PDO, PGI AND ORGANIC EXTRA VIRGIN OLIVE OIL

THE KING OF MEDITERRANEAN CUISINE

Great flavour and well-being
in 10 fantastic recipes



REG. (UE) 2021/2115 P.O.
OCM OIL YEAR 2026

ONE QUALITY, MULTIPLE FLAVOURS



Unique and at the same time offering the pleasure of being able to choose from a huge variety of aromas and flavours, each one exquisite. Extra virgin olive oil also has a great advantage, that of having a multitude of personalities. By learning how to identify them, you will discover how to make the very best use of extra virgin olive oil in the kitchen, enhancing your dishes, from the simplest to the most elaborate, with fruity and assertive flavours or increasingly delicate ones.

A QUESTION OF ETIQUETTE

The unique quality of extra virgin olive oil is protected by the PDO (protected designation of origin) and PGI (protected geographical indication) labels. The labels on the bottle provide a guarantee that the extra virgin olive oil has a proven origin. Only true, authentic extra virgin has this guarantee to protect you from imitations.
BIO means organic and defines the products of organic farming, which are obtained through the natural fertility of the soil. The fundamental feature of an organic product is the absence of chemicals during production and the exclusive use of pesticides of natural origin. Those who choose ORGANIC choose well-being.



THE PROJECT

In order to implement the measures designed to raise public awareness of the Union's quality schemes inside and outside the Union, Unaprol and France Olive launched a joint communication activity on the use of extra virgin olive oil with a designation of origin in cooking.
Extra virgin olive oil is a food product that can be cooked, but it is not just a fat as it is a virgin vegetable oil that has flavour and also taste. Promoting olive oils is therefore crucial to develop this knowledge of taste coupled with a greater understanding of their uses in the kitchen. This helps to develop the use of extra virgin olive oil and therefore to increase or at least maintain its consumption. This communication can also help to attract new consumers by showing them lesser-known uses, such as the use of extra virgin olive oil in the dessert preparation, for example.
Using information activities, we want to show the diversity of extra virgin olive oils. In order to do this, we will rely in particular on extra virgin olive oils and PDO olives (the special feature of which is that they are all different because of their connection to the region of origin) to develop knowledge of their aromatic characteristics and their uses in the kitchen. This activity will also be carried out in Belgium, Germany and England.
The measure aims to increase the competitiveness and consumption of olive oil products, while also enhancing their cultural appearance and link with the region in order to increase consumer awareness of the product purchased, its nutritional characteristics, origin, traceability and sustainability. In general, it is expected to:

- promote the authenticity and guaranteed origin of Italian extra virgin olive oil as decisive elements in the choice of food products;
- contribute to increasing the culture of using quality extra virgin olive oil produced in Italy among consumers;
- encourage an increase in oil and food tourism and knowledge of extra virgin olive oil and typical products in the places they are visiting;
- promote a multitude of culinary offerings linked to the specific features of the Italian/French region.

RISOTTO WITH SPINACH AND PROVOLONE CHEESE

INGREDIENTS FOR 2 PEOPLE

160 g carnaroli rice
250 g fresh spinach
600 ml hot vegetable stock
30 g provolone cheese
30 g white wine
1 onion
1 tablespoon of
extra virgin olive oil

PREPARATION

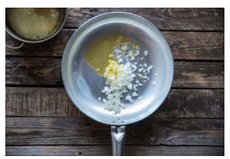
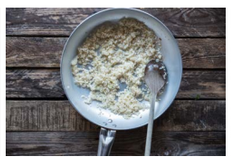
Cut the pre-washed spinach into thin strips.

Peel the onion and chop it finely, fry it over a low heat together with extra virgin olive oil in a pan, while stirring continuously.

When the onion is soft, add the rice, let it brown for 1 minute, stirring, then deglaze with white wine.
Cover the rice with the stock and let it cook for 5 minutes.

Next, add the spinach and bring the risotto and spinach to a simmer (this will take about another 12-15 minutes), stirring occasionally and adding hot stock when necessary.

Turn off the heat and add the chopped provolone cheese, stir to blend, garnish with a drizzle of raw extra virgin olive oil and serve the risotto immediately.







PAPPA AL POMODORO

(TOMATO BREAD SOUP)

INGREDIENTS FOR 4 PEOPLE

700 g ripe vine tomatoes
200 g stale bread
2 cloves of garlic
800 ml vegetable stock
2 tablespoons of
extra virgin olive oil
Salt to taste
Pepper to taste
Basil to taste

PREPARATION

Chop the ripe tomatoes after washing them.

Peel a clove of garlic and cut it in half, let it brown in a saucepan with extra virgin olive oil and chopped basil leaves.

Then add the tomatoes, salt and pepper and cook over a medium heat.

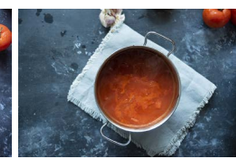
Meanwhile, slice the bread and rub it with the other peeled clove of garlic, then cut it into pieces, place it in a bowl and cover with 600 ml of stock (or boiling water).

Then add the bread soaked to the tomato sauce, add salt and continue cooking until you have a smooth soup consistency.

Let it rest for an hour before serving with more fresh basil leaves.







PASTA AND CHICKPEAS

INGREDIENTS FOR 4 PEOPLE

500 g cooked chickpeas
240 g pasta
250 g tomato sauce
1 onion
2 small carrots
2 small celery sticks
1 clove of garlic
2 tablespoons extra virgin olive oil
Coarse salt to taste
Pepper to taste
Hot water to taste

PREPARATION

Peel the garlic, onion and carrots. Chop the onion, carrots and celery. Place them in a saucepan together with the extra virgin olive oil and let them wilt on the heat for a few minutes.

Add the chickpeas, a pinch of salt, a ladle of water and leave to soak on a medium heat for 5 minutes. Add the tomato puree, season with salt and cook for another 5 minutes.

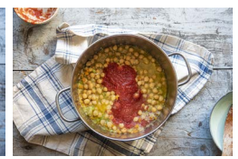
Remove the garlic. Transfer a few tablespoons of the chickpeas to a blender and blend until creamy. Keep the chickpea puree aside. Add a few ladles of boiling water to the pot with the chickpeas, they should be completely covered.

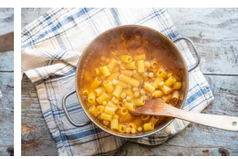
When the water comes to the boil, pour in the pasta and cook, adding more boiling water from time to time if necessary.

Add a pinch of pepper. When the pasta is almost cooked, add the puree kept aside, stir and cook the pasta.

Serve pasta and chickpeas with herbs to taste (e.g. sage or rosemary) and raw extra virgin olive oil.











PIZZA WITH PEPPERS AND OLIVES

INGREDIENTS FOR 4 PEOPLE

4 pizza bases
3 large red peppers
60 g pitted black olives
4 tablespoons of extra virgin olive oil (plus 1/2 to oil the pan)
1 clove of garlic
Salt to taste
Basil leaves to taste





PREPARATION

Preheat the oven to 220°. Wash and dry the peppers, bake them on a baking tray lined with baking paper for about 15-20 minutes. They will be ready when the skin is burnt and evenly blackened. Let them cool closed in food bags; this process will remove the skin.

Remove the skin, core and inner seeds from the peppers. Cut them into strips. Then season them with salt and oil and the whole clove of garlic, mix thoroughly to flavour everything. Finally, remove the garlic. Prepare the bases for pizzas.

Spread the pizzas in baking tins lightly greased with oil, then sprinkle them with the peppers and pitted olives.

Bake them for about 15-20 minutes in a static oven at 220°. If you have a fan oven, however, lower the temperature to 190°. Cook them until golden and crispy. Garnish with basil leaves and serve.



QUINOA-FILLED TOMATOES

INGREDIENTS FOR 4 PEOPLE

4 large “rice” tomatoes (about 350 g each)
150 g quinoa
½ clove of garlic
4 tablespoons extra virgin olive oil
Fresh basil
Salt to taste
Pepper to taste

PREPARATION

Wash the tomatoes, cut off the top and scoop out the pulp with a corer, taking care not to split the tomato.

Using a pimer or blender, blend the tomato pulp together with finely chopped garlic, fresh basil, half of the oil, pepper and salt.

Rinse the quinoa under running water to remove the saponin. When the water is clear, drain it thoroughly and add it to the blended tomato mixture, stir and let it rest for about 1 hour. In the meantime, salt the tomatoes and turn them upside down so that they drain off excess water. Preheat the oven to 200°.

Now fill the tomatoes with the quinoa and tomato sauce, close the tomatoes with their tops, sprinkle with the remaining oil, a little salt and basil leaves.

Bake for about 45-50 minutes, until the tomatoes are soft and lightly roasted and the quinoa is cooked. Serve the quinoa tomatoes warm or lukewarm.







CHICKEN WRAP

INGREDIENTS FOR 4 PEOPLE

4 light fat-free piadinas
300 g chicken breast cut into slices
40 g romaine lettuce or other variety
100 g white cabbage
200 g carrots
160 g low-fat plain yoghurt
2 teaspoons of extra virgin olive oil
8 slices of tomato
8 lettuce leaves
2 fresh spring onions
Chives
Salt to taste
Oepper to taste
Mustard to taste

PREPARATION

Peel the carrot and cut it into julienne strips. Cut the white cabbage into julienne strips as well. Slice the spring onion.

In a large bowl, place the yoghurt and the already chopped chives. Add the cabbage, carrots, a drop of mustard, salt and pepper and mix thoroughly.

Heat a grill pan or a cast-iron griddle and cook the chicken, sprinkle with a pinch of salt and pepper, turn on both sides and cook until golden brown.

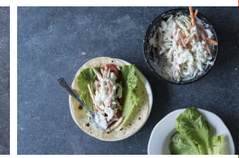
Leave the chicken to cool, then cut it into strips and season it with extra virgin olive oil.

Warm up the piadinas and place two lettuce leaves and two slices of tomato on each.

Add the chicken strips, spring onion, cabbage, carrot and yoghurt salad and finally the romaine lettuce, roll the piadinas up and serve immediately.







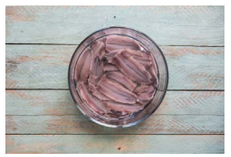
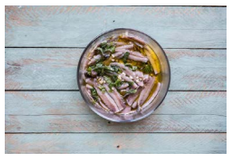


MARINATED ANCHOVIES

INGREDIENTS FOR 4 PEOPLE

500 g pre-cooked anchovies
250 ml vinegar
1 clove of garlic
2 chillies
4 tablespoons extra virgin olive oil
Mint to taste
Salt to taste



PREPARATION

Clean the anchovies by first removing the head, then the entrails.

Open them gently, using a finger, like a book and remove the bones; wash them under running water and dry them, taking care not to break them.

Place them in a high-sided bowl and cover completely with vinegar. Leave to marinate for 2 hours.

After two hours, drain them from the vinegar, season them with oil, chopped garlic, salt, chilli and fresh mint leaves.
Leave to soak up the flavour in the refrigerator until serving.





COURGETTES IN OIL

INGREDIENTS FOR 3 JARS

1 kg courgettes
500 ml water
300 ml vinegar
3 cloves of garlic
Chillies to taste
Coarse salt to taste
Fresh mint or parsley to taste
Extra virgin olive oil to taste

PREPARATION

Start by sterilising the jars: place a clean tea towel in the bottom of a large saucepan. Place the jars and caps in the bottom of the pot, on top of the tea towel. Place another tea towel between the jars so that they do not bump into each other during cooking and risk breaking. Fill the pot and jars with cold water and let it boil on low heat for about 30-35 minutes, then turn off the heat and let everything cool down. Remove the jars and place them upside down on a clean tea towel to dry.
Wash the courgettes thoroughly and cut them into strips of the same thickness. Place the courgettes in a bowl and sprinkle them with coarse salt.
Let them rest for about 3-4 hours so that the courgettes lose their vegetative water. Rinse the courgettes and squeeze them.
Bring the water and vinegar to the boil, immerse the courgettes and cook them for a few minutes, drain them as soon as the water has come to the boil again so that they remain crunchy. Drain them carefully, squeeze them gently if necessary and leave them to cool on a clean tea towel. Peel the garlic and cut it into small pieces, wash and dry the mint (or parsley) leaves, if you use the whole chilli pepper, cut it into small pieces.
Fill the sterilised jars with a layer of courgettes, add a few pieces of garlic, a few mint leaves and some chilli pepper and continue filling them with courgettes, alternating with garlic, mint and chilli pepper and leaving a couple of centimetres from the rim. Press well to avoid air bubbles forming inside the jar and make sure there are no empty spaces inside. Fill the jars with extra virgin olive oil until the courgettes are completely covered. Close the lid of each jar.
Now bring a pot of water to the boil again, on the bottom of which you have placed a clean tea towel, immerse the jars and let them boil for about 20 minutes. Remove the jars from the water to cool. Wait at least a week before eating the courgettes and store them in a cool, dry place, preferably in the dark.

CHICKEN KEBAB

INGREDIENTS FOR 4 PEOPLE

200 g chicken thighs (boned and skinned)
200 g chicken breast
Mixed kebab spices or: pepper, cumin, mustard, cardamom, cinnamon, sweet paprika,
Dried chopped onion and dried chopped garlic
Salt to taste
2 tablespoons extra virgin olive oil
To serve:
100 g low-fat yoghurt
Salt to taste
4 piadinas about 60 g per piadina (optional)
40 g green salad
100 g tomatoes

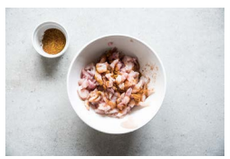
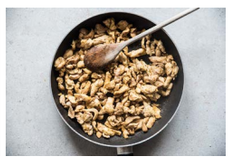
PREPARATION

Cut the chicken thighs and breast into pieces.

Place the meat in a bowl, season with the two tablespoons of oil, salt and the kebab spice mix, cover with cling film and leave to marinate in the refrigerator for about 1 hour. While you are waiting for the marinating to finish, prepare the yoghurt sauce by simply mixing yoghurt with a pinch of salt.

Heat a non-stick pan and when it is hot, add the chicken and the marinade base, cook over a high heat, stirring continuously.

Heat the piadina for a few seconds, fill it with the kebab and add the yoghurt sauce, tomatoes and salad. Serve piping hot.







7 JAR CAKE

INGREDIENTS FOR 8 PEOPLE

1 pot of yoghurt
2 jars of 00 flour
1 jar of potato starch
2 jars of sugar
3 whole eggs
1 jar extra virgin olive oil
1 sachet of baking powder
A pinch of salt
1 lemon for grated zest

PREPARATION

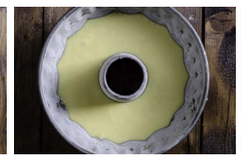
Turn the oven on to 170°. Put the eggs, yoghurt and oil in a bowl and mix well with a whisk.

Add sugar, flour, starch, baking powder and grated lemon peel and mix well with a whisk or electric mixer.
The mixture should be smooth and consistent.

Pour the mixture into a greased and floured mould and bake in a conventional oven at 170° for about 35 minutes.

Test the cake with a stick before removing it. The stick should be clean and dry, with no residual mixture.
Turn out the 7-pot cake and let it cool before serving.




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