. Knead for at least ten minutes, until the dough is elastic. Shape the dough into a ball and leave to rise in a warm place for at least 1 hr.
- 4 Knead the dough again briefly and shape it into a loaf. Place it on a baking sheet and leave it to rise for at least 1 hr.
- 5 Bake for 35 minutes in an oven preheated to 180°C. Sprinkle with icing sugar before serving cool.

Our suggestion: for an even more scrumptious Christollen, ice it by mixing 100g icing sugar with the juice of half a lemon and 1 tbsp. olive oil.

What about the olive oil?

We advise you to use a delicate-tasting **PDO huile d'olive de Nyons**, for its sweetness, its smoothness, its aromas of dried fruit, and its buttery taste, along with possible aromas of fresh hazelnuts and/or freshly-cut grass.

You can also use one of these PDO olive oils: Nice and Corse - Oliu di Corsica – récolte à l'ancienne.



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