



EUROPEAN EXTRA VIRGIN OLIVE OIL COOKING WITH excellence

*Discover it in 10 innovative recipes specially created by
One Michelin-starred chef Iside De Cesare*

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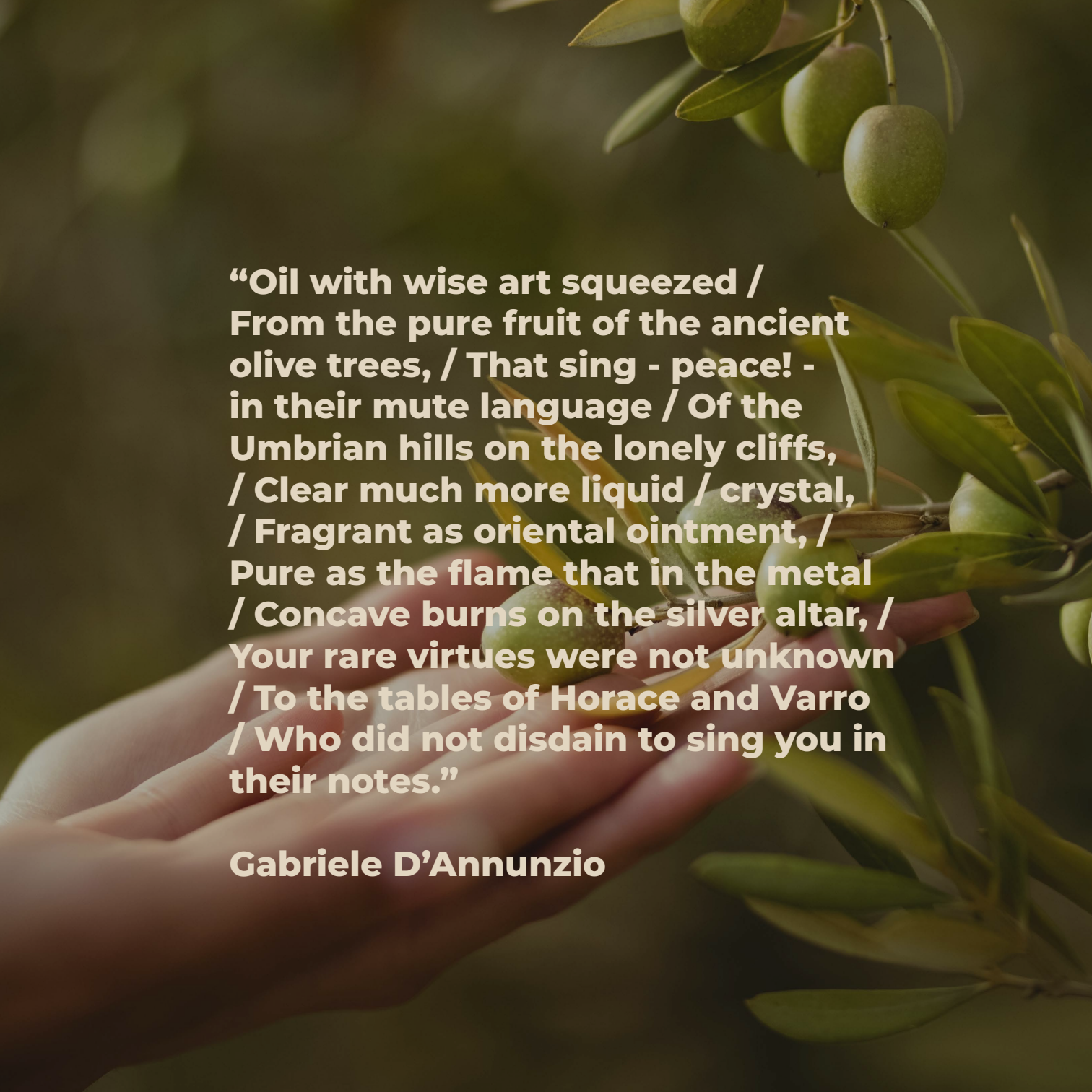
EXTRA VIRGIN OLIVE OIL: a LEGACY OF TASTE, HEALTH, and CULTURE

In every drop of extra virgin olive oil lives the story of a land, a tradition, and a way of life that has shaped European cuisine for centuries. More than a simple ingredient, this golden elixir reflects a heritage of craftsmanship and a deep connection to nature.

Cold-pressed from carefully selected olives, extra virgin olive oil preserves both the flavor and the health benefits of the fruit. Rich in monounsaturated fats, polyphenols, and antioxidants, it supports heart health and protects the body from inflammation and oxidative stress.

In the kitchen, it is more than a seasoning—it is a true enhancer. Its aromatic nuances and silky texture bring balance, depth, and elegance to any dish. Whether drizzled over vegetables, folded into dough, or stirred into sauces, it transforms simple ingredients into something remarkable.

Let this book be your guide through recipes where extra virgin olive oil takes the spotlight, celebrating European excellence and the timeless pleasures of good food.



**“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



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.





COLD SOUP WITH Basil-infused evo oil

Ingredients

<i>Courgettes</i>	<i>gr 150</i>
<i>Carrots</i>	<i>gr 150</i>
<i>Fresh peas</i>	<i>gr 100</i>
<i>Green beans</i>	<i>gr 100</i>
<i>Onion</i>	<i>n. 1</i>
<i>Potatoes</i>	<i>gr 150</i>
<i>Cluster tomatoes</i>	<i>gr 100</i>
<i>Fresh basil</i>	<i>gr 20</i>
<i>Extra Virgin Olive Oil</i>	<i>ml 50</i>
<i>Parmigiano Reggiano DOP</i>	<i>q.s.</i>
<i>Salt</i>	<i>q.s.</i>
<i>Pepper</i>	<i>q.s.</i>
<i>Water</i>	<i>q.s.</i>

Procedure

- Cut all the vegetables into cubes.
- Cook them separately in boiling water until tender but undamaged.
- Drain and leave to cool completely.
- Blend basil with Extra Virgin Olive Oil and a pinch of salt to make a dressing.
- Mix the vegetables with pepper and basil-flavoured Extra Virgin Olive Oil.
- Serve the soup cold, topped with cold vegetable stock and Parmigiano Reggiano DOP chips to taste.

OIL AND FLAVOR: PERFECT PAIRINGS FOR YOUR RECIPES

For this recipe, we recommend an **EVO DOP Colline Salernitane (Campania)** oil of medium fruitiness, decidedly herbaceous, with hints of almond and aromatic herbs. Medium intensity spicy and bitter notes; aftertaste of thyme.

PANZEROTTI WITH TOMATO, RICOTTA AND EVO OIL

Ingredients

Ingredients for the dough

00 flour	gr 500
Fresh brewer's yeast	gr 10
Warm water	ml 250
Extra Virgin Olive Oil	ml 30
Salt	gr 10

Ingredients for the filling

Mozzarella fior di latte	gr 300
Cows' milk ricotta	gr 100
Fresh tomato sauce	gr 200
Dried oregano	q.s.
Extra Virgin Olive Oil	q.s.
Salt	q.s.

Procedure

Dissolve the yeast in a little water with a pinch of sugar.

Knead the flour with water, yeast, Extra Virgin Olive Oil and salt until you obtain a smooth dough.

Leave to rise until doubled in volume.

Cut the mozzarella into cubes and drain well.

Roll out the dough and cut out disks of about 12 cm.

Mix ricotta, Parmigiano Reggiano DOP, mozzarella, tomato sauce and oregano.

Stuff the discs, close them in a crescent shape and seal the edges well.

Fry in hot Extra Virgin Olive Oil until golden brown. Drain on paper towels and serve hot.

OIL AND FLAVOR: PERFECT PAIRINGS FOR YOUR RECIPES

For this recipe, we recommend an **EVO IGP Marche (Marche)** oil blend of typical local cultivars. The oil denotes a medium-light herbaceous fruitiness with hints of artichoke, tomato and aromatic herbs. Medium intensity spicy and bitter notes.



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

For this recipe, we recommend a **Bella di Cerignola (Puglia)** organic monocultivar EVO oil. Medium fruity, herbaceous type, with hints of broad bean and fresh pea. Medium-light spicy and bitter notes.

ROASTED JERUSALEM ARTICHOKE WITH GARLIC, EVO OIL AND LIQUORICE

Ingredients

<i>Jerusalem artichoke</i>	<i>gr 500</i>
<i>Garlic</i>	<i>n. 2 cloves</i>
<i>Extra Virgin Olive Oil</i>	<i>q.s.</i>
<i>Liquorice powder</i>	<i>q.s.</i>
<i>Salt</i>	<i>q.s.</i>
<i>Pepper</i>	<i>q.s.</i>

Procedure

Wash the Jerusalem artichoke thoroughly and cut them into pieces.

Blanch them in salted water for a few minutes.

In a pan, heat the Extra Virgin Olive Oil with the garlic cloves and brown them until golden.

Add the Jerusalem artichoke and cook until golden brown and crispy on the outside.

Sprinkle with liquorice powder and serve with herbs to taste.

ORECCHIETTE WITH FISH SOUP, evo oil and SAFFRON

Ingredients

Fresh Orecchiette	gr 320
Mussels	gr 300
Clams	gr 300
Prawns	gr 200
Fish bones	gr 200
Cherry tomatoes	gr 200
Garlic	n. 2 cloves
Saffron	n. 1 sachet
Dry white wine	ml 100
Extra Virgin Olive Oil	q.s.
Fresh parsley	q.s.
Spearmint	q.s.
Salt	q.s.
Black pepper	q.s.

Procedure

- Brown garlic in Extra Virgin Olive Oil in a saucepan.
- Add the fish bones and shrimp shells, and deglaze with white wine.
- Add the halved cherry tomatoes and cook for 5 minutes.
- Add already opened mussels and clams and their filtered liquid. Let it reduce.
- Add saffron dissolved in a little hot water and cook over a gentle heat for 10 minutes.
- Boil the orecchiette in salted water, drain and pour into the soup.
- Stir gently and serve hot with parsley and mint.



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

*For this recipe, we recommend an **EVO IGP** **Olivo di Calabria monocultivar Carolea** (**Calabria**). A medium-light fruity oil with delicate hints of fresh olives. It has definite notes of sage and officinal herbs. The flavour is very harmonious and balanced. Bitterness and a slight spiciness close with an aftertaste of unripe almonds.*



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

*For this recipe, we recommend a
monocultivar Bosana (Sardinia) EVO
PDO Sardinian olive oil, which goes well
with its medium herbaceous fruitiness, with
hints of almond and artichoke.
Medium-intensity bitter and spicy notes
balance the sweetness of the Jerusalem
artichoke.*

STUFFED SQUID WITH JERUSALEM ARTICHOKE CHIPS AND EVO OIL

Ingredients

Cleaned whole squid	kg 1
Stale bread	gr 100
Milk	ml 100
Egg	n. 1
Grated Parmigiano Reggiano DOP	gr 40
Olives	gr 30
Desalted capers	gr 30
Garlic	n. 1 clove
Fresh parsley	q.s.
Extra Virgin Olive Oil	ml 40
Dry white wine	ml 50
Salt	q.s.
Black pepper	q.s.
Jerusalem artichoke	q.s.

Procedure

Soak the bread in milk and squeeze it.

Chop the squid tentacles and brown them with a little Extra Virgin Olive Oil and garlic.

In a bowl, combine bread, tentacles, egg, Parmigiano Reggiano DOP, capers, olives, parsley, salt and pepper.

Fill the squids with the mixture and close them with a toothpick.

Place them in a pan greased with Extra Virgin Olive Oil, drizzle with wine and a drizzle of Extra Virgin Olive Oil.

Bake at 180 °C for about 20 minutes.

Serve hot or warm with herbs and Jerusalem artichoke chips.

Tagliolini with Truffle, evo oil and Parmigiano Reggiano DOP Cream

Ingredients

00 flour	gr 300
Yolks	gr 240
Fresh black truffle or caviar perlage	
Grated Parmigiano Reggiano DOP	gr 30
Fresh cream	q.s.
Extra Virgin Olive Oil	ml 100
Salt	ml 20
White pepper	q.s.

Procedure

- Prepare the dough by kneading flour and egg yolks. Roll out and cut out the tagliolini.
- Heat the cream in a saucepan, add the Parmigiano Reggiano DOP and stir until smooth.
- Adjust salt and pepper.
- Cook the tagliolini in salted water, drain and stir in the Parmigiano Reggiano DOP cream and a drizzle of Extra Virgin Olive Oil.
- Serve and complete with sliced truffle and a drizzle of Extra Virgin Olive Oil.

OIL AND FLAVOR: PERFECT PAIRINGS FOR YOUR RECIPES

For this recipe, we recommend an **EVO PDO Umbria monocultivar Moraiolo** oil with a medium fruitiness, decidedly herbaceous with hints of almond and artichoke: medium bitterness and pungency notes to match the intense hints of truffle and the savouriness of Parmesan cheese.





SPAGHETTI ALLA CHITARRA WITH CARDONCELLI, GUANCIALE AND EVO OIL

Ingredients

<i>Spaghetti alla chitarra</i> (green with parsley puree or natural)	gr 320
Cardoncelli mushrooms	gr 300
Pillow	n. 1 slice
Garlic	n. 1 clove
Extra Virgin Olive Oil	q.s.
Salt	q.s.
Black pepper	q.s.
Fresh parsley	q.s.

Procedure

Clean the cardoncelli and cut them into pieces.

Cut the bacon into strips and brown it in a pan, then set aside.

In the same pan, add garlic and Extra Virgin Olive Oil, then the mushrooms and cook over a high heat for about 10 minutes.

Add the guanciale and stir.

Cook the spaghetti in plenty of salted water, drain them al dente and toss them in the pan with the sauce.

Season with salt and pepper, plate and serve hot.

OIL AND FLAVOR: PERFECT PAIRINGS FOR YOUR RECIPES

For this recipe, we recommend an **EVO DOP Canino monocultivar oil (Lazio)**: this is an ancient native variety, cultivated in the Tuscia viterbese area. Very rustic and adaptable, it is the jewel in the crown of these territories. The oil it produces has a fruity aroma in which bitterness and pungency are balanced and pleasantly accord with herbaceous notes.

STEAMED POTATO SALAD

WITH CELERY, PRAWNS

and evo oil

Ingredients

Potatoes	gr 400
Red prawns or shrimps	gr 250
Celery	gr 100
Extra Virgin Olive Oil	q.s.
Lemon juice	q.s.
Salt	q.s.
Black pepper	q.s.
Chopped parsley	q.s.

Procedure

Steam the potatoes in their skins, then peel and dice them.

Steam or blanch the shrimps for about 2 minutes.

Slice the celery into thin slices.

Mix all ingredients in a bowl.

Season with Extra Virgin Olive Oil, lemon juice, salt, pepper and parsley.

Stir gently and serve warm or cold.

OIL AND FLAVOR: PERFECT PAIRINGS FOR YOUR RECIPES

For this recipe, we recommend an **EVO DOP Riviera Ligure monocultivar Taggiasca olive oil**, lightly fruity with a slight hint of almond, a predominantly sweet sensation but with hints of bitter spiciness. Yellow in colour with green reflections. Suitable for desserts and delicate dishes, such as fish or carpaccio, and with all cooked or raw vegetables.





Tuna carpaccio with puntarelle, anchovies and evo oil

Ingredients

- Fresh downed tuna *gr 300*
- Cleaned puntarelle *gr 200*
- Anchovies in oil *gr 30*
- Extra Virgin Olive Oil *q.s.*
- Lemon juice *q.s.*
- Salt *q.s.*
- Black pepper *q.s.*

Procedure

Slice the tuna into very thin slices and beat them lightly to make a carpaccio.

Cut the puntarelle into thin fillets, place them in cold water and let them curl.

In a bowl, season the puntarelle with salt, Extra Virgin Olive Oil and lemon juice.

Arrange the tuna on plates, season with salt, pepper and a drizzle of Extra Virgin Olive Oil.

Scatter the seasoned puntarelle and chopped anchovies on top.

Drizzle with additional Extra Virgin Olive Oil and serve cold.

OIL AND FLAVOR: PERFECT PAIRINGS FOR YOUR RECIPES

An EVO IGP Sicilia monocoltivar Nocellara del Belice (Sicily) oil is recommended for this recipe. Medium-intense fruitiness decidedly herbaceous with hints of tomato and almonds. Notes of light bitterness and medium-high pungency.

agRETTi RiSOTTO WiTH eVO Oil and WHiTEFiSH caviar

Ingredients

<i>Carnaroli rice</i>	<i>gr 300</i>
<i>Clean agretti</i>	<i>gr 200</i>
<i>Whitefish caviar</i>	<i>gr 50</i>
<i>Shallot</i>	<i>n. 1</i>
<i>Dry white wine</i>	<i>ml 100</i>
<i>Vegetable broth</i>	<i>ml 800</i>
<i>Extra Virgin Olive Oil</i>	<i>q.s.</i>
<i>Grated Parmigiano</i>	
<i>Reggiano DOP</i>	<i>q.s.</i>
<i>Salt</i>	<i>q.s.</i>
<i>Pepper</i>	<i>q.s.</i>

Procedure

- Finely chop the shallot and brown it in Extra Virgin Olive Oil.
- Add the rice and toast it for about one minute.
- Deglaze with white wine and allow to evaporate.
- Add the hot stock a little at a time, stirring often.
- After 10 minutes, add the roughly chopped agretti, keeping some aside to stew.
- Continue cooking until the risotto is al dente.
- Mantle with Extra Virgin Olive Oil and Parmigiano Reggiano DOP, adjust salt and pepper.
- Serve and complete with stewed agretti and whitefish caviar.



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

For this recipe, we recommend an **EVO IGP Toscana monocultivar Frantoio** oil. A very elegant, clean and balanced extra virgin oil.

The fruitiness is very herbaceous; characteristic is the green of the wheat stalk.

The taste is very harmonious with medium bitterness and pungency with an aftertaste of wild rocket. Balanced bitterness and pungency.



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