



EUROPEAN EXTRA VIRGIN OLIVE OIL

COOKING WITH excellence

*Discover it in 10 innovative recipes specially
created by star chef Iside De Cesare*

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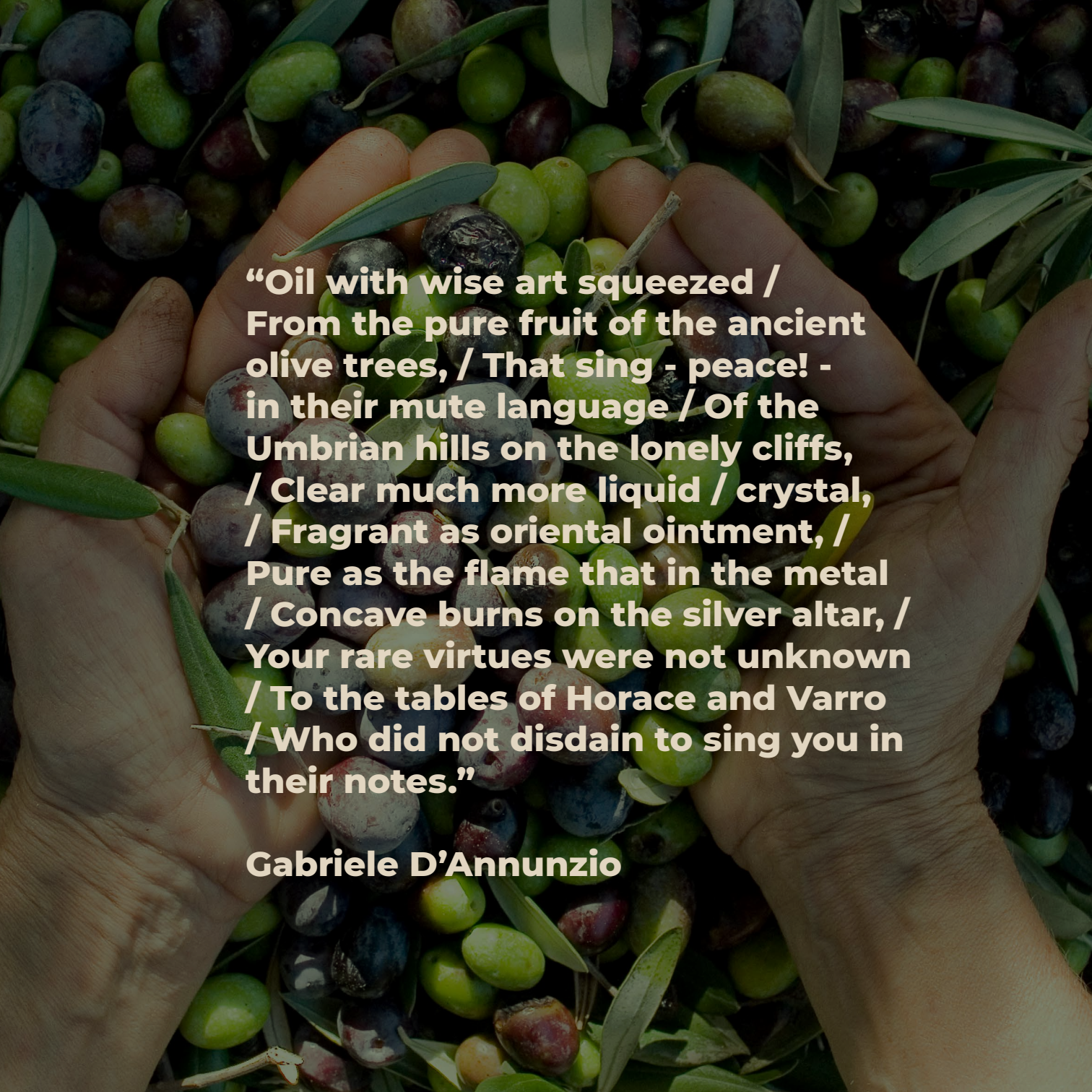
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**“Oil with wise art squeezed /
From the pure fruit of the ancient
olive trees, / That sing - peace! -
in their mute language / Of the
Umbrian hills on the lonely cliffs,
/ Clear much more liquid / crystal,
/ Fragrant as oriental ointment, /
Pure as the flame that in the metal
/ Concave burns on the silver altar, /
Your rare virtues were not unknown
/ To the tables of Horace and Varro
/ Who did not disdain to sing you in
their notes.”**

Gabriele D’Annunzio

EXTRA VIRGIN OLIVE OIL: A TREASURE OF WELL-BEING AND TASTE

You are about to discover one of the most precious treasures of Mediterranean cuisine: extra virgin olive oil. This golden liquid is not just a condiment, but a source of well-being and a pillar of European gastronomic culture.

Extra virgin olive oil is known for its numerous health benefits. Rich in monounsaturated fats and antioxidants, it is associated with a reduced risk of heart disease due to its ability to lower bad cholesterol (LDL) in the blood. In addition, it contains phenolic compounds that fight inflammation and protect cells from damage caused by free radicals.

Extra virgin olive oil is incredibly versatile in cooking. It can be used to dress salads, marinate meat and fish, flavour soups and stews, and even add a touch of luxury to simple dishes such as toast. Its ability to improve the flavour and texture of dishes makes it an essential ingredient in many cuisines around the world.



ISIDE DE CESARE

Chef patron of the Michelin-starred La Parolina restaurant in a border village between Lazio, Umbria and Tuscany

Iside De Cesare is a multifaceted chef who combines two souls: one sweet and one savoury. Her bon-ton style dishes, with simple but effective lines, conquer the most demanding palates. This is also thanks to her great mentors: from her first masters - Agata Parisella, Heinz Beck, Salvatore Tassa, Gianfranco Bolognesi, Marco Cavallucci - to the internationally renowned pastry chef Gino Fabbri, all of whom bequeathed her a genuine love for good food, which Isis complements with top-quality local products, always attentive to seasonal availability. The experience gained in prestigious restaurants earned her her first Michelin star in 2020 with the restaurant La Parolina (Acquapendente, Viterbo), where she is Chef de Cuisine and owner.



**OIL AND FLAVOR:
PERFECT PAIRINGS
FOR YOUR RECIPES**

For this recipe, **Itrana EVO oil (Lazio, Latina)** is the ideal choice for both the browning and the giardiniera. With a medium-intense fruitiness, herbaceous hints and tomato notes, this oil gives the dish a perfect herbaceous aftertaste, with a medium balance of bitterness and spiciness. Also ideal for fresh and cooked vegetables, legumes, marinated fish and shellfish.

eel in “carpione” and vegetable pickles with evo oil

Ingredients

<i>Eel</i>	<i>1 piece</i>
<i>All-purpose flour</i>	<i>as needed</i>
<i>Red onion</i>	<i>1 piece</i>
<i>Apple cider vinegar</i>	<i>as needed</i>
<i>White wine</i>	<i>as needed</i>
<i>Extra Virgin Olive Oil</i>	<i>to taste</i>

For the pickles:

<i>Red bell peppers</i>	<i>300 gr</i>
<i>Yellow bell peppers</i>	<i>300 gr</i>
<i>Carrots</i>	<i>300 gr</i>
<i>Spring onions</i>	<i>200 gr</i>
<i>White wine vinegar</i>	<i>1 liter</i>
<i>Sugar</i>	<i>30 gr</i>
<i>Pepper</i>	<i>to taste</i>
<i>Juniper berries</i>	<i>to taste</i>
<i>Bay leaves</i>	<i>to taste</i>
<i>Salt</i>	<i>to taste</i>
<i>Extra virgin olive oil</i>	<i>to taste</i>

Procedure

Fillet the eel and then dust the obtained fillets with flour. Heat some Extra Virgin Olive Oil in a pan and fry the eel fillets until golden brown. Drain them on paper towels to remove excess oil.

Meanwhile, prepare the red onion reduction: in a saucepan, place the julienned red onion and add apple cider vinegar, white wine, salt, and sugar. Bring to a boil and let it cook until the liquid has reduced to a thick consistency. Taste and adjust seasoning if necessary.

Pour the red onion reduction over the golden brown eel fillets and let them rest to blend the flavors.

To prepare the pickles, cut the vegetables into regular pieces and cook them in salted and acidulated water until tender but still crisp. Drain them and dry them on a clean cloth.

In another pot, bring to a boil a solution of water, vinegar, sugar, salt, and desired spices.

Place the drained vegetables in a glass jar and cover them with the freshly prepared solution. Seal the jar tightly.

Proceed with sterilizing the jar by boiling it in water for about 20 minutes.

Once sterilized, let the jar cool before storing it in the pantry.

Bean, COD, and SPICY EVO OIL SOUP

Ingredients

<i>Purgatory Beans</i>	<i>250 gr</i>
<i>Soaked Cod Fish</i>	<i>150 gr</i>
<i>Red Garlic from Proceno</i>	<i>to taste</i>
<i>Parsley</i>	<i>to taste</i>
<i>Vegetable Broth</i>	<i>to taste</i>
<i>Rosemary</i>	<i>to taste</i>
<i>Extra Virgin Olive Oil</i>	<i>to taste</i>
<i>Chili Pepper</i>	<i>to taste</i>

Procedure

Soak the beans for 24 hours, then boil them in plenty of water flavored with rosemary.

Prepare a minced mixture of garlic and parsley and sauté it in a saucepan. Add the boiled beans, let them flavor, and pour in some vegetable broth. Bring to a simmer.

Separately, cut the cod into small pieces and sauté it in a pan with the minced garlic and parsley.

When the beans are cooked and the soup is creamy, adjust the seasoning with salt and pepper, then add the cod. Let it flavor.

Serve with a drizzle of chili-infused Extra Virgin Olive Oil.



OIL AND FLAVOR: PERFECT PAIRINGS FOR YOUR RECIPES

*In this soup, you need a delicate EVO oil such as **Maurino (Tuscany, Grosseto)**, which contributes, along with the chili pepper, to flavor the dish. This oil has a medium herbaceous fruitiness, with hints of almond and slight berry notes. The spicy and bitter notes are of medium to light intensity, with an aftertaste of berries and almonds. Yellow color with green highlights. Ideal raw for delicately flavored foods.*

**OIL AND FLAVOR:
PERFECT PAIRINGS
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An oil with character is needed for this preparation, such as the **EVO Nocellara del Belice (Sicity, Palermo)**, which is ideal for this dish. It has a distinctly herbaceous intense fruitiness, with hints of tomato and almonds. Bitter and spicy notes of medium to high intensity, with a herbaceous and tomato aftertaste. Yellow color with green highlights. Also excellent for grilled meats, vegetable soups, legumes and bruschetta.

BARLEY RISOTTO WITH PROSCIUTTO AND ASPARAGUS, FINISHED WITH EVO OIL AND SALTED RICOTTA

Ingredients

<i>Pearl Barley</i>	<i>200 gr</i>
<i>Vegetable Broth</i>	<i>as needed</i>
<i>Asparagus</i>	<i>1 bunch</i>
<i>Prosciutto Crudo</i>	<i>8 slices</i>
<i>Extra Virgin Olive Oil</i>	<i>as needed</i>
<i>Parmigiano</i>	<i>to taste</i>
<i>Salted Ricotta</i>	<i>to taste</i>

Procedure

Boil the barley in plenty of slightly salted water until it reaches 3/4 of its cooking point. Drain and set aside.

In a saucepan, heat some Extra Virgin Olive Oil and add the barley, cooking it with vegetable broth until done.

Cut the asparagus into pieces and sauté them in a pan, then add them to the barley.

Once the barley is fully cooked, stir in Parmigiano and Extra Virgin Olive Oil.

Julienne the prosciutto, sauté it until crispy, and use it to garnish the dish, topping with the crispy prosciutto slices and a generous sprinkle of Parmigiano.

Lake Fish Soup With Saffron Tagliolini and Fennel

Ingredients

Tagliolini	450 gr
Saffron threads	as needed
Vegetable broth	as needed
Fennel blossoms	as needed
Mixed lake fish	500 gr
Potatoes	200 gr
Onions	2
Garlic	3 cloves
Chili flakes	to taste
Tomato paste	to taste
Extra Virgin Olive Oil	as needed

Procedure

Cut and fillet the lake fish.

Sauté garlic and onions, then add the lake fish pieces and let them flavor with fennel blossoms.

Add the diced potatoes and cover with water, then let it cook for an hour.

Strain the mixture through a sieve, collecting the liquid in a pot.

Cook the tagliolini in salted water.

In a skillet, create an emulsion with Extra Virgin Olive Oil, vegetable broth, and saffron, then toss the tagliolini in this emulsion, adding flavor with fennel blossoms.

Serve the tagliolini accompanied by the broth obtained from the fish soup.



OIL AND FLAVOR: PERFECT PAIRINGS FOR YOUR RECIPES

An EVO oil like **Bosana (Sardinia, Sassari)** pairs well with mixed lake fish because of its medium herbaceous fruitiness, with hints of almond and artichoke. Medium bitter and spicy notes, with an herbaceous and almond aftertaste. Yellow color with green highlights and medium fluidity. Enhances Mediterranean cuisine.

TRUFFLE RISOTTO CREAMED WITH EVO OIL

Ingredients

<i>Carnaroli rice</i>	<i>320 gr</i>
<i>Vegetable broth</i>	<i>40 gr</i>
<i>Guanciale</i>	<i>2 slices</i>
<i>Parmigiano Reggiano (aged 36 months)</i>	<i>to taste</i>
<i>Extra Virgin Olive Oil</i>	<i>60 gr</i>
<i>Fresh truffle or truffle in oil</i>	<i>30 gr</i>
<i>Salt</i>	<i>to taste</i>
<i>Pepper</i>	<i>to taste</i>

Procedure

In a skillet, lightly heat a small amount of Extra Virgin Olive Oil and add the guanciale slices. Cook until crispy, then drain them from the oil and set aside.

In a saucepan, pour in some Extra Virgin Olive Oil and add the Carnaroli rice. Toast the rice for a few minutes until lightly golden, then deglaze with white wine. Once the wine has evaporated, add salt and enough hot broth to cover the rice.

Bring the rice to a simmer and gradually add the hot broth, stirring occasionally and making sure not to overdo it with the liquid.

When the rice is three-quarters cooked, add the grated black truffle to the rice and continue cooking until the rice is al dente and the liquid is absorbed.

Once cooked, remove the saucepan from the heat and let the rice rest for a few minutes, covered.

Add Parmigiano, butter, and sour butter to the rice and gently mix until obtaining a creamy and wavy consistency.

Serve the risotto on a flat plate and garnish with slices of truffle before serving.

OIL AND FLAVOR: PERFECT PAIRINGS FOR YOUR RECIPES

This is a dish with harmonious flavors, and Intosso EVO oil (Abruzzo, Pescara) is perfect for the initial risotto preparations. The oil has an intense herbaceous-type fruitiness, with hints of artichoke, tomato and herbs. Spicy and bitter notes of medium intensity, green color with yellow highlights and high fluidity. Also excellent for fish carpaccio and dishes with delicate flavors.

POTATO TORTELLI WITH EVO OIL AND ALMONDS

Ingredients

All-purpose flour	400 gr.
Eggs	3
Egg yolks	4
Boiled and mashed potatoes	300 gr.
Parmigiano	to taste
Nutmeg	to taste
Salt and pepper	to taste
Toasted almonds	to taste
Extra Virgin Olive Oil	to taste

Procedure

Prepare the egg pasta dough by placing the flour in a mound on a work surface and breaking the eggs into the center.

Gradually mix, incorporating the flour until a homogeneous mixture is obtained. Adjust the consistency with water or flour, if necessary.

Knead the dough until smooth and elastic, then wrap it in plastic wrap and let it rest in the refrigerator for at least 30 minutes before using.

Meanwhile, prepare the filling with boiled potatoes, Parmigiano, nutmeg, salt, and pepper.

Roll out the egg pasta dough and make the tortelli.

Boil the tortelli in plenty of salted water.

Dress the tortelli with an emulsion of Extra Virgin Olive Oil and vegetable broth.

Plate and garnish the tortelli with toasted almonds and a drizzle of Extra Virgin Olive Oil.

OIL AND FLAVOR: PERFECT PAIRINGS FOR YOUR RECIPES

For this preparation, an oil of medium intensity, but with a good fragrance, such as EVO Carolea (Calabria, Catanzaro) is indicated. It has a medium-intense fruitiness, decidedly herbaceous, with hints of apple, tomato and almond. Harmonious taste, slightly almondy, with spicy and bitter notes of medium intensity, green color with yellow highlights.



**OIL AND FLAVOR:
PERFECT PAIRINGS
FOR YOUR RECIPES**

For cooking the ragout, a medium EVO oil, such as **Caninese (Lazio, Viterbo)**, is needed. This oil has a medium herbaceous fruitiness, with hints of almond and artichoke. Spicy and bitter notes of medium intensity, green color with yellow highlights. Excellent with cooked and raw vegetables, grilled fish, white meat and ragout.

STUFFED ARTICHOKE PAPPARDELLE WITH PORK RAGÙ

Ingredients

Flour	300 gr
Eggs	2
Egg yolks	4
Artichokes	4
Parmigiano	as needed
White wine	to taste
Garlic	as needed
Salt and pepper	to taste

For the Pork Ragù:

Lean pork meat	300 gr
Sausage meat	150 gr
Onions	2
Carrots	3
Celery stalks	2
White wine	to taste
Vegetable broth	as needed
Extra Virgin Olive Oil	as needed
Salt and pepper	to taste

Procedure

To prepare the ragù, chop the celery, carrots, and onions and sauté them in a saucepan.

Meanwhile, finely chop the suckling pig meat and mix it with the sausage meat. Sauté the meat with Extra Virgin Olive Oil and add it to the vegetables. Deglaze with white wine and season with salt and pepper. Once the wine has evaporated, cook with vegetable broth until done.

Prepare the egg pasta dough and let it rest.

Clean the artichokes and cook them in a pan with Extra Virgin Olive Oil, garlic, and white wine.

Once soft, mash them and season with Parmigiano, salt, and pepper.

Fill the pappardelle pasta and then cook them in salted water.

Arrange them on a plate and dress them with the suckling pig ragù and some fried artichoke leaves.

GUINEA FOWL WITH EVO OIL AND HERBS, SERVED WITH TERIYAKI SAUCE

Ingredients

Guinea fowl breasts	2
Salt	to taste
Pepper	to taste
Rosemary	1 sprig
Extra Virgin Olive Oil	to taste
Teriyaki sauce	to taste
Mixed greens	as needed

Procedure

Begin by carefully trimming the guinea fowl breasts and dividing them into 2 parts.

Next, generously season the breasts with a combination of salt, pepper, and a minced mix of herbs to impart flavor.

Wrap the seasoned breasts in plastic wrap to maintain their tenderness and moisture during cooking.

Proceed with steaming at 70 degrees Celsius for about 35 minutes.

Once the cooking is complete, carefully unwrap the breasts from the plastic wrap and brown them in a pan with a drizzle of Extra Virgin Olive Oil until achieving a crispy, golden skin.

Serve accompanied by the teriyaki sauce and garnish the plate with a mixed greens salad.



OIL AND FLAVOR: PERFECT PAIRINGS FOR YOUR RECIPES

*In this dish, a good oil is needed to brown the guinea fowl breasts. **Peranzana EVO (Puglia, Foggia)** is ideal because of its medium herbaceous fruitiness, with hints of artichoke and almond. Medium bitter and spicy notes, herbaceous aftertaste of artichoke and berries, yellow color with green highlights.*

**OIL AND FLAVOR:
PERFECT PAIRINGS
FOR YOUR RECIPES**

For cooking, a medium EVO oil, such as **Dolce di Rossano (Calabria, Cosenza)**, is sufficient. This oil has a medium herbaceous fruitiness, with hints of almond, artichoke and a slight tomato. Spicy and bitter notes of medium intensity, yellow color with green highlights. Suitable for many dishes of Mediterranean cuisine.

LAMB WITH CORATELLA SAUCE, HERB SALAD AND EVO OIL

Ingredients

Lamb leg	1
Salt	to taste
Pepper	to taste
Rosemary	to taste
Thyme	to taste
Sage	to taste
Lamb coratella	as needed
Red wine sauce	as needed
Tomato paste	2 tablespoons
Bay leaves	to taste
Onion	to taste
Garlic	to taste
Mixed field greens	as needed
Aromatic herbs	as needed
Extra Virgin Olive Oil	as needed

Procedure

Debone the lamb leg and season it with the aromatic herbs. Roll it up and tie it with kitchen twine.

Next, brown it in a pan and finish cooking it in the oven for 45 minutes at 180 degrees Celsius.

Meanwhile, cut the coratella and blanch it in salted water. Sauté the onions with the herbs and add the coratella, deglaze with red wine. Add the tomato paste and let it cook.

Once the flavor is adjusted, blend until obtaining a thick sauce.

Slice the cooked lamb leg and dress it with the coratella sauce.

Serve accompanied by a misticanza of herbs and season with a drizzle of Extra Virgin Olive Oil to taste

Ricotta, Cherries and Cookie with evo oil and Honey

Ingredients

Ricotta	200 gr
Heavy cream	200 gr
Sugar	50 gr
Vanilla bean	1 pod
Cherry jam	to taste

For the biscuit:

Flour	280 gr
Extra Virgin Olive Oil	50 gr
Sugar	100 gr
Eggs	120 gr
Baking powder	10 gr
Fine salt	1 gr
Aromas	to taste

Procedure

Sift the ricotta cheese and add the sugar and vanilla, then mix it with the whipped cream.

To prepare the cookie mix the baking with the flour.

Separately beat the eggs with the sugar and add the Extra Virgin Olive Oil, salt and flour to make a smooth mixture.

Bake the resulting mixture at 180 degrees in a silicone mold, then unmold the cookie.

Compose the dish by arranging the cherry jam on the base, then evenly distribute the ricotta and whipped cream mixture, and finally place the cookie on top.



OIL AND FLAVOR: PERFECT PAIRINGS FOR YOUR RECIPES

For a sweet preparation, it is advisable to use an oil with delicate hints. **Taggiasca EVO oil (Liguria, Imperia)** is perfect, with a light fruitiness and a slight hint of almond. The prevailing sensation is sweet, but with bitter and spicy notes. Yellow color with green highlights. Ideal for desserts and delicate dishes, cooked or raw vegetables, fish and carpaccio.



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