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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 (and soon the ninth) with a Protected 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).



let's talk about 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:



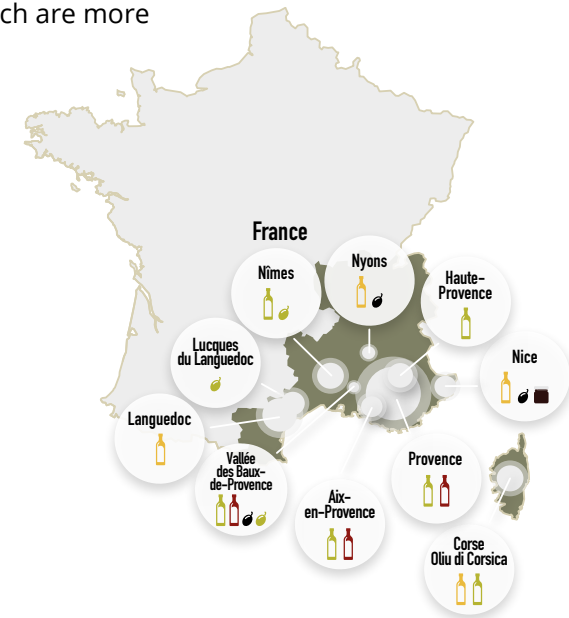
Olive oils from Nyons, Nice.
And soon Languedoc.



Olive oils from Aix-en-Provence, Corse - Oliu di Corsica - récolte sur l'arbre, Haute-Provence, Nîmes, Provence, Vallée des Baux-de-Provence



Olive oils from Vallée des Baux-de-Provence - olives mûrées (matured olives), Aix-en-Provence - olives mûrées (matured olives), Provence - olives mûrées (matured olives).
To be noticed: For Corse - Oliu di Corsica - récolte à l'ancienne (traditional harvest), although the olives are not stored at the mill, it has similar aromas to traditional taste.





Preparation: 15 min
Chilling time: 10 hours

For 4 servings:

- 1 cucumber
- 1 small pot of yoghurt (approx. 120 g)
- 10 cl single cream
- 2 tbsp **PDO huile d'olive de Provence**
- Juice of 1 lemon
- 5 sprigs of mint
- Salt
- Pepper

- 1 Peel the cucumber. Slice 4 rounds for the garnish (set aside until ready to serve) and cut the rest into small cubes.
- 2 In a blender, add the cucumber cubes, yoghurt, cream, mint leaves (keep some for the garnish), lemon juice, "PDO huile d'olive de Nîmes" olive oil, salt and pepper.
- 3 Blend it all together, but not too finely. Place the soup in the fridge overnight.
- 4 Serve the next day in tall glasses. Top with the cucumber rounds for an added crunch and small mint leaves.

Tip: you can add slices of grilled bacon for an even more crunchy and gourmet touch!

What about the olive oil?

We advise you to use an intense-tasting **PDO huile d'olive de Provence** for its herbaceous aromas and its notes of raw artichoke and fresh grass.

You can also use one of these PDO olive oils: Vallée des Baux-de-Provence, Nîmes, Haute-Provence, Corse - Oliu di Corsica - récolte sur l'arbre or Aix-en-Provence.





Preparation: 15 min

Cooking: 45 min

Resting time: 1 hour

For 6 servings:

- 600 g green asparagus
- 50 cl chicken stock
- 30 cl single cream
- 100 g Salers or Cantal cheese
- 2 tbsp **PDO huile d'olive de la Vallée des Baux-de-Provence**
- 100 g blanched pistachios

Asparagus cappuccino

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

- 1 In a saucepan, simmer 20 cl cream with 80 g pistachios. Cook for 15 minutes, then blend. Season with salt and pepper, then strain through a sieve. Place the purée in a large bowl (or in a whipped cream dispenser) and refrigerate for at least 1 hour. Whip the cream and place it in a piping bag, then refrigerate for 30 minutes.
- 2 Meanwhile, peel and rinse the asparagus. Cut off the tips (around 5 cm). Chop the asparagus stalks into pieces. Sauté the asparagus in a frying pan with 1 tablespoon of PDO "huile d'olive de la Vallée des Baux-de-Provence" olive oil. Set aside the tips and add the chicken stock onto the stalks. Cook for 30 minutes.
- 3 Finely chop the asparagus tips. Cut 6 large shavings of cheese. Grate the rest of the cheese. Blend the asparagus stalks with 10 cl cream, 1 tablespoon of PDO "huile d'olive de la Vallée des Baux-de-Provence" olive oil and the grated cheese. Strain the purée through a sieve.
- 4 Pour the purée into the glasses, then add the whipped pistachio cream, asparagus tips and cheese shavings. Sprinkle with a few chopped pistachios.

A little extra: for a festive dish, top the whipped cream with lamb's lettuce and fish roe to add a seafood touch.

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 of the following PDO olive oils: Aix-en-Provence, Nîmes, Haute-Provence, Corse - Oliu di Corsica - récolte sur l'arbre or Provence.





Preparation: 15 min

Cooking: 25 min

For 4 to 6 servings:

- 100 g green asparagus
- 4 sheets of rice paper
- 1 lettuce
- 2 tomatoes
- 100 g Ardèche dry-cured ham
- 10 almonds
- 1 shallot

For the sauce:

- 1 tbsp **PDO pâte d'olive de Nice** (olive paste) or Affinade®
- 1 tbsp plain yoghurt
- 1 crushed garlic clove
- 2 tbsp **PDO huile d'olive d'Aix-en-Provence**
- Espelette PDO chilli powder
- Salt and pepper

summer rolls

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

- 1 Peel the asparagus (if needed), chop 2 or 3 cm off the stem, wash it, then steam for 10 minutes. It should be tender, not crunchy.
- 2 Wash and seed the tomatoes, then slice them into strips. Slice the cured ham into strips. Chop the shallot. Toast the almonds, then roughly chop.
- 3 Moisten a sheet of rice paper, then line the surface with lettuce leaves up to 5 cm from the edge. Repeat with the other sheets of rice paper. On one side of the rice paper, add a few strips of the tomato, some ham, and a whole asparagus. Sprinkle with almonds and chopped shallot. Roll a third of the rice paper in on itself, then fold in each side to form a rectangle. Finish rolling, making sure you keep all the ingredients inside the rice paper: if the paper is moist, it will stick together easily. Tighten the rolls well, pull them towards you, then wrap them in cling film. Keep them in the fridge, so they stay moist.
- 4 Make the sauce by mixing all the ingredients.
- 5 To finish, remove the cling film, then cut the roll into several pieces. Serve with the sauce.

Inspired by Julien Duboué

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: Nîmes, Corse - Oliu di Corsica, Haute-Provence, Provence, Vallée des Baux-de-Provence.





Preparation: 10 min

Cooking: 30 min

cream of broccoli soup

with PDO huile d'olive de Nyons

For 6 persons:

- 2 onions
- 1.5 l chicken stock (water + 3 cubes)
- 1 bouquet garni
- 1 kg broccoli
- 25 cl cream
- 2 tbsp **PDO huile d'olive de Nyons**
- Salt, pepper
- Mixed seeds and crackers (optional)

- 1 Wash the broccoli florets, trim the stalks to 5 cm and remove the leaves. Roughly chop the broccoli.
- 2 Peel and thinly slice the onions. Soften the onions on low heat in 1 tablespoon of PDO "huile d'olive de Nyons" olive oil. Add the chopped broccoli.
- 3 Pour in the chicken stock and bring to a boil. Add the bouquet garni and simmer for 30 minutes until the broccoli is tender.
- 4 Remove the bouquet garni and blend everything. Add the cream and 1 tablespoon of PDO "huile d'olive de Nyons" olive oil, season to taste and sprinkle with pumpkin seeds, for example.
- 5 Serve optionally with seed or cheese crackers.

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 olive oils: Nice PDO and Languedoc AOC.





Preparation: 20 min

Cooking : 40 min

Spring soufflé

with PDO huile d'olive de Nîmes

For 4 servings:

- 250 g green asparagus
- 4 eggs
- 150 g bacon lardons
- 50 g parmesan
- 100 g grated Comté cheese
- 50 cl milk
- 30 g **PDO huile d'olive de Nîmes**
- 20 g butter
- 75 g flour
- 2 tbsp chopped chives
- 1 pinch of pepper



Preheat the oven to 200°C.

Wash and peel (if necessary) the asparagus. Cook the asparagus in boiling water until tender, then plunge it in ice water to preserve the colour. Set aside the asparagus tips (cut them to 3-4 cm).



In a saucepan, melt the butter, add the PDO "huile d'olive de Nîmes" olive oil, then the flour, and cook while whisking constantly to form a roux. Set aside the roux to cool.



Warm the milk, add the asparagus stalks and mix together. Strain the mixture through a sieve if necessary. Add the hot asparagus milk to the cold roux, whisk and cook for 10 minutes, stirring constantly. The mixture should thicken. Add the Comté and parmesan. Separate the egg whites and yolks. Add 2 yolks to the soufflé mixture.



Whip the whites. Fold them into the mixture.

Grease individual ramekins with butter and pour in the soufflé mixture until it comes up to 3/4 of the moulds. Put 2 or 3 asparagus tips and a few bacon lardons in the mixture. Bake in a bain-marie for around 15 minutes. Serve hot from the oven!

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, Corse - Oliu di Corsica - récolte sur l'arbre, Haute-Provence, Provence, Vallée des Baux-de-Provence.





Preparation: 15 min

Cooking: 5 min

Resting time: 5 min

For 6 servings:

- 6 bass fillets
- 3 limes
- 3 g fresh ginger
- 2 shallots
- 10 cl **PDO huile d'olive de Nice**
- 3 pinches of fine salt
- 6 grinds of pepper

For the garnish:

- 100 g baby spinach
- 3 g fresh ginger
- 1 tbsp honey
- 10 cl **PDO huile d'olive de Nice**
- 6 sun-dried tomatoes
- 3 pinches of fine salt
- 3 grinds of pepper
- Hazelnuts

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 olive oils: Nyons PDO or Languedoc AOC.

bass tartare with lime and baby spinach with ginger and PDO huile d'olive de Nice

1 For the bass tartare, debone the bass fillets and remove the skin, then chop the flesh into small pieces. Zest the limes. Peel and chop the shallots. Peel and grate the ginger. Mix all the ingredients in a large bowl. Add the PDO "huile d'olive de Nice" olive oil and season, then refrigerate.

2 For the garnish, peel and finely chop the ginger. Wash the baby spinach and refrigerate. Toast the hazelnuts in a dry pan for a few minutes, then roughly chop. Slice the sun-dried tomatoes. Squeeze the limes that you zested in the first part of this recipe. Mix the lime juice with the honey, ginger, salt, pepper, then PDO "huile d'olive de Nice" olive oil.

3 Place the tartare on the plate, add the baby spinach, sun-dried tomatoes and chopped hazelnuts, then pour the vinaigrette on top.





Preparation: 15 min

Cooking: 20 min

Resting time: 30 min

For 6 servings:

- 500 g chicken breast
- 400 g chopped tomatoes
- 100 g coconut milk
- Zest and juice of 1 lime
- 1 onion
- 2 garlic cloves
- 1 cm fresh ginger
- 80 g cashew nuts
- 2 tbsp **PDO huile d'olive de Nice**
- 2 tbsp tomato purée
- 1/2 tsp mild or hot chilli powder (as you like)

For the marinade:

- 1 small pot of plain yoghurt
- 1 crushed garlic clove
- 1 tbsp **PDO huile d'olive de Nice**

Spices: 1 tbsp garam masala, 1 tsp turmeric, 1 tsp cumin, 1 tsp cardamom, 1/2 tsp chilli purée

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 olive oils: Nyons PDO or Languedoc AOC.

chicken tikka masala

with PDO huile d'olive de Nice

- 1 Mix all the marinade ingredients together.
- 2 Chop the chicken into medium pieces. Mix them into the marinade, cover with cling film and refrigerate for 30 minutes.
- 3 Meanwhile, chop the cashew nuts, finely chop the onion and garlic, and peel and grate the ginger.
- 4 Sauté the onion in 1 tablespoon of PDO "huile d'olive de Nice" olive oil for 2 minutes, then add the garlic, ginger and tomato purée. Cook for 1 minute, then add the chicken with the marinade. Fry until golden brown.
- 5 Add the chopped tomatoes, coconut milk, chilli powder (mild or hot), and season with salt and pepper. Bring to a boil, then lower the heat, cover and simmer for 20 minutes, stirring regularly. Five minutes before it has finished cooking, add the lime zest and juice.
- 6 Season to taste, scatter the chopped cashew nuts on top and serve with rice.





Preparation: 20 min

Cooking: 20 min

Resting time: 2 h

For 4 servings:

- 700 g pork tenderloin (or 2 loins)
- 1 tsp paprika
- 1 tsp curry powder
- 1 tsp turmeric
- 10 cl soy sauce
- 2 tbsp single cream
- 5 tbsp **PDO huile d'olive d'Aix-en-Provence**
- 2 tbsp runny honey
- 2 tbsp sesame seeds
- 1 tbsp poppy seeds
- 200 g tagliatelle (or noodles)
- 2 carrots

Spiced pork tenderloin and tagliatelle with PDO huile d'olive d'Aix-en-Provence

- 1 In a bowl, mix the paprika, curry powder, turmeric, 2 tablespoons of olive oil and half the soy sauce. Clean the pork tenderloins, put them in a dish, pour over the spice mixture and leave to marinate for at least 2 hours in the fridge.
- 2 Drain the tenderloins. Set aside the marinade. In a pan, heat 2 tablespoons of PDO "huile d'olive d'Aix-en-Provence" olive oil and fry the tenderloins. Pour over the marinade and cook for 8 to 10 minutes on low heat, drizzling them with the cooking juice. When they have finished cooking, sprinkle the tenderloins with sesame and poppy seeds and caramelize. Keep them warm, wrapped in aluminium foil.
- 3 While the tenderloins are cooking, cook the pasta in boiling salted water, then drain. Peel the carrots, wash them, then cut them into tagliatelle-shaped strips (using a vegetable peeler).
- 4 Put the marinade in a saucepan and reduce it on low heat with the rest of the soy sauce and the single cream. In a pan, heat the rest of the PDO "huile d'olive d'Aix-en-Provence" olive oil and fry the carrots until tender. Add the tagliatelle to the carrots and sauté for 2 minutes on high heat, along with the reduced marinade. Slice the tenderloins and serve with the pasta.

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: Haute-Provence, Vallée des Baux-de-Provence, Provence, Nîmes, Corse - Oliu di Corsica.





Preparation: 5 min

Cooking: 10 min

Chickpea and Spinach Curry

with PDO huile d'olive de Provence - olives mûrées

For 4 servings:

- 1 large can of chickpeas
- 100 g fresh spinach (or frozen spinach leaves)
- 200 g chopped tomatoes
- 1 red onion
- 20 cl coconut milk
- 1 small piece of fresh ginger
- 4 tsp red curry paste
- 2 tbsp **PDO huile d'olive de Provence – olives mûrées (matured olives)**
- Salt, pepper
- 1 tsp Espelette PDO chilli powder or 1 green jalapeño chilli pepper (if you want more heat)



Peel and thinly slice the red onion.

If you have opted for fresh spinach, rinse it and discard any hard stems. Peel and grate the ginger.



Sauté the onion in a frying pan on high heat for 1 minute with 1 tablespoon of PDO “huile d'olive de Provence – olives mûrées (matured olives)” olive oil. Add the red curry paste, grated ginger and chilli, and fry for 2 minutes.



Add the chopped tomatoes. Season with salt, stir, cover and simmer for 3 minutes on low heat. Add the chickpeas and coconut milk. Simmer for 3 minutes on low heat.



Add the fresh spinach, 1 tablespoon of PDO “huile d'olive de Provence – olives mûrées (matured olives)” olive oil, mix and serve (optionally with white rice).

Note: if you are using frozen spinach, add it at the same time as the chopped tomatoes.

What about the olive oil?

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

You can also use PDO huile d'olive de la Vallée des Baux-de-Provence – olives mûrées, PDO Corse - Oliu di Corsica - récolte à l'ancienne or PDO huile d'olive d'Aix-en-Provence - olives mûrées.





Preparation: 10 min
Cooking: 20 to 30 min

For 4 servings:

- 1 cauliflower
- 2 tbsp **PDO huile d'olive d'Aix-en-Provence – olives mûrées**
- 1 tsp turmeric
- 1 tsp paprika
- 1 tsp korma curry powder
- 1 tsp Espelette PDO chilli powder
- 1 tsp garlic granules
- Salt, pepper

roast spiced cauliflower

and PDO huile d'olive d'Aix-en-Provence – olives mûrées

- 1 Preheat the oven to 180°C.
Wash and slice the cauliflower (the entire cauliflower; don't chop it into florets).
- 2 In a bowl, mix the PDO "huile d'olive d'Aix-en-Provence – olives mûrées" olive oil, turmeric, paprika, korma curry powder and Espelette chilli powder.
- 3 Rub the cauliflower slices in the spicy oil. Season with salt and pepper, then sprinkle with the garlic granules.
- 4 Bake in the oven for 20 to 30 minutes until golden brown.

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.

You can also use PDO olive oil from Provence - olives mûrées, Vallée des Baux-de-Provence – olives mûrées or Corse - Oliu di Corsica - récolte à l'ancienne.





Preparation: 20 min

Cooking: 20 min

custom doughnuts

with PDO huile d'olive de Nyons

For 18 small doughnuts:

- 200 g flour
- 100 g brown sugar
- 1.5 tsp baking powder
- 10 cl almond milk
- 1 egg
- 10 ml **PDO huile d'olive de Nyons**
- Zest of 1 orange and 1 lemon, or 1 tsp vanilla extract

Icing:

- 100 g icing sugar
- 1 tsp + 1 tbsp **PDO huile d'olive de Nyons**
- 5 ml orange juice
- 100 g chocolate (black, milk or white)

- 1 Preheat a fan oven to 190°C (gas mark 4). In a bowl, mix the flour, baking powder and brown sugar. In another bowl, mix the plant-based milk, PDO "huile d'olive de Nyons" olive oil and orange and lemon zest (or vanilla).
- 2 Pour the wet ingredients into the flour/sugar/baking powder mixture, then whisk quickly (not for too long so the dough doesn't become sticky). Divide the dough between doughnut tins that have been greased with oil. Bake for 20 minutes. Leave to cool.
- 3 Make the sugar icing by mixing the icing sugar, PDO "huile d'olive de Nyons" olive oil and orange juice. Make the chocolate icing by melting the chocolate on low heat and adding the olive oil.
- 4 Glaze the doughnuts. Sprinkle with sugar decorations (sugar strands, etc.).

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 olive oils: Nice PDO and Languedoc AOC.





Preparation: 25 min

Cooking: 30 min

For 8 servings:

For the cake:

- 120 g **PDO huile d'olive de la Vallée des Baux-de-Provence**
- 100 g brown sugar
- 3 medium eggs
- 90 g pistachio paste
- 270 g T55 French white bread flour
- 1.5 tsp baking powder
- 1/2 tsp salt
- 50 g milk
- 50 g chopped pistachios

For the topping:

- 200 g strawberries
- 1 heaped tbsp mascarpone
- 25 cl crème fraîche
- 1 tsp pistachio paste
- A handful of chopped pistachios
- 2 tbsp icing sugar

strawberry & pistachio cake

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

- 1 Put the crème fraîche in a bowl and place the whisks of a hand mixer in the fridge.
- 2 Preheat the oven to 180°C. Line a cake tin with baking paper.
Make the cake mixture: put the PDO "huile d'olive de la Vallée des Baux-de-Provence" olive oil and brown sugar in a large bowl and beat thoroughly. Add the eggs one by one, mixing well each time. Add the pistachio paste and mix.
- 3 Mix the dry ingredients (flour + baking powder + salt) in another bowl. Add half the dry ingredients to the wet mixture, mix, then add half the milk. Mix and repeat the process.
Fold in the chopped pistachios, pour the mixture into the tin and bake for around 30 minutes at 180°C (the blade of a knife should come out dry). Leave to cool for 15 minutes in the tin before removing from the tin and leaving to cool completely on a rack.
- 4 Whip the crème fraîche and add the mascarpone with some icing sugar towards the end. Separate 1/3 of the whipped cream and mascarpone and add the pistachio paste.
Put the plain whipped cream in a piping bag. Put the pistachio whipped cream in another piping bag. Cover the cake with large dots of plain whipped cream. Wash and hull the strawberries. Arrange the strawberries on the cake and add dots of pistachio whipped cream between the strawberries. Enjoy cold!

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 Provence.





Preparation: 10 min

Cooking: 35 min

For 8 servings:

- 150 g flour
- 40 g **PDO huile d'olive de la Vallée des Baux-de-Provence - olives mûrées**
- 2 eggs
- 3 ripe bananas
- 4 tbsp milk
- 125 g sugar
- 1 tsp baking powder
- 1 tsp quatre épices (French four-spice blend: pepper, nutmeg, cloves and ginger)
- 1 tbsp rum

banana cake

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

- 1 Preheat the oven to 180°C.
Mash two bananas in a large bowl and add the sugar, then whisk together.
- 2 Add the PDO "huile d'olive de la Vallée des Baux-de-Provence - olives mûrées" olive oil, the whole eggs, then the milk, and whisk again. Finally, add the flour, baking powder, quatre épices and rum.
- 3 Pour the mixture into a tin that has been greased with oil and floured. Cut one banana lengthwise into 4 slices and add it on the cake. Bake in the oven for 35 minutes.

Suggestion for a gourmet touch: Top the cake with grated coconut after baking.

Inspired by Marciatak.fr.

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.

You can also use PDO huile d'olive d'Aix-en-Provence - olives mûrées, huile d'olive de Provence - olives mûrées or Corse - Oliu di Corsica - récolte à l'ancienne.





Preparation: 20 min

Cooking: 30 min

chocolate and pear cake

with PDO huile d'olive de Nyons

For 4 to 6 servings:

- 200 g dark chocolate
- 100 g **PDO huile d'olive de Nyons**
- 5 eggs
- 75 g flour
- 45 g sugar
- 2 to 3 pears
- 1 tbsp slivered almonds
- 1 tbsp chopped pistachios
- Lemon juice

- 1 Preheat the oven to 180°C (gas mark 4). Peel and slice the pears. Pour over the lemon juice so they don't go brown and set aside.
- 2 Melt the chocolate, add the PDO "huile d'olive de Nyons" olive oil and mix to form a smooth paste.
- 3 Separate the egg whites and yolks. Beat the egg yolks and sugar. Mix in the melted chocolate.
- 4 Whip the whites. Gently fold them into the chocolate/oil/sugar/egg mixture, then sift in the flour.
- 5 Grease a springform bake tin with oil and flour it. Pour the mixture into the tin and top with the sliced pears in a fan shape. Scatter with the slivered almonds and chopped pistachios. Bake for around 30 minutes.

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 olive oils: Nice PDO and Languedoc AOC.



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