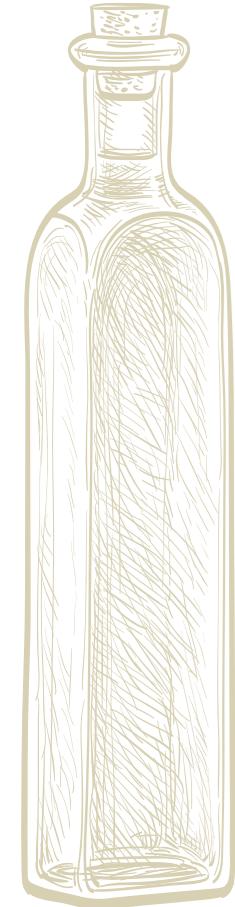




PDO olive oils:
essential insights & inspiring recipes

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.

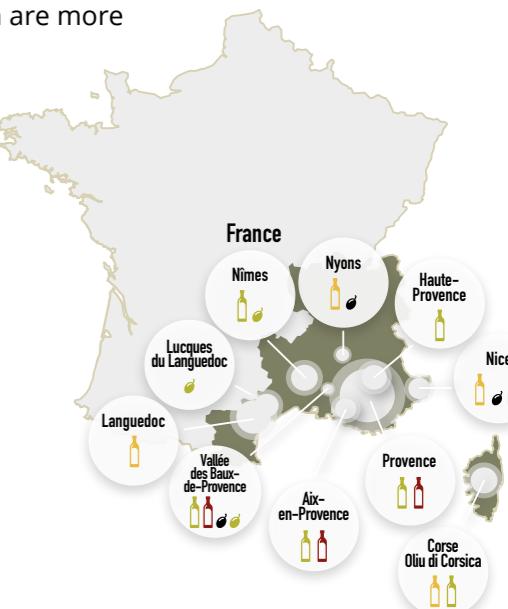


Olive oils from Aix-en-Provence, Corse - Oliu di Corsica - récolte sur l'arbre, Haute-Provence, Nîmes, Provence, Vallée des Baux-de-Provence



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

Makes around 30 crackers:

- 35g corn flour
- 15g chickpea flour
- 65g mixed seeds (for example sunflower, pumpkin)
- 1/2 tsp salt
- 1/2 tsp garlic powder
- 1 tsp dried oregano
- Espelette pepper
- 20g **PDO huile d'olive de Provence - olives maturées**
- 50g water

seeded gluten-free crackers

with PDO huile d'olive de Provence - olives maturées

- 1 Preheat the oven to 180°C.
Mix all the dry ingredients together, then add the liquid ingredients.
- 2 Once the mixture has come together, place onto a sheet of baking paper. Cover with another sheet of baking paper and press down with your hands. Roll out the pastry.
- 3 Remove the top sheet, cut the crackers and place in the oven for 15 minutes, keeping an eye on them.
- 4 Switch off the oven and open it, leave your crackers to cool for at least 10 minutes in the oven before breaking them by hand.

What about the olive oil?

We advise you to use a traditional-tasting **PDO huile d'olive de Provence - olives maturées** (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 maturées and PDO huile d'olive d'Aix-en-Provence - olives maturées.





Preparation: 25 min

Cooking: 25 min

Resting time: 1h

Makes 20 bites:

- 150g flour
- 80g grated parmesan
- 60g **PDO huile d'olive de Nîmes**
- 2 tsp dried oregano
- 2 tbsp water (optional)
- 20 **PDO olives noires de Nyons** (black olives)
- 20 **PDO olives de Nîmes** (green olives)
- 100g fresh salmon
- Espelette pepper

crispy bites

salmon-olives-PDO huile d'olive de Nîmes

- 1 Mix the flour, olive oil, parmesan and oregano in a bowl and combine into a ball of dough (add water if necessary). Cover with cling film and chill for 30 minutes.
- 2 Pit the green and black olives. Remove the skin from the salmon and cut into large cubes (approx. 1.5 cm x 1.5 cm).
- 3 Roll out the pastry between two sheets of greaseproof paper. Using a biscuit cutter, cut into 4 cm diameter discs. Place an olive or a piece of salmon in the centre of each disc. Fold the pastry over the olives, pressing firmly. Place the olive bites on a baking tray lined with baking parchment. Chill for 30 minutes.
- 4 Preheat the oven to 180°C. Place in the oven for 20 minutes. Allow to cool before serving.

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.





Prparation: 25 min
Cooking: 15 min
Resting time: 2h30

For 6 servings:

- 500g flour
- 12g fresh yeast
- 1 tbsp **PDO huile d'olive de Provence**
- 360 ml water
- 1 tsp salt

Garnish:

- 2 tbsp water
- 4 tbsp **PDO huile d'olive de Provence**
- 8 anchovy fillets
- 15 plum cherry tomatoes
- Some **PDO olives de Nice** (black olives)
- 30g brousse cheese

focaccia Provencal

with PDO huile d'olive de Provence

- 1 Mix the fresh yeast with 100ml warm water and 50g flour. Leave to stand in a warm, draught-free place for 30 minutes.
- 2 Place the remaining flour in a bowl and mix in the salt. When the yeast/flour/water mixture has puffed up (bubbles will appear), add to the flour with 1 tbsp of olive oil and the remaining water. Mix and knead for 5 to 6 minutes. Place a damp cloth over the dough and leave to rise in a warm place for 1.5 hours.
- 3 When the dough has risen, place it in an ovenproof dish. Mix 2 tablespoons of olive oil and 2 tablespoons of water together and brush the dough with this mixture. Leave to rise for 30 minutes.
- 4 Preheat the oven to 210°C. Mix the anchovies with 2 tbsp of olive oil. Brush the dough with this mixture. Wash and halve or quarter the cherry tomatoes. Place them on the focaccia (pushing gently into the dough). Arrange some **PDO olives de Nice** and a few pieces of the brousse cheese on the focaccia dough.
- 5 Place in the oven for 10 to 15 minutes and check it is cooked. Serve warm as an aperitif or as a starter with a salad.

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: 25 min
Cooking: 20 min

Makes 8:

- 1 rectangular puff pastry sheet
- 6 eggs
- 300g fresh salmon
- 2 courgettes
- 1 spring onion
- 1.5 tbsp **PDO huile d'olive de Nice**
- Salt and pepper

Sauce:

- 100g almonds (blanched)
- 150g cherry tomatoes
- 3 cloves of garlic
- 8g basil
- 1.5 tbsp **PDO huile d'olive de Nice**
- 80g parmesan
- Salt, black pepper

salmon and courgette puff pastry. PDO huile d'olive de Nice

- 1 Preheat the oven to 180°C.

Place the pastry on a muffin tin, using another tin (or a glass base) to press down on the dough to create indentations.

- 2 Wash and finely chop the onion. Wash and grate the courgettes (use a coarse grater).

Whisk the eggs in a bowl, add the grated courgettes and spring onion, season with salt and pepper and arrange in the puff pastry indentations. Cut the salmon into cubes and arrange in the indentations.

- 3 Cut the pastry into squares around the indentations and fold the pastry over them to make parcels. Place in the oven for 15 to 20 minutes.

- 4 While cooking, prepare the sauce: wash the tomatoes, then place the almonds, tomatoes, parmesan, garlic cloves, salt, pepper and olive oil in a blender and blend to make a sauce. Serve with the pastries straight from the oven.

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.





Preparation: 15 min
Cooking: 1 h

Serves 4:

- 500g ripe tomatoes (or tomato puree)
- 100g ginger
- 1 long red pepper
- 1 tbsp allspice
- ½ tbsp cayenne pepper (adjust to taste)
- 100ml balsamic vinegar
- 60-80g cane sugar
- 100g tomato puree
- 150ml **PDO huile d'olive d'Aix-en-Provence**
- Salt, pepper

ketchup

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

- 1 Wash and roughly chop the tomatoes and pepper. Peel and chop the ginger.
- 2 Place the olive oil, tomatoes, pepper, ginger and tomato puree in a saucepan. Cook over a low heat for 30 to 40 minutes.
- 3 Add the sugar, vinegar, allspice and cayenne pepper and cook over a low heat for 15 minutes. Season with salt and pepper and blend until smooth.
- 4 Pour into a glass jar. Will keep in the fridge for 1 to 2 weeks (cover with a little olive oil to store for longer).

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: 5 min
Resting time: 1 h

Serves 4:

- 4 beef fillet steaks
- 1 garlic clove
- 2 tbsp **PDO huile d'olive de Nyons**
- 1 tbsp grapefruit juice (or lemon juice)
- 1 tbsp oregano
- Pepper
- "Camargue Fleur de Sel" salt

Pistachio sauce:

- 60 unsalted pistachios
- Juice of 1/2 grapefruit, strained
- 6 tbsp **PDO huile d'olive de Nyons**
- 1 garlic clove
- 10 basil leaves
- Salt and pepper

marinated beef steak pistachio sauce, PDO huile d'olive de Nyons

- 1 Mix together the olive oil, grapefruit juice, oregano, pepper and peeled and crushed garlic clove.
- 2 Pour this mixture over the meat in an airtight tin. Cover the meat well with the mixture and refrigerate for 1 hour.
- 3 Prepare the pistachio sauce: blend the pistachios then mix with the strained grapefruit juice, olive oil, peeled and crushed garlic clove and finely chopped basil leaves. Season with salt and pepper.
- 4 Cook on a hot grill for 1 to 2 minutes on each side. Serve hot or cold (after 1 hour in the fridge), season with the "Camargue Fleur de Sel" salt, pistachio sauce and courgette tagliatelle.

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: 15 min
Resting time: 30 min

Serves 4:

- 1 pork loin (or 500g pieces of loin)
- ½ green pepper
- ½ red pepper
- ½ onion
- 1 tbsp honey
- 2 tbsp **PDO huile d'olive de la Vallée des Baux-de-Provence - olives maturées**
- 1 lemon
- 2 tbsp soy sauce
- 2 cloves of garlic
- 1 piece of fresh ginger
- 1 tsp allspice

caramelised pork kebabs, PDO huile d'olive de la Vallée des Baux-de-Provence - olives maturées AOP

- 1 Cut the pork into pieces (3 to 3.5 cm square). Place the pieces of meat in an airtight dish.
- 2 Mix the honey, olive oil, lemon juice and zest, soy sauce, crushed garlic, finely grated ginger and allspice. Pour over the meat and marinate in the fridge for 30 minutes to 1 hour.
- 3 Wash and chop the peppers and onion (they will be used between the pieces of meat). Assemble the kebabs, alternating 1 piece of meat with 1 piece of pepper or onion.
- 4 Cook for 5 minutes on each side (on the barbecue or in a frying pan) and serve with aubergine and courgette confit or small grilled potatoes.

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 maturées** (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 maturées, huile d'olive de Provence - olives maturées or Corse - Oliu di Corsica - récolte à l'ancienne..





Preparation: 20 min
Cooking: 20 min
Resting time : 2h

Serves 4:

- 250g butternut squash
- 225g flour
- 60g parmesan
- 1 tsp nutmeg
- 3 tbsp **PDO huile d'olive d'Aix-en-Provence**
- 1 tbsp garlic powder
- 2 tsp curry powder
- 1 tsp Espelette pepper
- knob of butter
- Salt and pepper

For the sauce:

- 1 bunch of carrot tops, 2 cloves of garlic, 1 tbsp mustard, 1 tsp chilli paste, 12 sprigs parsley, 50g walnuts (optional), 100g parmesan, 25g **PDO huile d'olive d'Aix-en-Provence**, juice of 1 lemon, salt, pepper.

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.

butternut gnocchi, green sauce, **PDO huile d'olive d'Aix-en-Provence**

- 1 Mix 2 tbsp olive oil, the nutmeg, 1 tsp curry powder and the garlic powder. Wash and halve the butternut, remove the seeds (saving them for later) and carve. Brush the squash with the mixture, wrap in aluminium foil and bake for 30 minutes at 180°C.
- 2 Rinse and dry the seeds, mix 1 tbsp olive oil with 1 tsp Espelette pepper and 1 tsp curry powder and place on an ovenproof tray. Place in the oven for 10 to 15 minutes, until the seeds have browned.
- 3 Prepare the sauce. Wash the carrot tops, blend with the other ingredients until smooth, season and set aside.
- 4 When the butternut is cooked, blend it until smooth, then add the salt, parmesan and flour and mix to a thick dough.
- 5 Place on a floured work surface, shape the dough into balls and cut to make the gnocchi. Bring the water to the boil in a large saucepan, then add some salt. Carefully dip the gnocchi into the water and cook for a few minutes over a medium heat, transferring them to a dish using a slotted spoon when risen to the surface. Heat a little olive oil in a frying pan, add a knob of butter and fry the gnocchi (do not stack them on top of each other). Mix the gnocchi with the green sauce and serve, sprinkling with the parmesan and pumpkin seeds.





Preparation: 20 min
Cooking: 45 min

Serves 4:

- 500g spaghetti
- 3 red peppers
- 100g chorizo (strong or mild, to taste)
- 1 onion
- 4 cloves of garlic
- 1.5 tbsp **PDO huile d'olive de Provence - olives maturées**
- Salt and pepper
- Parmesan

creamy spaghetti with pepper, chorizo and PDO huile d'olive de Provence - olives maturées

1 Preheat the oven to 180°C.

Wash the peppers, place them on an ovenproof tray with the garlic cloves (keep the skin on for cooking) and the onion, peeled and cut into 8. Brush with olive oil and place in the oven for 20 to 25 minutes. When the peppers are cooked, remove from the oven and leave to cool.

2 Meanwhile, bring 2 litres of water to the boil with coarse salt, then add the spaghetti and cook as shown on the packet (- 1 min). Save some of the pasta cooking water for the sauce.

3 Peel the peppers and chorizo (cut into large chunks) and place in a blender with some of the pasta cooking water, 1.5 tbsp olive oil, salt and pepper and blend to a smooth consistency. Add a little pasta cooking water if necessary.

4 Place the pepper/chorizo cream in a frying pan, heat through, add the drained pasta and coat it in the cream. Serve with a few drops of olive oil and a sprinkling of parmesan.

What about olive oil?

We advise you to use a traditional-tasting **PDO huile d'olive de Provence - olives maturées** (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 maturées and PDO huile d'olive d'Aix-en-Provence - olives maturées





Preparation: 25 min
Cooking: 30 min
Resting time: 1 day

Serves 4:

- 500g arborio rice (special risotto rice)
- 20-30g truffle bits
- 1 litre vegetable stock
- 250ml white wine
- 3 shallots
- 2 tbsp **PDO huile d'olive d'Aix-en-Provence - olives maturées**
- Zest of 1 yuzu or 1 lemon
- 100g parmesan
- Salt and pepper

For the yuzu olive oil:
• 1 yuzu (or lemon)
• 10 cl **PDO huile d'olive d'Aix-en-Provence - olives maturées**

What about the olive oil?

We advise you to use a traditional-tasting **PDO huile d'olive d'Aix-en-Provence - olives maturées** (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 maturées, Vallée des Baux-de-Provence - olives maturées or Corse - Oliu di Corsica - récolte à l'ancienne.

truffle risotto with yuzu

PDO huile d'olive d'Aix-en-Provence - olives maturées

- 1 Prepare the yuzu olive oil: wash and remove the zest from the yuzu (lemon zest if you can't find any), cutting it into large strips. Warm 200ml of olive oil (to around 30°C), add the yuzu zest to an airtight container and leave to infuse for 24 hours. Use: on fish, in desserts...
- 2 Peel and finely chop the shallots. Heat 2 tbsp olive oil in a saucepan and sweat the shallots until translucent.
- 3 Add the rice, 2 tbsp wine and bring to the boil for 2 minutes, stirring constantly. Pour in the remaining wine and a little stock and simmer until the stock is absorbed. Pour in more stock and stir until completely absorbed. Continue until the rice is cooked (15 to 20 minutes).
- 4 Add 2 tbsp yuzu-flavoured olive oil, the yuzu zest and the grated parmesan to the cooked risotto and mix well.
- 5 Season with salt and pepper and serve on a warm plate. Sprinkle with the truffle bits.





Preparation: 20 min
Cooking: 40 min

For 30 biscuits:

- 300g flour
- 35g **PDO huile d'olive de Nyons**
- 215g sugar
- 2 eggs
- 6g baking powder
- Pinch of salt
- 125g whole Provence almonds

cantucci di Prato

(almond biscuit) with PDO huile d'olive de Nyons

- 1 Preheat the oven to 180°C. Place the flour in a bowl, make a well and add the whole almonds, eggs, salt, olive oil, sugar and baking powder. Mix until the dough is soft.
- 2 Make the dough into elongated balls.
- 3 Bake on greaseproof paper on a baking tray for 30 minutes.
- 4 Cut into lengths and place on the baking tray, then bake for 10 minutes.

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: 40 min
Resting time: 30 min

Serves 6:

- 1 lime (juice and zest)
- 60g **PDO huile d'olive de la Vallée des Baux-de-Provence**
- 125g white cheese
- 100g cane sugar
- 3 eggs
- 250g flour
- 1 sachet baking powder
- 20 large mint leaves
- 2 tbsp rum

mojito cake

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

- 1 Wash the mint leaves. Heat the olive oil to around 40°C and dip in half the mint leaves. Leave to infuse for 15 to 30 minutes, then remove the mint.
- 2 Preheat the oven to 180°C. Wash the lime well and zest. Squeeze the lemon and save the juice.
- 3 Whisk together the olive oil and sugar. Add the eggs one by one. Mix well until the mixture is smooth. Add the white cheese, then the lemon zest, juice, rum, flour and baking powder (together), mixing throughout. Finely chop the remaining mint leaves. Stir it into the batter.
- 4 Pour the mixture into a buttered cake tin. Bake for 40 min until the cake is golden brown and the tip of the knife comes out almost dry.
- 5 You can make either a glaze or a cream to go with the cake.
For the glaze: mix 5 tablespoons icing sugar with lemon juice and spoon over the top of the cake.
For the cream: mix 200g cream cheese with 80g icing sugar, 2 tbsp olive oil, 1 tbsp rum, a few finely chopped mint leaves and the zest of 1/2 a lime. Spoon over the cake and decorate with the remaining lime zest.

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: 45 min

Serves 8:

- 2 rolls puff pastry
- 3 pears
- 125g ground almonds
- 100g sugar + 1 tbsp
- 1 tbsp orange blossom water
- 2 eggs
- 50g **PDO huile d'olive de Nice** + 1 tbsp

galette des rois with pear, almond and orange blossom, PDO huile d'olive de Nice

- 1 Wash and chop the pears. Brown them in a frying pan over a high heat with 1 tbsp olive oil, then sprinkle with 1 tbsp sugar. Caramelize, turn off the heat and set aside.
- 2 In a bowl, mix 100g sugar, 50g olive oil, 125g ground almonds and 1 tbsp orange blossom water. Mix well. Beat the eggs in a separate bowl and add to the mixture. Stir well.
- 3 Roll out the pastry on a baking tray lined with baking paper. Cover with almond cream, leaving 2cm uncovered around the edges. Arrange the pear cubes on top. Moisten the edges of the pastry with a little water, place the second pastry on top, add the "fève" (a small trinket traditionally hidden in the Kings cake) and seal the edges by pressing down.
- 4 Draw designs on the pastry with a knife, brush the pastry with beaten egg yolk and bake for 20 to 25 minutes.

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.





Preparation: 30 min
Cooking: 40 min
Resting time: 3 h

Serves 6:

For the pastry:

- 200g flour
- 500ml **PDO huile d'olive du Languedoc**
- 100ml water
- Orange zest

For the flan:

- 1 litre full-fat milk
- 300ml double cream
- 6 eggs
- 300g sugar
- 140g corn flour
- 2 tbsp orange blossom water
- Orange zest
- 2 tbsp **PDO huile d'olive du Languedoc**

pastry flan with orange, orange blossom and PDO huile d'olive du Languedoc

- 1 In the bowl of a food processor, blend the flour, water and olive oil into a smooth ball (do not overwork). Butter a 20 cm loose-based tin. Roll out the pastry with a rolling pin (thin) then place it in the tin, taking care to trim the edges so that they are even. Prick the base with a fork and chill.
- 2 Preheat the oven to 165°C. Pour the milk, half the sugar and the cream into a saucepan and heat over a low heat.
- 3 Wash, dry and peel the orange. Pour into the milk along with the orange blossom water. Leave to infuse for 10 minutes.
- 4 Add the eggs, the remaining sugar, 1 tbsp olive oil and the cornflour, then whisk the mixture until it whitens and becomes frothy. Add the flavoured milk, return to the heat and stir continuously until the mixture thickens.
- 5 Pour the mixture into the mould over the cold pastry. Bake the flan for 45 minutes. Gently brush the flan with olive oil to make a glaze. Leave the flan to cool in the fridge for at least 3 hours before serving.

Our advise: you can make a lighter version without pastry!

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.



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