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MORE TASTE TO LIFE!



EUROPEAN EXTRA VIRGIN OLIVE OIL,
EXTRAORDINARY FOOD

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CONSORZIO OLIVICOLO ITALIANO
Unaprol

CAP
AGRICULTORES DE PORTUGAL



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a WONDER OF GOODNESS AND WELL-BEING

Extra virgin olive oil is more than just a condiment: it is an authentic protagonist in Mediterranean cuisine and in many other culinary traditions around the world. Its unrivalled qualities make it an indispensable element for anyone who values taste and health in their diet. Extra virgin olive oil is incredibly versatile and can be used in a wide range of culinary preparations. It is perfect for dressing salads, raw or cooked vegetables, pasta, rice and soups. It adds depth to sauces and meat or fish dishes. It is also an excellent option for marinating meat, fish or vegetables before cooking.





THERE ARE MANY VIRTUES

Rich in Antioxidants and Nutrients

Extra virgin olive oil is a natural source of antioxidants, vitamins E and K and monounsaturated fatty acids, known for their cardiovascular and metabolic health benefits. Regularly introducing extra virgin olive oil into one's diet can help reduce the risk of chronic diseases and promote general well-being.

Authentic Flavour and Tradition

Besides its nutritional and culinary qualities, extra virgin olive oil is also an integral part of the culture and culinary tradition of many regions of the world. It is the fruit of centuries of cultivation and artisanal production, and each drop tells the story of the land and the hands that cultivated and harvested it.

Distinctive Taste and Aroma

Extra virgin olive oil is celebrated for its intense and complex flavour and aroma. Thanks to the variety of olives used and the production processes, each oil can offer a unique flavour profile ranging from fruity and herbaceous to slightly spicy or bitter. This richness of flavour makes extra virgin olive oil an ideal choice to enhance the taste of any dish.





a JOY FOR THE senses

Extra virgin olive oil is a multi-sensory experience. Its colour varies from deep green to bright golden, while its aroma evokes images of olive fields and blossoming orchards. On the palate, it reveals a harmonious balance of fruity, slightly bitter and spicy flavours, with nuances of fresh herbs and spices. This symphony of flavours is what makes extra virgin olive oil so suitable for enriching simple or complex dishes, giving them depth and complexity.



EXTRA VIRGIN OLIVE OIL IS NOT JUST A CONDIMENT, BUT A CULINARY TREASURE. ITS VERSATILITY, UNMISTAKABLE TASTE AND HEALTH BENEFITS MAKE IT AN INDISPENSABLE INGREDIENT FOR ANY CUISINE, FROM THE SIMPLEST DAILY MEAL TO THE MOST SOPHISTICATED CULINARY CREATIONS. WHETHER IT IS A FRESH SUMMER SALAD OR A LOVINGLY COOKED PASTA DISH, EXTRA VIRGIN OLIVE OIL ALWAYS BRINGS WITH IT THE AUTHENTIC FLAVOUR AND ESSENCE OF MEDITERRANEAN CUISINE.

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