

best way to use aop* olive oils in the kitchen

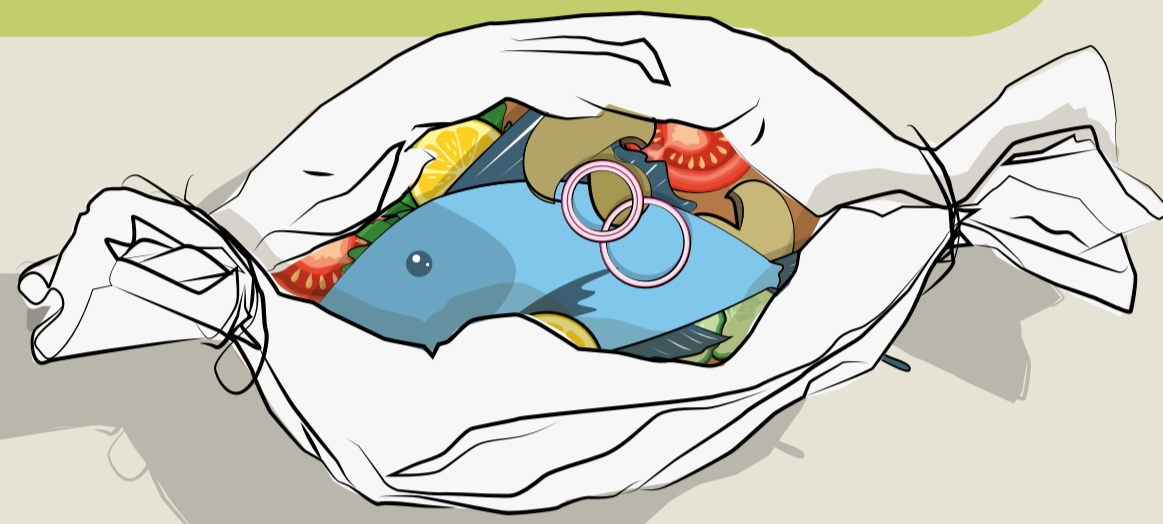
*AOP = PDO



In cooking

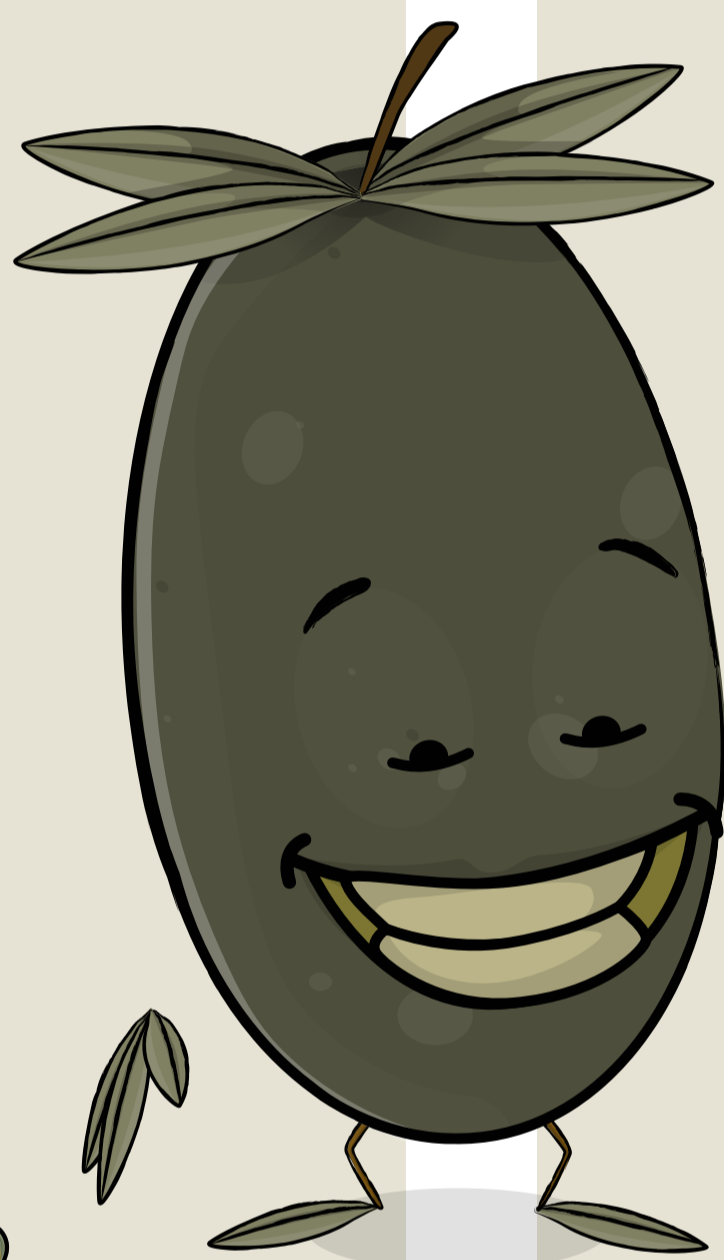
Mild

En papillote, steamed, boiled



Simple

Pan-fried, barbecue



Cold

Seasoning

Makes savoury and fruit salads creamier and tastier



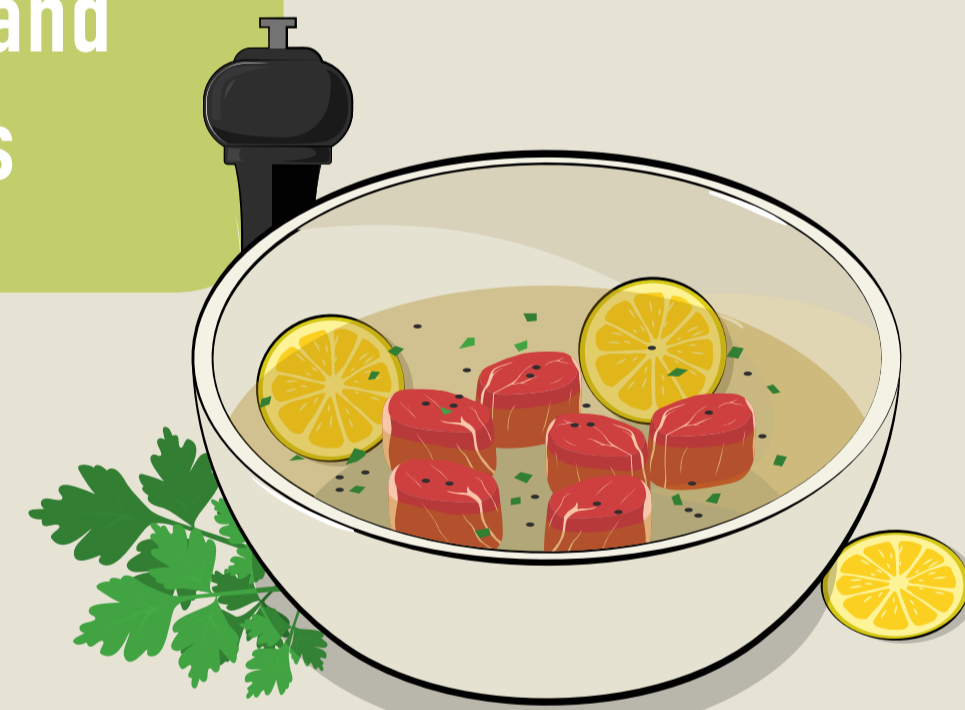
tip!



Marinade

Cooked or not cooked

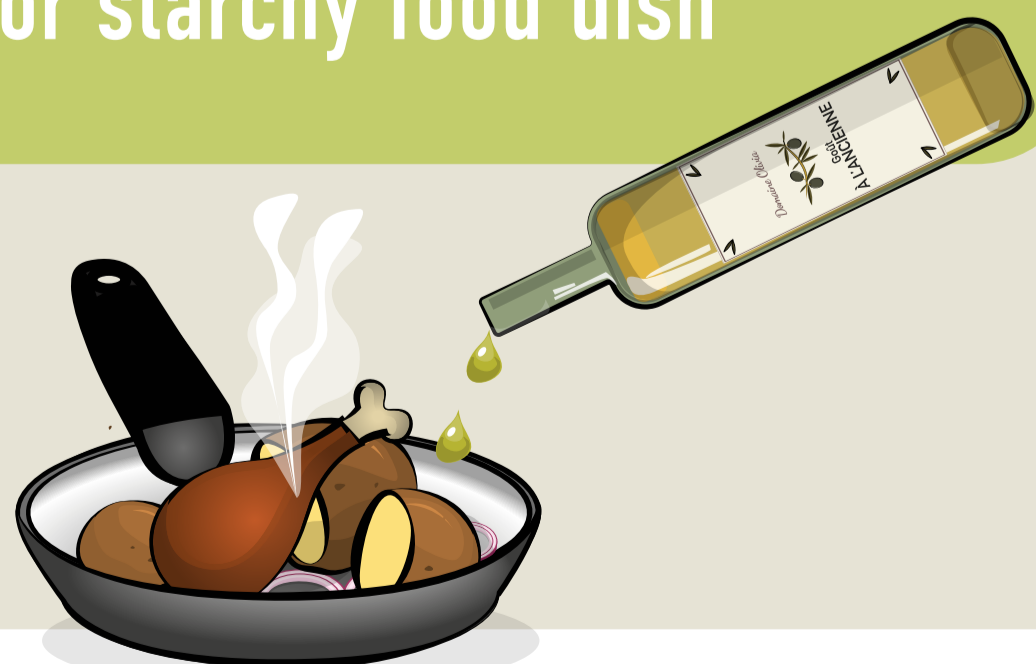
Brings out flavours in meat, fish and vegetables



After cooking

Before serving

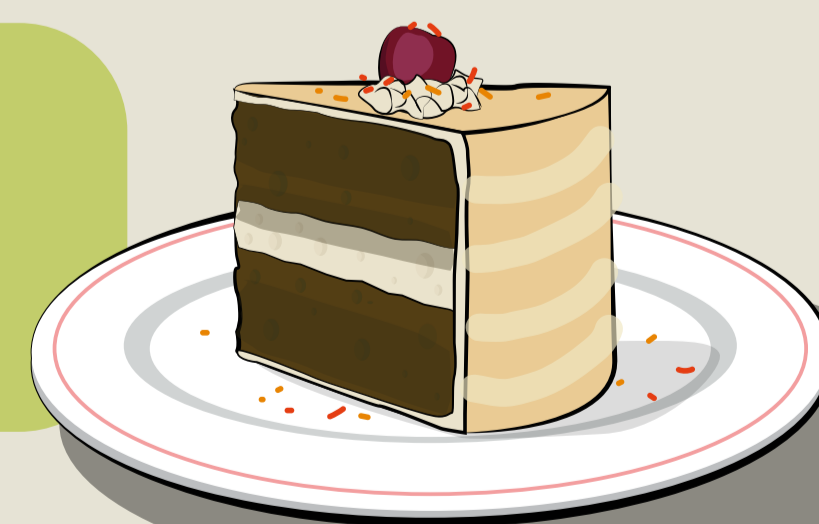
On a meat, fish, vegetable or starchy food dish



In a recipe

Desserts

Instead of other fats



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