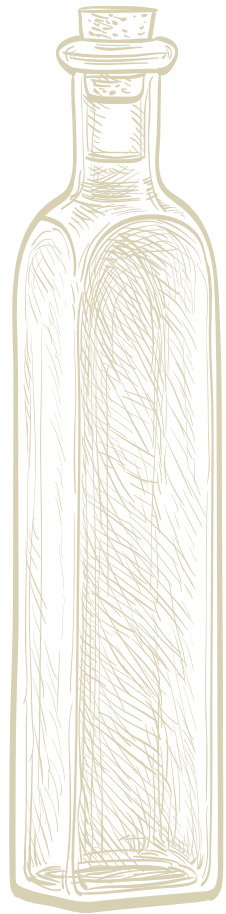




PDO olive oils:

essential insights & inspiring recipes

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.



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 9 olive oils 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:



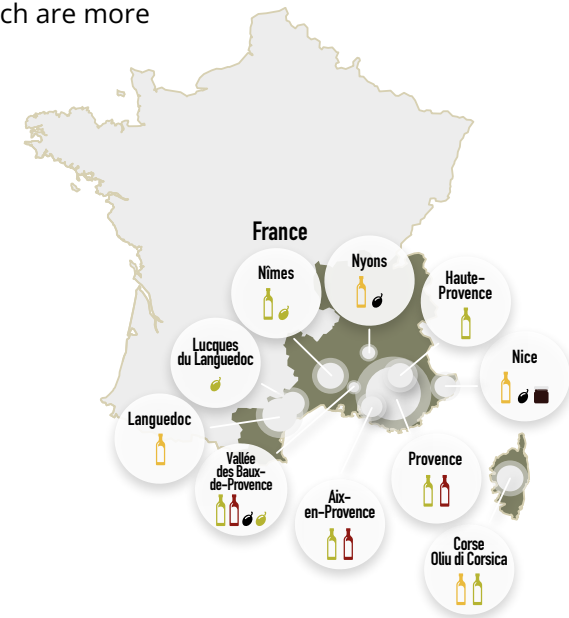
Olive oils from Nyons, Nice, Languedoc.



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.





our recipes
wit PDO olive oils



Preparation: 15 min

Cooking: 15 min

cherry tomato and burrata

open sandwich with PDO huile d'olive de Provence

For 4 servings:

- Rustic sourdough bread
- 20 PDO olives noires de Nyons (black olives)
- 300 g cherry tomatoes or cocktail tomatoes
- 5 cloves of garlic
- 2 tbsp **PDO huile d'olive de Provence**
- 1 burrata cheese
- 15 fresh basil leaves
- 1 tsp paprika
- Thyme, rosemary
- Salt, pepper

Suggested accompaniment:

- Lamb's lettuce and rocket
- Balsamic glaze

- 1 Toast slices of sourdough.
- 2 Pit the Nyons PDO black olives, cut them in half, set aside.
- 3 Into an ovenproof dish, add crushed garlic, thyme, rosemary, paprika, 10 basil leaves, cherry tomatoes, salt, pepper, black olives and olive oil. Mix together and place in the oven for 15 minutes at 180°C.
- 4 Cut a piece of burrata and rub it over the slices of bread.
- 5 Take the tomatoes out of the oven, put pieces of burrata in them (so that it will melt nicely).
- 6 Spoon the mixture onto each slice of bread, and add a few basil leaves. Enjoy with a salad of lamb's lettuce and rocket, seasoned with salt, pepper, a dash of balsamic glaze and olive oil!

What about the olive oil?

We advise you to use an intense-tasting **PDO 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: 20 min

Cooking: 20 min

courgette waffles

with yogurt sauce, PDO huile d'olive de Nyons

For 6 waffles:

For waffles:

- 2 courgettes (500 g)
- 2 eggs
- 200 g flour
- 100 g mozzarella
- 1.5 tbsp **PDO huile d'olive de Nyons**
- 1 tsp baking soda
- 1 tsp turmeric
- 1 tsp paprika
- Salt, pepper

For the sauce:

- 1 Greek yogurt
- 20 g mustard
- 1 tbsp lemon juice
- 1 tbsp **PDO huile d'olive de Nyons**
- 1 tbsp finely chopped dill
- 1 pinch of salt

- 1 Prepare the sauce by combining all the ingredients together.
- 2 Wash the courgettes, grate them into a mixing bowl, and remove as much moisture as possible. Add the eggs, and the olive oil, then the flour, and then the blended mozzarella and the spices, mixing the batter every time you add an ingredient to keep it even.
- 3 Grease and preheat the waffle iron. Place a portion of batter in the waffle iron and cook until it is golden brown.
- 4 Enjoy waffles hot or cold with sauce.

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 or Languedoc.





Preparation: 25 min

Cooking: 25 min

For 4 servings:

- 250 g Puy green lentils
- 2 carrots
- 1 piece of pumpkin/squash
- 1 red onion
- 150 g feta cheese
- 6 tbsp **PDO huile d'olive de Nîmes**
- 2 tbsp balsamic vinegar
- 2 tsp honey
- 3 cloves
- 1 bay leaf
- Salt, pepper, fresh herbs (parsley, coriander leaf)

lentil salad

roasted vegetables-feta-PDO huile d'olive de Nîmes

- 1 Rinse the lentils, then cook them for 20 to 25 minutes in boiling water with the bay leaf and cloves. Drain and set aside, taking care to remove the bay leaf and cloves.
- 2 Whilst the lentils are cooking, take time to cut the vegetables into pieces, mix them with 2 tablespoons of olive oil, salt and pepper (you can add spices such as turmeric or curry powder). Roast for 25 minutes in the oven at 200°C.
- 3 In a bowl, make a vinaigrette using 4 tablespoons of olive oil, balsamic vinegar, and honey.
- 4 Mix the lentils, roasted vegetables, and crumbled feta. Drizzle with vinaigrette. Sprinkle with fresh herbs.

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, Haute-Provence, Provence, Vallée des Baux-de-Provence.





Preparation: 15 min

Cooking: 15 min

For 4 servings:

- 200 g feta block
- 250 g cherry tomatoes
- 300 g fresh spinach (or frozen and drained)
- 3 tbsp **PDO huile d'olive de Provence - olives mûrées**
- 2 cloves of garlic, crushed
- 1 tsp chilli flakes (optional)
- Zest of 1/2 organic lemon
- 1 tsp dried oregano
- Salt, pepper
- Toasted rustic sourdough bread (for serving)

baked feta with spinach

cherry tomatoes and PDO huile d'olive de Provence - olives mûrées

- 1 Preheat the oven to 200°C.
In an ovenproof dish, place the feta in the middle, surrounded by cherry tomatoes, garlic, chilli flakes, oregano, and 2 tbsp of olive oil. Bake for 15 min.
- 2 Add the spinach around the feta, drizzle with olive oil and return to the oven for 10 minutes, until the spinach is tender and the feta is golden brown.
- 3 Lightly mash the feta and tomatoes with a fork, mix with the spinach. Sprinkle with lemon zest, a drizzle of olive oil and pepper. Serve hot with toasted bread with olive oil.

Tip: For more indulgence, add black olives or toasted pine nuts before serving.

Version: Replace spinach with courgette slices for a summer version.

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





Preparation: 25 min

Resting time: 30 min

Serves 4:

- 400 g fresh salmon
- 2 tbsp **PDO huile d'olive du Languedoc**
- 1 orange (juice and zest)
- 1 lime (juice and zest)
- 1 tsp freshly grated ginger
- 1 shallot, finely chopped
- 1 tbsp chopped dill
- 1 tbsp chopped chives
- 1 tbsp chopped flat-leaf parsley
- 1 tsp fleur de sel
- Freshly ground pepper

salmon tartare

with citrus fruits, fresh herbs and PDO huile d'olive du Languedoc

- 1 Prepare the salmon by cutting it into regular 0.5 cm cubes. Set aside but keep it cool.
- 2 In a bowl, combine shallots, orange juice and zest, lime juice and zest, ginger, herbs, olive oil, with fleur de sel and pepper. Add the salmon, mixing it gently to coat the salmon cubes without crushing them.
- 3 Cover and allow to rest for 30 minutes in the fridge so that the flavours can blend together.
- 4 Serve in shallow bowls or glass dishes, with a touch of olive oil as a finish and citrus zest for freshness.

Tip: Add 1 tsp finely chopped candied orange peel for a sweet and savoury contrast.

What about the olive oil?

We advise you to use a delicate-tasting **PDO huile d'olive du Languedoc** for its aromas of almond and tomato.

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





Preparation: 10 min

Cooking: 15 min

mediterranean grilled fish

PDO huile d'olive de Haute-Provence

Serves 4:

- 4 tilapia or cod fillets
- 6 sun-dried tomatoes
- 4 anchovy fillets
- 4 tsp garlic and parsley
- 4 tsp of French black olive paste
- 2 tsp capers
- 3 tbs **PDO huile d'olive de Haute-Provence**
- Pepper

- 1 Preheat the oven to 190°C.
Finely chop the sun-dried tomatoes, anchovies and capers.
- 2 Transfer to a bowl, add Haute-Provence PDO olive oil, garlic, parsley and olive paste. Mix together well.
- 3 Place fish fillets on a lightly oiled baking sheet. Spread the topping to cover the top of the fish. Season with a light sprinkle of pepper.
- 4 Cook in the lower third of the oven for about 10 minutes until the top part of the fillets has changed colour.
- 5 Serve with basmati rice.

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 with notes of grass, banana, walnut, fresh almond and apple.

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





Preparation: 25 min

Cooking: 50 min

Serves 4:

For the tomato sauce:

- 3 cloves of garlic, chopped
- 1 bay leaf
- 2 tbsp **PDO huile d'olive d'Aix-en-Provence**
- 1 large can of whole tomatoes
- ½ tsp paprika
- Salt, pepper

For meatballs:

- 2 slices of white sandwich bread
- 60 ml milk
- 450 g minced veal
- 100 g freshly grated Parmesan
- 1 egg
- 1 tbsp **PDO huile d'olive d'Aix-en-Provence**
- 1 clove of garlic, finely chopped
- 10 g flat-leaf parsley, chopped
- 1 tsp dried oregano
- 1 tsp Espelette pepper
- Salt

meatballs in tomato sauce

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

- 1 Prepare the tomato sauce: in a large non-stick pan over medium-high heat, lightly brown the garlic with the bay leaf and paprika in Nîmes PDO olive oil. Add the tomatoes and simmer on low heat for 30 minutes. Crush the tomatoes roughly. Add salt and pepper. Set aside but keep it warm.
- 2 Meanwhile, prepare the meatballs: chop the slices of bread finely until they form breadcrumbs. In a large bowl, combine the breadcrumbs with the milk and leave to soak for 5 minutes. Add the rest of the ingredients and mix everything together thoroughly with your hands.
- 3 Lightly oil your hands and then shape each meatball using about 2 tablespoons of the meat mixture. Place the meatballs in the tomato sauce. Cover and cook for 10 minutes over medium-low heat, turning them several times while cooking.
- 4 Remove the lid and continue cooking for 10 minutes or until meatballs are cooked. Serve meatballs with pasta or with haricot beans.

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 Provence.





Preparation: 20 min

Cooking: 3h

Resting time: 6h

Serves 4:

- 500 g pork shoulder
- 3 to 4 tbsp **PDO huile d'olive de la Vallée des Baux-de-Provence - olives mûrées**
- 1 tsp smoked paprika
- 1 tsp dried oregano
- 2 cloves of garlic, crushed
- Salt, pepper
- 500 ml water or broth
- 8 corn tortillas
- 1 carrot, 1 red onion (for pickles)
- 200 ml cider vinegar
- 4 tsp sugar
- 100 g Greek yogurt
- Juice of 1/2 lemon
- Rocket

mediterranean pulled pork tacos, PDO huile d'olive de la Vallée des Baux-de-Provence - olives mûrées

- 1 Prepare the pickles: cut the vegetables into thin strips, mix them with the vinegar and sugar. Leave overnight to marinate.
- 2 Marinate pork in 2 tablespoon olive oil, paprika, oregano, garlic, salt and pepper for 4 hours.
- 3 Drain the pork but keep the marinade. Brown the pork in a casserole with a little olive oil and 1 knob of butter. Add marinade and broth gradually, cooking in the oven at 150°C for 3 hours.
- 4 Shred the pork.
- 5 Combine the yogurt, 1 tablespoon olive oil, lemon juice, 1 tablespoon of the pork juices, salt, pepper, and Espelette pepper to make the sauce.
- 6 Heat the tortillas. Top them with the pork, pickles, rocket and sauce. Sprinkle with a drizzle of olive oil.

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: 30 min

Cooking: 35 min

Serves 4:

- 500 g chicken breasts
- 1 carrot
- 100 g + 50 g Emmental cheese
- 100 g Greek yogurt
- 10 g parsley
- 2.5 tbsp **PDO huile d'olive de Nyons**

- 100 ml lemon juice
- ½ tsp black pepper
- ½ tsp salt

For the sauce:

- 1 tsp **PDO huile d'olive de Nyons**
- 1 onion, finely chopped
- 2 tbsp sweet paprika
- 1 tbsp tomato paste
- 200 ml chicken broth
- 150 ml white wine
- 100 ml low-fat creme fraiche
- 1 tbsp mustard
- 1 tsp lemon juice
- Salt, pepper

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 or Languedoc.

stuffed chicken escalopes.

PDO huile d'olive de Nyons

- 1 Heat the oven to 180°C. Cut the chicken breast into slices. Flatten out the slices (use cling film and a heavy object - this process will make them easier to roll up around the filling).
- 2 Peel and wash the carrot. Grate the Emmental cheese. Wash and finely chop the parsley. In a mixing bowl, mix the Greek yogurt, grated carrot, 100 g of grated Emmental cheese, parsley, 1.5 tablespoons of olive oil, salt and pepper. Place the mixture on the chicken escalopes, roll them up around the filling and make a cut in the top so that the filling is visible.
- 3 Brush the escalopes with a mixture of 1 tablespoon olive oil with some lemon juice, salt, and pepper. Bake in the oven for 20 minutes then place the remaining Emmental cheese on top and put back in to brown for 5 minutes.
- 4 While the escalopes are cooking, prepare the sauce: start by heating the olive oil in a pan. Add the finely chopped onion and fry for about 3 minutes, then add the paprika and fry briefly, add the tomato paste and mustard, cook for about 1 min. Pour in the chicken broth and wine, bring to a boil, lower the heat, cover and simmer over medium heat for about 20 minutes. Blend the sauce and then put it back in the pan. Add the creme fraiche and lemon juice, season with salt and sprinkle with paprika. Serve the chicken with the sauce.





Preparation: 20 min

Cooking: 1h30

confit of rabbit with citrus, herbs & PDO huile d'olive d'Aix-en-Provence - olives mûr  es

Serves 4:

- 4 rabbit legs
- 100 ml **PDO huile d'olive d'Aix-en-Provence - olives m  r  es**
- Zest and juice of 1 organic orange
- Zest and juice of 1 organic lemon
- 2 sprigs of fresh thyme
- 1 sprig of fresh rosemary
- 2 unpeeled garlic cloves
- 1 bay leaf
- 500 ml vegetable broth
- Salt, freshly ground pepper
- 100 ml white wine
- 200 g orzo
-    butternut squash
- 1 handful of rocket
- 1 handful of PDO olives noires de Nyons (black olives)
- 1 tbsp capers
- 1 tsp citrus zest

- 1 In a casserole, place the rabbit pieces with a drizzle of olive oil and brown for a few minutes.
- 2 Add 100 ml vegetable broth, 100 ml white wine, citrus zest and juice, thyme, rosemary, garlic and bay leaf. Add salt and pepper and mix well.
- 3 Cover and cook for 90 min in the oven on a very low heat (150  C), turning the pieces over halfway through cooking, basting them regularly with the cooking juices, and gradually adding the vegetable broth. The rabbit should be tender and come away from the bone easily.
- 4 Wash and peel the squash. Cut it into cubes, mix with 1.5 tablespoons of olive oil, oregano, thyme, salt and pepper, then cook in the oven at 180  C for 15 minutes.
- 5 Cook the orzo in boiling salted water, drain. Transfer the rabbit to the pan with a little bit of olive oil after cooking to obtain a lightly grilled effect. Add the cooked squash, rocket, olives, capers, and a drizzle of olive oil. Baste with a little bit of the rabbit juice.
- 6 Serve the rabbit sprinkled with fresh parsley and orange zest for freshness.

What about the olive oil?

We advise you to use a traditional-tasting **PDO huile d'olive d'Aix-en-Provence - olives m  r  es** (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 m  r  es, Vall  e des Baux-de-Provence - olives m  r  es or Corse - Oliu di Corsica - r  colte    l'ancienne.





Preparation: 20 min

Cooking: 40 min

Resting time: 2h30

For 8-10 rolls:

For the dough:

- 250 g flour (T45)
- 50 g sugar
- 1 egg
- 60 ml slightly warm milk
- 50 ml **PDO huile d'olive de Nyons**
- 7 g baker's yeast
- 1 pinch of salt

For the garnish:

- 100 g pistachio paste
- 2 tbsp **PDO huile d'olive de Nyons**

For the icing:

- 100 g icing sugar
- 1 tbsp olive oil
- 1 tbsp lemon juice

Decoration: Crushed pistachios

pistachio rolls

with PDO huile d'olive de Nyons

- 1 Prepare the brioche dough: dilute the yeast in lukewarm milk with 1 tsp of sugar. Leave for 5 min to start foaming.
- 2 In a bowl, combine flour, sugar and salt. Add the egg, olive oil and activated yeast. Knead for 10 minutes (by hand or in a food processor) until the dough formed is smooth and elastic. Cover and leave to rise for 90 min in a warm location (the dough needs to double in size).
- 3 Roll out the dough into a rectangle measuring about 30 x 40 cm. Brush with 1 tbsp olive oil then cover with 100 g of pistachio paste (or 60 g ground pistachio + 40 g of sugar + 2 tbsp of olive oil). Roll tightly starting at the longest side.
- 4 Cut into round slices 3-4 cm thick. Place them in a buttered (or oiled) baking dish, leave to rise for 30 minutes.
- 5 Bake at 180°C for 20-25 min until golden brown.
- 6 Combine the icing ingredients and glaze the hot rolls. Sprinkle with crushed pistachios.

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 or Languedoc.





Preparation: 20 min

Cooking: 20 min

Resting time: 3h30

Serves 6:

For the dough:

- 500 g T55 flour
- 370 ml water
- 6 g dry baker's yeast or 18 g fresh yeast
- 50 g golden or soft brown sugar
- 10 g salt
- 3 tbsp **PDO huile d'olive de la Vallée des Baux-de-Provence**
- 1 tsp vanilla extract or lemon zest (optional)

Topping:

- 2 to 3 ripe peaches
- 100 g fresh or frozen raspberries
- 2 to 3 tbsp soft brown sugar
- 2 tbsp **PDO huile d'olive de la Vallée des Baux-de-Provence**
- Few fresh rosemary leaves, basil

Finishing touches:

- A drizzle of honey or agave syrup
- A small sprinkle of fleur de sel

Sweet peach & raspberry focaccia

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



1 Prepare the sweet focaccia dough:

Combine flour, sugar, salt and yeast in a large bowl. Add water at room temperature, olive oil and vanilla or lemon zest. Knead until you have a sticky dough. Leave to rise for 2 hours until the dough has tripled in volume.



2 Turn the dough onto a floured work surface. Spread it out in a baking dish lined with baking paper. Pour a drizzle of olive oil over the dough and use your fingers to form craters.



3 For the fruit topping: cut the ripe peaches into thin wedges. Spread the peach slices and raspberries over the surface (you could also add the raspberries just for the last 5 minutes of the cooking time so that they are barely cooked). Sprinkle the focaccia with soft brown sugar, add 2 tablespoons of olive oil, a little water and possibly a few rosemary leaves. Leave to rise again for 90 min at room temperature.



4 Cook for 20 to 25 minutes at 200°C (you may prefer to cook the dish under the grill for the last 3 minutes). After taking it out of the oven, drizzle with honey or agave syrup, and sprinkle with fleur de sel and fresh basil (optional).

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: 20 min

Cooking: 15 min

For about 12 cookies:

- 120 g rice flour (or a gluten-free blend): 60 g rice flour + 60 g cornflour)
- 30 g ground almonds
- 1/2 tsp gluten-free yeast
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1 tsp potato starch
- 80 g soft brown sugar
- 60 g white sugar
- 1 egg
- 80 ml **PDO huile d'olive de Provence - olives mûrées**
- 1 tsp vanilla extract
- 150 g dark chocolate chips
- 30 g flaked almonds
- 1 tbsp honey

gluten-free chocolate cookies

and PDO huile d'olive de Provence - olives mûrées

- 1 Preheat the oven to 175°C (convection heat if possible). Mix the dry ingredients in a bowl, sifting in the flour, yeast, baking soda and salt. Set aside.
- 2 In another bowl, whisk the egg with the sugars until the mixture whitens slightly. Add olive oil by drizzling whilst whisking, then add vanilla (and maple syrup, if using).
- 3 Pour the flour mixture into the liquid bowl and mix with a spatula without overworking the dough. Add the dark chocolate chips.
- 4 Use a large spoon to place balls of dough (about 60 g each) onto a baking sheet lined with baking paper. Space them 5 cm apart, because they will spread out during baking. Bake for 11 to 13 minutes (the edges should be golden brown, but the centre still soft).
- 5 Leave to rest for 15 minutes on the baking sheet before transferring to a wire cooling rack. The cookies will harden as they cool, but they will remain soft inside.

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





Preparation: 30 min
Resting time: 6 h

Serves 6:

- 3 eggs (separated whites and yolks)
- 80 g cane sugar
- 250 g mascarpone
- 2 tbsp **PDO huile d'olive de Nice**
- Zest and juice of 1 lime
- 5 fresh basil leaves (finely chopped)
- 200 ml coconut milk
- 2 tbsp coconut flavoured alcohol (or coconut rum)
- 200 g ladyfingers (or coconut shortbread)
- 50 g shredded coconut (dry toasted)
- A few basil leaves

coconut tiramisu

with lime, basil and PDO huile d'olive de Nice

- 1 Prepare the cream: whisk the egg yolks with the sugar until the mixture becomes white. Add the mascarpone, olive oil, lime zest and juice, and then the chopped basil. Mix until the texture is smooth. Whisk the egg whites until the mixture stiffens, with a pinch of salt, then use a spatula to incorporate them.
- 2 Pour coconut milk into a shallow bowl, mix with coconut alcohol. Dip each biscuit for 2-3 seconds on each side (they should be soaked but not soggy).
- 3 In a cake dish, or individual glass dishes, alternate a layer of biscuits, a layer of cream, then a sprinkle of toasted coconut. Repeat until all ingredients are used up.
- 4 Finish with a layer of cream and chill in the refrigerator for at least 6 hours (ideally overnight).
- 5 Sprinkle with toasted coconut and decorate with basil leaves.

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 or Languedoc.



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