

ENJOY
IT'S FROM
EUROPE



Cooking with
Protected Designation of Origin olive oils

A quick guide to olive oil

What is olive oil?

Olive oil is both a liquid fat and a fresh fruit juice. It is technically a fresh fruit juice because it is made exclusively from olives. Olive oil is naturally present in olives – we don't make it, we extract it! It is also a liquid fat because like all vegetable oils it is made up of 99.9% fat.

Why is it so good?

We enjoy the taste of olive oil because essentially it is a fresh fruit juice. Virgin or extra virgin olive oil is not refined*, it is extracted from the olives using a process (mechanical and/or physical) that preserves all the natural qualities of the oil. Which is why olive oil has a such a good flavour or even a variety of flavours.

Olive oil is good for us because fats are a source of energy and are essential for our bodies to function. Olive oil is low in saturated fatty acids and contains minor compounds that provide our bodies with antioxidants.

What about Protected Designation of Origin (PDO) olive oils?

PDO (AOP in French) olive oils are oils that have been certified and granted the PDO label. Each PDO olive oil is unique because the PDO certification guarantees a strong and unique link between the product and its terroir. Each of these oils therefore has its own unique flavour.

*Refining is a technique that removes defects from a vegetable oil and also removes much of its colour, odour and flavour.

The benefits of cooking with olive oil

Flavour

Virgin or extra virgin olive oil is a pure fruit juice. Several factors such as olive variety, terroir, weather or know-how influence the flavour profile of each oil. The rich aromatic diversity of olive oil means it is perfect for enhancing flavours. It preserves and elevates the flavours in your dishes without altering the natural flavours of the foods.

By choosing to cook with olive oil, you are not just choosing any old type of cooking oil. Olive oil will enhance the flavours of your ingredients and bring new flavours to your dishes.

Smoothness

Not only does olive oil add flavour, but it also adds a lighter, smoother texture compared to other fats. Composed of 99% fat (whereas butter contains around 80%), it adds extra softness and smoothness to your dishes by coating all the ingredients, and particularly gluten, in its wonderful silkiness. When used in baking, it will make your cakes softer and moister.

Coating

As a type of fat, olive oil coats your foods and protects them during cooking.





How to use olive oil *in cooking?*

Olive oil: cold or cooked?

It is widely considered that olive oil is the ideal oil to use cold and cooked. It is largely recommended as part of the Mediterranean diet.

The smoke point of vegetable oils depends mostly on its volatile compounds such as its aroma and free-fatty acids – the more monounsaturated fats the oil contains, the more it resists the heat.

Olive oil is particularly high in monounsaturated fats, particularly oleic acid, which means its smoke point is between 195 and 210°C. Olive oil is therefore delicious both cold and cooked.



If olive oil can be heated, why does it say on the bottle “store in a cool, dark place”?

To preserve the quality of the olive oil, and prevent it from going rancid, it is important not to expose it to the air or the light, and to keep it at a steady temperature. It is important to keep the oil at a stable temperature before opening.

how to use

olive oil in cooking ?



Used cold as a seasoning

Olive oil is perfect for seasoning cold dishes as it enhances the flavours of the ingredients. Its organoleptic characteristics (smell and flavour) elevate the foods it comes in contact with.

PDO olive oils can be used sparingly because they are so aromatic – a small drizzle will add big flavour!



Used as a warm seasoning

Add a good PDO olive oil at the end of cooking or when serving to preserve all of the aromas of the olive oil and bring extra flavour to your dishes. Try it in Provençal and Mediterranean dishes or in more traditional dishes such as soups or sauces, or in world foods such as chili con carne or fajitas.



For frying

With its 210°C smoke point, olive oil resists even the hottest temperatures whilst ensuring foods are properly cooked. Considering home frying never goes above 160-180°C, the safety margin is very high.

Olive oil is therefore a great choice for making the perfect chips, vegetable fritters, spring rolls or tempura recipes.



For oven baking

Ideal for oven baking, olive oil enhances the flavour of dishes and keeps foods moist and tender: fish "en papillote", roasts, grilled chicken, vegetables, oven chips, oven baked potatoes, etc. will be moist and tasty.

Add extra flavour to pastry or pizza dough by incorporating a glug of olive oil. Make pastry for tarts or pies that will go perfectly with vegetables, meat or even fruit!



On the barbecue

To prevent meat from drying out and to keep meat tender before barbecuing, try making a marinade with olive oil to add flavour, an acidic base such as lemon or wine and herbs or spices. You can do the same for fish or vegetables. You can also coat your vegetables or potatoes in olive oil and cook them in a dish on the barbecue.



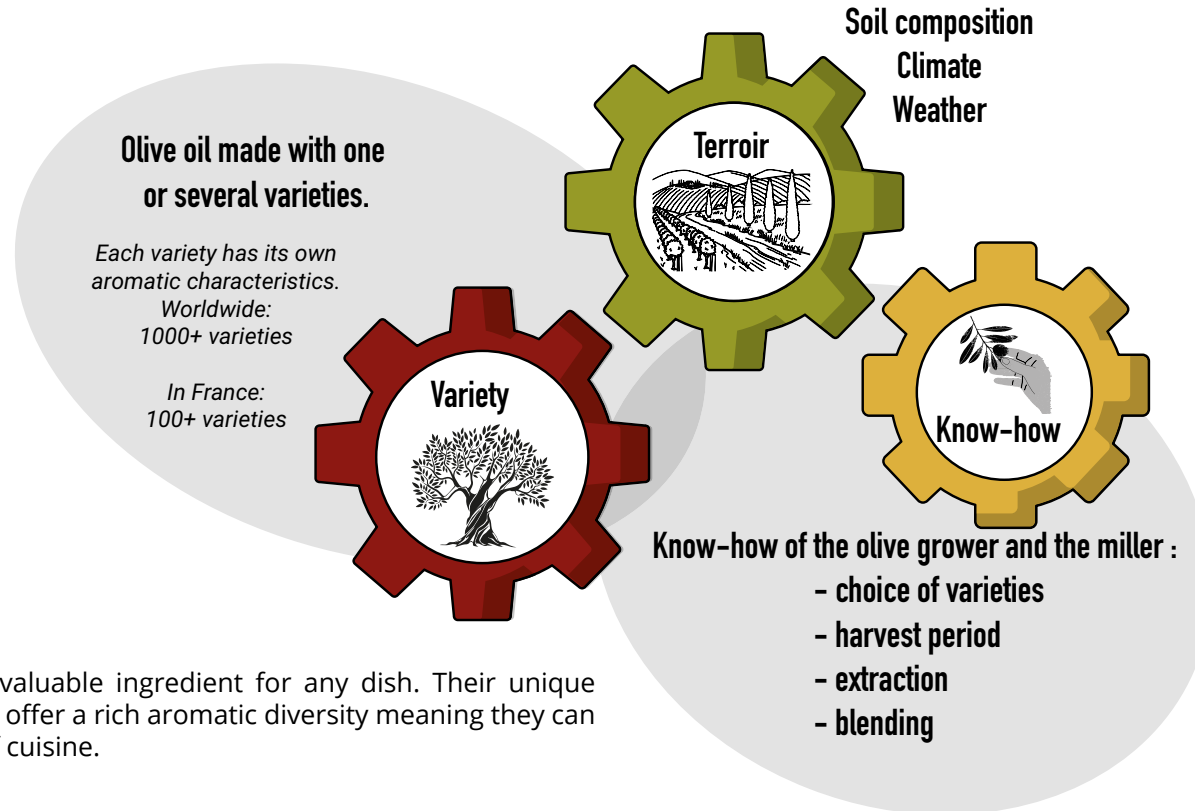
For desserts

For cakes, try replacing butter with olive oil (for 100g of butter, add 80g of olive oil) or use half and half. It will make your cakes lighter, more moist and add more nuance to the flavour.

Adding 1 or 2 spoonfuls of olive oil to your fruit salad (oranges, strawberries etc.) will enhance the flavours of the fruits and liven up bland fruits.

The flavours of olive oil

Factors that influence the flavours of an olive oil



PDO olive oils are a valuable ingredient for any dish. Their unique flavour characteristics offer a rich aromatic diversity meaning they can be used in any type of cuisine.

1 product : 3 flavours categories



Olive oils are organised into three flavours categories (a bit like wine with its whites, rosés and reds!). The olive oils within these three categories each have their own aromatic characteristics but they share the same sweetness, roundness or intenseness.

▪ Delicate

Delicate olive oils are made with fresh, ripe olives. They are usually sweet (less pungency and bitterness) with fruity and floral flavours.

▪ Intense

Intense olive oils are extracted from fresh olives that are not yet fully ripened. Pungency and/or bitterness can vary in intensity. These oils have green, grassy notes.

▪ Traditional (matured olives)

Traditional olive oils are made using a traditional process, with olives that have been stored and matured for 2 to 8 days under specific, controlled conditions before the oil is extracted. These oils are sweet and carry notes of black olive, bread, cocoa, mushroom and dried fruits.





© Magali Ancenier

delicate PDO Olive oils

Huile d'olive de Nyons PDO
Huile d'olive de Nice PDO
Huile d'olive du Languedoc AOC

Delicate

olive oils

Organoleptic characteristics

These olive oils are sweet with little bitterness and pungency and varying intensities of fruity or floral notes.

Bitterness

From 0 to 3

Pungency (spiciness)

From 0 to 3

Main aromatic notes

In the nose



Green apple



Ripe apple



Yellow flowers (broom, mimosa)



Cut grass



Almond

On the palate



Dried fruits



Hazelnuts



Fresh almonds



Ripe fruits



Yellow flowers (broom, mimosa)



Exotic fruits



Citrus



White flowers

In cooking

Thanks to their fresh aromas with hints of fruit and flowers and their subtle notes of herbs, almond or artichoke, the delicate tasting olive oils add a touch of sweetness to your dishes.

Tip: pair these oils with subtle or neutral flavoured foods.

Pair with:

- Carrots, courgettes, lettuce, etc. for **vegetables**,
- Oranges, peaches, cherries, etc. for **fruits**,
- Chicken, turkey, veal, etc. for **meats**
- Cod, monkfish, turbot, sole, scallops, sea urchin, etc. for **fish and shellfish**,
- Potatoes, spelt, red lentils, etc. for carbohydrates and pulses,
- As well as crepes, pancakes, cakes with citrus, vanilla etc.

Recipe ideas for delicate PDO olive oils:



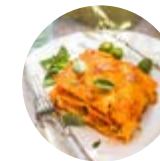
Eggs mimosa



Cesar salad wraps



Energy toast with salmon and avocado



Lasagne Bolognese



Spice-roasted pears



Pineapple and coconut cake



© Magali Ardenay

intense PDO Olive oils

Huile d'olive de la Vallée des Baux-de-Provence PDO
Huile d'olive d'Aix-en-Provence PDO
Huile d'olive de Haute-Provence PDO
Huile d'olive de Corsica - Oliu di Corsica PDO*
Huile d'olive de Nîmes PDO
Huile d'olive de Provence PDO

*harvested on tree

Intense

Organoleptic characteristics

These oils have green notes with a pungency and bitterness that can vary in intensity.

Bitterness

From 1 to 6

Pungency (spiciness)

From 1 to 6

Main aromatic notes

In the nose



Cut grass



Raw artichoke



Hay



Fresh almonds



Tomato plants

On the palate



Fresh almonds



Raw artichoke



Fresh hazelnuts



Green apple



Pepper



Dried fruits



Yellow and red plums



Green banana



Tomato



Fresh grass

olive oils

In cooking

With their grassy aromas and their powerful aromatic notes, intense olive oils will add character to your dishes.

Tip: pair them with full flavour foods or foods that need livening up!

Pair with:

- Tomatoes, eggplant, rocket etc. for **vegetables**,
- Strawberries, raspberries, etc. for **fruits**,
- Beef, lamb, rabbit etc. for **meats**,
- Trout, salmon, sardines, mussels, etc. for **fish and shellfish**,
- Potatoes, pasta, couscous, rice, risotto, peas, beans, etc. for **starchy food and leguminous**,
- Goat's cheese, fromage frais, etc. for **dairy**
- Red fruits as a sweet and savoury dish or **dessert**
- As well as pastry for tarts and pies, pizza dough etc.

NB: the bitterness you can taste that can sometimes be very powerful in cold oil is considerably reduced after cooking. Give it a try in one of your dishes!

Recipe ideas for intense PDO olive oils:



Focaccia with anchovies, onions and thyme



Pitta bread with lamb and lemon-mint sauce



Tomato and pepper soup



Risotto with crunchy vegetables and olives



Raspberry and pistachio panna cotta



Black forest gateau revisited with tonka bean and amaretto



© Magali Ancenay

traditional PDO Olive oils

Huile d'olive de la Vallée des Baux-de-Provence - traditional PDO olive oil,
Huile d'olive d'Aix-en-Provence - traditional PDO olive oil,
Huile d'olive de Provence - traditional PDO olive oil

PDO huile d'olive de Corse - Oliu - di Corsica - traditional harvest, although it is not extracted in the same conditions as the mature flavour oils, its flavour profile is very similar.

Traditional

olive oils

Organoleptic characteristics

These olive oils are very sweet with very little bitterness and little spiciness. They give off specific aromas such as black olive and tapenade.

Bitterness

From 0 to 1

Pungency (spiciness)

From 0 to 1

Main aromatic notes

In the nose



Black olive



Tapenade



Cocoa



Sourdough



Cooked artichoke



Truffle

In the palate



Black olive



Tapenade



Cocoa



Sourdough



Cooked artichoke



Vanilla



Truffle



Toasted bread

In cooking

Traditional (or matured olives) olive oils bring both sweetness and character to your dishes, thanks to their long finish and distinctive flavours.

Tip: pair them with foods that have character!

Pair with:

- Aubergine, rocket, cauliflower, etc. for **vegetables**,
- Game, lamb, offal, etc. for **meats**,
- Mackerel, oysters, mussels, etc. for **fish and shellfish**,
- Potatoes, rice, risotto, chickpeas, etc. for **carbohydrates and pulses**,
- Goat's cheese, fromage frais, etc. for **dairy**,
- Desserts and chocolate cakes,
- As well as in bread dough, tart and pie pastry, etc.

NB: These olive oils are a perfect match for dishes with black olives or tapenade.

Recipe ideas for traditional PDO olive oils:



Black olive breadsticks



Gazpacho



Cherry tomato tart



Cauliflower flammekueche



Apricot tartate with goat's cheese and watermelon



Chocolate fondant with a pistachio center

Design and production: France Olive
© Cover photo : 123 rf and Céline de Cérrou

www.lookingfortheperfectfood.eu



France Olive

40 place de la Libération
26110 Nyons - France
+33 (0)4 75 26 90 90
fra@lookingfortheperfectfood.eu
contact@huilesetolives.fr



FRANCE
Olive



CAMPAIGN FINANCED
WITH AID FROM
THE EUROPEAN UNION

The content of this promotion campaign represents the views of the author only and is his/her sole responsibility. The European Commission and the European Research Executive Agency (REA) do not accept any responsibility for any use that may be made of the information it contains.



Do not litter

**ENJOY
IT'S FROM
EUROPE**

