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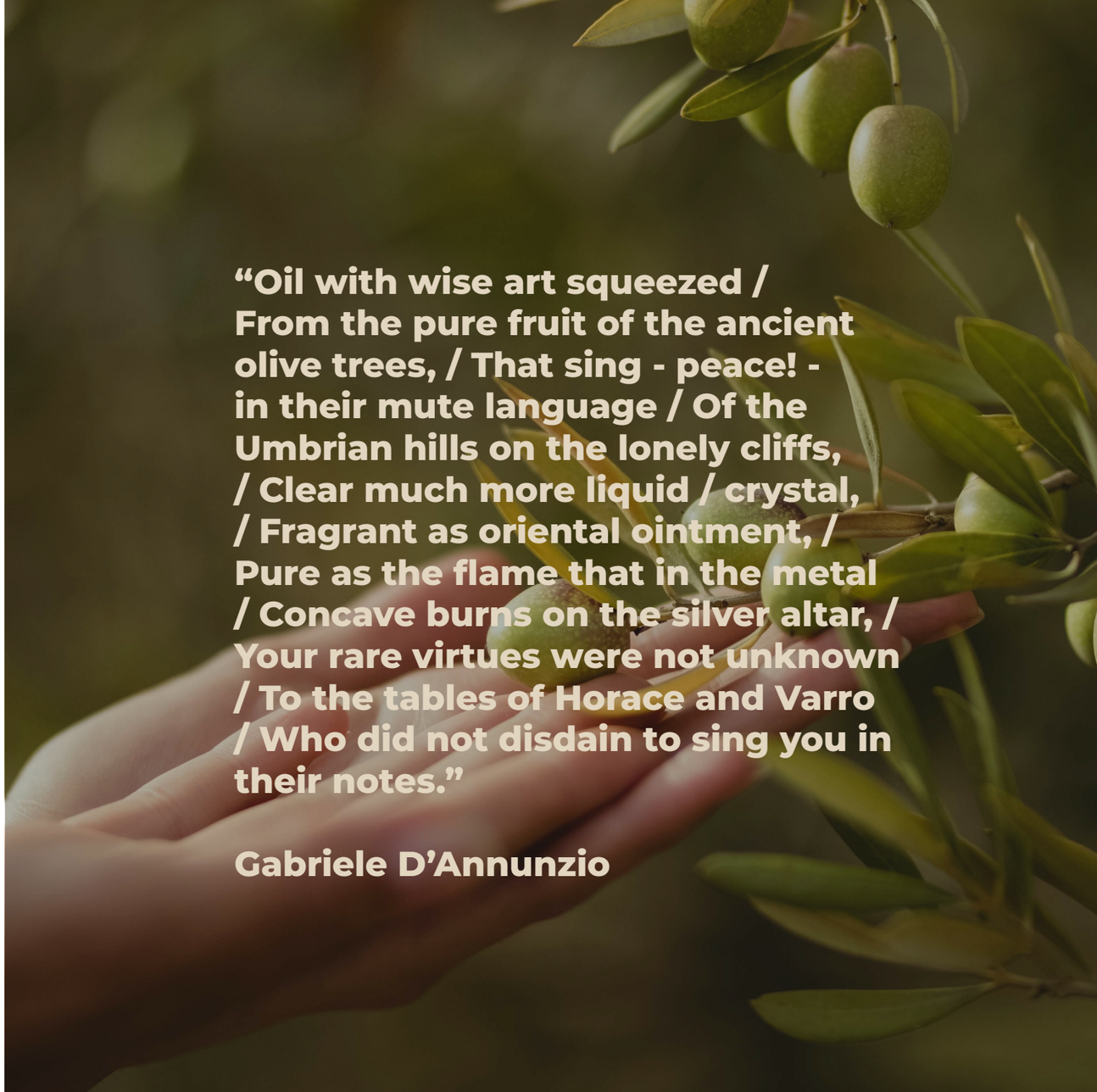
Extra Virgin Olive Oil: A Legacy of Taste, Health, and Culture

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

Extra virgin olive oil: nutritional values and components

Extra virgin olive oil is a food consisting primarily of fats and is a concentrated source of energy. Its lipid composition is characterized mainly by monounsaturated fatty acids, including oleic acid, along with smaller amounts of saturated and polyunsaturated fatty acids.
In addition to its fat content, EVO oil contains substances present in smaller quantities, including vitamin E, other tocopherols, phenolic compounds (commonly called polyphenols), phytosterols, and pigments. The presence and concentration of these components can vary depending on the olive variety, degree of ripeness, growing conditions, extraction techniques, and storage methods.
What's in a tablespoon of EVO oil?
Below are some approximate nutritional values for 10 g of olive oil, an amount that corresponds roughly to one level tablespoon.

Nutritional value Approximate amount per 10 g

Nutritional value	Approximate amount per 10 g
Energy	90 kcal (377 kJ)
Total fat	9.99 g
of which saturated fatty acids	*1.5 g*
of which monounsaturated fatty acids	*7.7 g (of which oleic acid 7.6 g)*
of which polyunsaturated fatty acids	*0.79 g*
Vitamin E	1.85 mg
Vitamin A	0.3 µg

Source: CREA, Food Composition Tables and CREA informational material on olive oil.

These are approximate values referring to olive oil in general and not to a specific variety or a specific certified EVO oil.
Values are rounded and may vary depending on the product. The actual amount contained in a tablespoon also depends on the size and shape of the spoon: for a precise measurement, it is best to use a scale.

Fats: the main component

Fats make up almost the entire composition of EVO oil. Among these, monounsaturated fatty acids generally predominate, particularly oleic acid.
Oleic acid is particularly important for maintaining good health. In fact, as stated in Commission Regulation (EU) No. 432/2012 of May 16, 2012, and subsequent amendments, concerning the establishment of a list of permitted health claims made on foods,
"Replacing saturated fats with unsaturated fats in the diet helps maintain normal blood cholesterol levels. Oleic acid is an unsaturated fat."
Polyunsaturated and saturated fatty acids are also present, though in much smaller proportions.
The composition of fats is the main characteristic of olive oil from a nutritional standpoint.



Vitamin E and other components

EVO oil is a source of vitamin E, a fat-soluble vitamin that “contributes to the protection of cells from oxidative stress” when consumed in adequate amounts as part of the diet, as indicated in Commission Regulation (EU) No. 432/2012 of May 16, 2012.

In addition to vitamin E, the oil contains phenolic compounds, phytosterols, and other substances present in smaller quantities. Polyphenols include various molecules, such as derivatives of hydroxytyrosol and oleuropein. Their concentration can vary significantly from one oil to another.

These components contribute to the complexity of the oil’s composition and, together with other factors, to its sensory characteristics, such as bitterness and pungency.

One food, different compositions

Not all extra virgin olive oils have exactly the same composition. The characteristics of the olives, environmental conditions, extraction processes, and storage all contribute to determining the quantities of the various components.

For this reason, the values listed in this fact sheet are intended as a general reference and do not replace the nutritional analysis of an individual product.









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 dish, we recommend an **Umbria Colli del Trasimeno PDO** extra virgin olive oil, with a herbaceous aroma and hints of almond and artichoke. Its vegetal notes balance the creaminess of the Gorgonzola and elegantly complement the flavor of the radicchio.*

Risotto with Radicchio, Gorgonzola, and EVO Oil

Ingredients

Carnaroli rice	*g 320*
Red radicchio	*no. 1 head*
Shallot	*no. 1*
Extra virgin olive oil	*no. 4 tablespoons*
Red wine	*ml 100*
Vegetable broth	*Lt. 1*
Gorgonzola	*g 120*
Parmigiano Reggiano PDO	*g 30*
Red wine reduction	*ml 50*
Dried black olive powder	*no. 1 teaspoon*
Black pepper	*to taste*
Edible sprouts or flowers	*to taste*

Procedure

Gently sauté the chopped shallot in 2 tablespoons of extra virgin olive oil over low heat. Add the finely chopped radicchio and let it wilt for a few minutes. Toast the dry rice, add it to the mixture, and deglaze with the red wine, allowing the alcohol to evaporate completely.

Cook the risotto, adding the hot vegetable broth a little at a time and stirring occasionally. Meanwhile, prepare the red wine reduction by letting it simmer slowly until it reaches a velvety consistency.

Once cooked, remove from heat and stir in 2 tablespoons of extra virgin olive oil and grated Parmigiano Reggiano PDO until creamy. Divide the risotto among plates and top with cubes of Gorgonzola, drizzles of red wine reduction, dried black olive powder, ground black pepper, and a drizzle of extra virgin olive oil.

Garnish with sprouts or edible flowers.

EVO OIL FOCACCIA WITH ARTICHOKES, EGG AND SALAMI

Ingredients

Extra virgin olive oil focaccia	*no. 1*
Artichokes in oil	*no. 3/4*
Hard-boiled egg	*no. 1*
Aged salami	*g 60*
Mayonnaise	*no. 2 tablespoons*
Extra virgin olive oil	*to taste*
Maldon salt	*to taste*

For the focaccia:

00 flour	*Kg 1*
Water	*g 550*
Salt	*g 20*
Extra virgin olive oil	*g 100*
Brewer's yeast	*g 10*

Procedure

Knead all the ingredients together, adding salt and extra virgin olive oil last. Let the dough rise, then roll it out on a baking sheet and let it rise again. Bake at 220°C for about 10–15 minutes.

Cut the focaccia into even triangles. Spread mayonnaise on the base. Add the artichokes in oil, well-drained and finely chopped, followed by the sliced hard-boiled egg and the aged salami.

Fold the focaccia closed and finish with flakes of Maldon salt and a drizzle of extra virgin olive oil. Serve with extra virgin olive oil on the side.



OIL AND FLAVOR:
PERFECT PAIRINGS FOR YOUR RECIPES

The ideal pairing is with a ***Monocultivar Caninese PDO Canino*** *Lazio extra virgin olive oil, intense and fresh, with notes of green tomato and freshly cut grass. Perfect for enhancing the savory flavors of the salami and artichokes.*



OIL AND FLAVOR:
PERFECT PAIRINGS FOR YOUR RECIPES

*We recommend a **Sicilian PGI extra virgin olive oil**, characterized by aromas of ripe tomato and aromatic herbs. Its mild spiciness complements the delicacy of the sea bass and harmonizes with the tangy note of the vinegar.*

Sea Bass Fillet with Braised Puntarelle, Agretti, and EVO Oil

Ingredients

Sea bass fillet	*g 300*
Puntarelle	*g 150*
Agretti	*g 120*
Garlic	*no. 1 clove*
Extra virgin olive oil	*no. 4 tablespoons*
Mild white vinegar	*no. 1 tablespoon*
Light vegetable broth	*ml 100*
Salt	*to taste*
White pepper	*to taste*
Edible flowers	*to taste*

Procedure

Trim the agretti by removing the tough ends, blanch them briefly in salted water, and cool them in an ice bath to preserve their bright color.

Trim the puntarelle and gently braise them in a pan with 2 tablespoons of extra virgin olive oil, garlic, white vinegar, and a little vegetable broth until they are tender but still slightly crisp.

Sear the sea bass fillet in a pan, skin-side down, with 1 tablespoon of extra virgin olive oil until the skin is crispy and golden. Finish cooking the flesh side, keeping the fish tender and juicy.

Sauté the agretti with the remaining extra virgin olive oil and a light sprinkle of white pepper. Arrange the braised puntarelle at the base of the plate, place the sea bass fillet on top, and finish with a nest of agretti. Drizzle with extra virgin olive oil and garnish with an edible flower.

Couscous with vegetables, shrimp, and EVO oil

Ingredients

Couscous	*g 500*
Shrimp	*no. 20*
Zucchini	*no. 1*
Carrots	*no. 2*
Eggplant	*no. 1*
Bell pepper	*no. 1*
Celery	*no. 1 stalk*
Spring onion	*no. 1*
Fresh basil	*no. 6 leaves*
Extra virgin olive oil	*no. 5 tablespoons*
Vegetable broth	*ml 600*
Salt	*to taste*
White pepper	*to taste*
Sweet paprika	*to taste*
Crispy wafer	*no. 1*

Procedure

Dice the zucchini, carrots, eggplant, bell pepper, celery, and spring onion into small cubes and cook them separately in a pan with extra virgin olive oil, keeping them crisp and well-browned.

Moisten the couscous with hot vegetable broth, let it rest for a few minutes, and fluff it with extra virgin olive oil. Add the vegetables and season with chopped fresh basil.

Clean the shrimp and sauté them in a pan with extra virgin olive oil, salt, white pepper, and a hint of sweet paprika.

Arrange the couscous on the plate to form a compact dome, place the shrimp on top, and finish with a crispy wafer, fresh basil, and a drizzle of extra virgin olive oil.



OIL AND FLAVOR:
PERFECT PAIRINGS FOR YOUR RECIPES

*To accompany this couscous, we recommend a delicate and harmonious **PGI Marche extra virgin olive oil**, with light notes of almond and fresh olive, ideal for enhancing—without overpowering—the sweetness of the shrimp.*



OIL AND FLAVOR:
PERFECT PAIRINGS FOR YOUR RECIPES

A Monocultivar ***Itrana Lazio PGI*** *Roma extra virgin olive oil is the best choice: its herbaceous notes and mild spiciness add freshness and cut through the richness of the fried dish.*

Fried Pizza with Ricotta, Ham, and EVO Oil

Ingredients

For the fried pizza dough:

00 W280 flour	*g 500*
Water	*g 300*
Brewer's yeast	*g 5*
Salt	*g 10*
Extra virgin olive oil	*g 25*

For the filling:

Fresh ricotta	*g 250*
Raw ham	*g 120*
Rosemary	*no. 1 sprig*
Fresh fennel	*to taste*
Extra virgin olive oil	*to taste*
Salt	*to taste*
Black pepper	*to taste*
Extra virgin olive oil for frying	*to taste*

Procedure

Mix the flour, water, and yeast, then add the salt and extra virgin olive oil. Let the dough rise, divide it into pieces of about 30 g, and let rise again.

Roll out the dough into slightly thick discs and fry in hot extra virgin olive oil until the surface is puffed and golden. Drain the fried pizza and pat dry to remove excess oil.

Spread fresh ricotta over the still-warm surface and top with slices of ham placed gently on top. Season with rosemary, fresh fennel, a grind of black pepper, a pinch of salt, and a drizzle of raw extra virgin olive oil.

Cream Bombs with EVO Oil

Ingredients

For the vanilla custard:

Milk	*g 400*
Fresh cream	*g 350*
Sugar	*g 100*
Egg yolks	*g 200*
Cornstarch	*g 45*
Vanilla	*to taste*

For the bombs:

W300 flour	*Kg 1*
Boiled and mashed potatoes	*g 400*
Brewer's yeast	*g 20*
Water	*g 200*
Sugar	*g 55*
Eggs	*g 250*
Honey	*g 10*
Extra virgin olive oil	*g 150*
Vanilla	*to taste*
Salt	*g 18*

For frying and garnishing:

Extra virgin olive oil	*to taste*
Currants	*to taste*

Procedure

Heat the milk and cream with the vanilla. Mix the egg yolks with sugar and cornstarch, add the hot liquids, and cook until a thick cream forms; let cool.

Dissolve the yeast in the water and knead with the flour, potatoes, sugar, honey, vanilla, and eggs. Add the extra virgin olive oil and salt, then knead until the dough is smooth. Let rise, divide into 25-g pieces, and shape into balls.

Let rise again, fry in hot extra virgin olive oil until golden brown, then fill with the custard and garnish with currants.



OIL AND FLAVOR:
PERFECT PAIRINGS FOR YOUR RECIPES

*To create a pleasant aromatic contrast, we recommend a **Tuscia PDO extra virgin olive oil**, elegant and fruity, with delicate hints of almond that complement the sweetness of the cream.*



OIL AND FLAVOR:
PERFECT PAIRINGS FOR YOUR RECIPES

*To complete the dish, a **Tuscan PGI extra virgin olive oil** is ideal, with its intense fruitiness and notes of artichoke, cut grass, and black pepper, perfect for enhancing the savory flavor of the anchovies and the vegetable character of the broccoli.*

Broccoli salad with EVO oil and anchovies

Ingredients

Romanesco broccoli	*g 500*
Cantabrian anchovies	*no. 6 fillets*
Extra virgin olive oil	*g 50*
Garlic	*no. 1 clove*
Fresh chili pepper	*to taste*
Salt	*to taste*
Black pepper	*to taste*
Crispy bread or decorative wafer	*to taste*

Procedure

Clean the Romanesco broccoli and separate the florets, keeping them uniform in size. Blanch them in lightly salted water and cool them in an ice bath to preserve their color and texture.

In a pan, melt the anchovies with extra virgin olive oil, garlic, and a touch of chili pepper until you obtain a savory, fragrant base. Toss the still-warm broccoli with the emulsion, then season with black pepper.

Plate the dish, finishing with anchovy fillets, a drizzle of extra virgin olive oil, and crispy bread or a decorative wafer.

Minestrone with Pan-Seared Rice Gnocchi and EVO Oil

Ingredients

Swiss chard	*g 100*
Celery	*no. 1 stalk*
Carrot	*no. 1*
Zucchini	*no. 1*
Spring onion	*no. 1*
Mixed vegetables for minestrone	*g 300*
Vegetable broth	*Lt 1*
Rice gnocchi	*g 250*
Extra virgin olive oil	*g 50*
Salt	*to taste*
Black pepper	*to taste*
Fresh herbs	*to taste*

For homemade rice gnocchi:

Rice flour	*g 200*
Lukewarm water	*to taste*

Procedure

For the rice gnocchi, knead the rice flour with lukewarm water until the mixture is soft and smooth. Let rest, then shape into gnocchi.

Dice the vegetables into small brunoise and sauté the spring onion, celery, and carrot in extra virgin olive oil. Add the zucchini, Swiss chard, and the other vegetables, pour in the vegetable broth, and simmer slowly until you have a light and flavorful minestrone.

Blanch the rice gnocchi and pan-fry them on a hot griddle with a drizzle of extra virgin olive oil until golden and slightly crispy.

Ladle the minestrone into bowls, add the pan-seared gnocchi, and finish with fresh herbs, black pepper, and a drizzle of extra virgin olive oil.



OIL AND FLAVOR:
PERFECT PAIRINGS FOR YOUR RECIPES

It pairs perfectly with a ***Monocultivar Coratina PDO Terre di Bari extra virgin olive oil****, which is structured and persistent, capable of adding depth and character to the dish.*



OIL AND FLAVOR:
PERFECT PAIRINGS FOR YOUR RECIPES

*For this assortment of bruschetta, we recommend a **Sabina Lazio PDO extra virgin olive oil**, delicate and aromatic, with hints of green apple and almond, ideal for accompanying the various vegetable spreads without overpowering them.*

Platter of Bruschetta with Vegetable Pâtés and EVO Oil

Ingredients

Homemade bread	*no. 8 slices*
Pitted black olives	*g 150*
Artichokes in oil	*g 150*
Grilled eggplant	*g 200*
Garlic	*no. 1 clove*
Extra virgin olive oil	*g 60*
Toasted almonds	*to taste*
Salt	*to taste*
Black pepper	*to taste*
Fresh herbs	*to taste*

Procedure

Toast the homemade bread until golden and fragrant, then rub it lightly with garlic.

Prepare the black olive pâté by blending the olives with extra virgin olive oil until smooth. Blend the artichokes with extra virgin olive oil and a hint of garlic, maintaining a soft consistency. For the eggplant pâté, mix the grilled eggplant with extra virgin olive oil, garlic, and black pepper.

Spread the different pâtés onto the warm bruschetta, topping the eggplant version with chopped toasted almonds. Finish with fresh herbs and a drizzle of extra virgin olive oil.

Meatloaf with EVO oil, herbs, ham, and omelette

Ingredients

Mixed ground meat	*g 800*
Eggs	*no. 3*
Cooked ham	*g 150*
Parmigiano Reggiano PDO	*g 80*
Soaked bread	*g 120*
Extra virgin olive oil	*g 50*
Garlic	*no. 1 clove*
Parsley	*to taste*
Salt	*to taste*
Black pepper	*to taste*

For the side dish:

New potatoes	*g 500*
Swiss chard	*g 300*
Extra virgin olive oil	*g 30*
Rosemary	*to taste*

Procedure

Mix the ground meat with the soaked bread, Parmigiano Reggiano PDO, 2 eggs, garlic, parsley, salt, and pepper until the mixture is smooth.

Make a thin omelet with the remaining egg and let it cool. Spread the meat mixture on parchment paper to form a rectangle, place the cooked ham and the omelet on top, then roll up the meatloaf, sealing the edges well.

Brush with extra virgin olive oil and bake in the oven at 180°C for about 45 minutes, until golden brown.

Roast the new potatoes with extra virgin olive oil and rosemary until crispy, while the Swiss chard should be sautéed in a pan with extra virgin olive oil.

Serve the meatloaf in slices with a side of new potatoes and Swiss chard, finishing with a drizzle of extra virgin olive oil.



OIL AND FLAVOR:
PERFECT PAIRINGS FOR YOUR RECIPES

*This dish is perfectly balanced by a **Monocultivar Carolea PGI extra virgin olive oil from Campania**, which has a medium fruitiness and pleasant herbal and fresh olive notes that complement the flavor of the meatloaf and the aromatic herbs.*



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