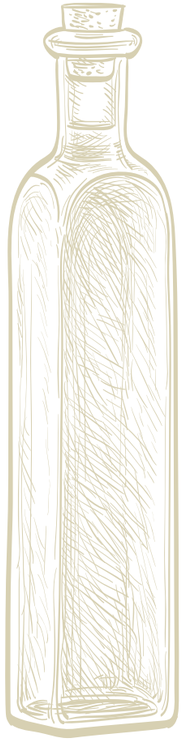


PDO olive oils:

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:

Goût subtil

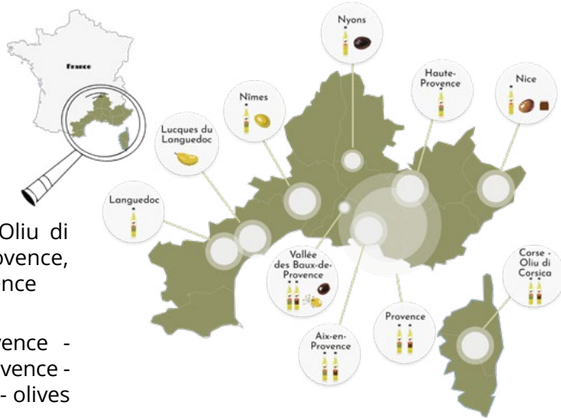
Olive oils from Nyons, Nice, Languedoc.

Goût intense

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

Goût à l'ancienne

Olive oils from Vallée des Baux-de-Provence - olives maturées (matured olives), Aix-en-Provence - olives maturées (matured olives), Provence - olives maturées (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



chilled tomato soup

lemon cream and green oil-PDO huile d'olive de Nîmes

Preparation: 25 min
Cooking: 1 min
Resting time: 2h

Serves 4:

For the green oil:
- *10 cl **PDO huile d'olive de Nîmes***
- *1 bunch of fresh herbs (basil, parsley, mint, oregano...)*
- *Salt*

For the tomato soup:
- *800 g tomatoes*
- *1 tsp sherry vinegar*
- *2 tbsp **PDO huile d'olive de Nîmes***
- *1 garlic clove*
- *80 g blanched almonds*
- *The juice of 1 lemon*
- *Salt, pepper*

For the lemon cream:
- *25 cl whole liquid cream (30% fat minimum)*
- *1 lemon*
- *Salt, pepper*

1. Bring to the boil 1 litre of salted water, then blanch the herbs previously washed for 30 to 60 seconds. Cool them down in an ice bath (water + ice cubes + salt) so as to keep the bright green colour. Thoroughly dry the herbs with a paper-towel (or a clean tea towel).
   Place the herbs in a blender with the olive oil and blend finely. Put them in a bowl and put it in another one full of ice cubes and leave to infuse for 2 hours. Filter the olive oil through a very fine sieve. Put it in a bottle and keep in the fridge.

2. Wash the tomatoes. To easily remove the tomatoes skin, incise a cross on their top and plunge them into a saucepan full of boiling water, then in a mixing bowl full of cold water. Peel, cut them and remove the seeds. Put all the ingredients in a blender and blend finely. Adjust the consistency by adding more almonds or more water. Refrigerate.

3. Pour the crème fraiche in a mixing bowl and place it in the freezer for 15 minutes with the whisk attachment, so that it whips into chantilly easier. Then whip the crème fraiche into a very firm chantilly. Once the chantilly is whipped, add the lemon zest and juice, 2 pinches of salt, add pepper according to your taste and whisk again for a few seconds so as to fully blend the lemon. Put the preparation in a piping bag and place it in the fridge.

4. Serve the well-chilled tomato soup piping the lemon flavoured chantilly cream on top, using the piping bag, then pour over a tablespoon of green oil. Add some crushed roasted almonds on top for crunchiness, along with some basil leaves.

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.

Goût Intense



Preparation: 30 min
Cooking: 20 min
Resting time: 1h30

roast vegetable pizza

with PDO huile d'olive de Provence

For 1 pizza:

For the dough:
- *250 g flour type 00 (or T55)*
- *150 ml lukewarm water*
- *5 g salt*
- *A pinch of sugar*
- *10 g fresh baker's yeast*
- *1 tbsp **PDO huile d'olive de Provence***

For the garnish:
- *1 small courgette*
- *1/2 aubergine*
- *2 tbsp ricotta*
- *1 tbsp red pesto (see recipe opposite)*
- *1 handful of grated Parmesan*
- *1 tbsp pumpkin seeds*
- ***PDO huile d'olive de Provence***
- *Salt, pepper*

1. Prepare the dough: dissolve the yeast in 50 ml of lukewarm water with a pinch of sugar. Leave for 5 min to start foaming. In a bowl, combine flour and salt. Make a well and pour in the rest of the water and yeast, then the olive oil. Knead for 10 min until the dough formed is smooth and elastic. Cover with a damp cloth and leave to rest for 90 min at room temperature.
2. Cut courgette and aubergine into thin slices. Brush them with olive oil and season with salt and pepper. Roast the slices for 10 minutes in the oven at 200°C until they are tender and lightly browned.
3. Stretch out the dough and brush it with a drizzle of olive oil. Spread out the red pesto evenly, then top with the roasted vegetables. Add small pieces of ricotta and sprinkle with Parmesan.
4. Bake for 7 to 10 min at 250°C (or 1.5 min to 2 min at 485°C if you have a pizza oven). After taking it out of the oven, sprinkle with pumpkin seeds and a drizzle of olive oil.

For 150 g of red pesto : In a blender, reduce 30g of Provence almonds and 1 clove of garlic to powder. Add 50g of sun-dried tomatoes (drained) and blend until smooth. Stir in 30g of grated Parmesan and blend again briefly. Drizzle in 5 tbsp olive oil whilst blending until the mixture is mostly smooth but still has a slightly granular texture. Season by adding 1 tsp lemon juice and 1 pinch of Espeletter pepper, and season with salt and pepper to taste.

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.

Goût Intense



Preparation: 10 min
Cooking: 10 min

winter croque gourmand

ham, Comté, olive paste, PDO huile d'olive de Provence - olives maturées

For 4 croques:

- *8 slices of wholemeal sandwich bread*
- *4 slices of ham*
- *80 to 100 g PDO comté cheese*

For the olive paste:

- *100 g **PDO olives noires de Nyons** or **PDO olives de Nice** (black olives)*
- *1 tbsp **PDO huile d'olive de Provence - olives maturées***

1. Prepare the olive paste : pit the olives. Blend the olives with the olive oil until a smooth paste is obtained.
2. Grate the Comté cheese (or cut it into thin slices). Spread olive paste on the slices of sandwich bread. Place the ham and the half of the Comté cheese on 4 of the slices.
3. Close the sandwiches, sprinkle the other half of the Comté cheese then bake them in the oven or a grill.
4. Cut in half diagonally and serve with a green salad.

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.

Goût à l'ancienne



Preparation: 20 min
Cooking: 30 min

Spinach pie (spanakopita)

PDO huile d'olive de Haute-Provence

Serves 4:

- *700 g fresh spinach*
- *1 onion*
- *1 bunch of aromatic herbs: parsley, dill, coriander, mint*
- *150 g feta cheese*
- *1 egg*
- *10 sheets of filo pastry*
- *2 tbsp **PDO huile d'olive de Haute-Provence***
- *1 tbsp of sesame*
- *1 tbsp PGI Provence honey*

1. Preheat the oven to 180°C.
   Peel and chop the onion. Wash the spinach, then chop them roughly.
2. In a frying pan, heat 1 tablespoon of PDO huile d'olive de Haute-Provence and sauté the onion before adding the spinach. Cook for 6 to 7 minutes.
3. Wash, then chop the herbs. Add the egg and the chopped herbs to the spinach, then break up the feta cheese in and mix well.
4. Line a tart mould with a sheet of baking paper. Put the sheets of filo pastry together by shifting them, spread the spinach, then roll the filo sheets up. Roll up like a snail in the tart mould.
5. Brush with the olive oil and the honey, then sprinkle with sesame seeds. Bake for 20 to 25 minutes.

What about the olive oil?

We advise you to use an intense-tasting **PDO huile d'olive de Haute-Provence** for its aromas of raw artichoke with notes of grass, banana, walnut, fresh almond and apple.

You can also use one of these PDO olive oils: Vallée des Baux-de-Provence, Provence, Nîmes, Haute-Provence, Corse - Oliudi Corsica or Aix-en-Provence.

Goût intense



Preparation: 15 min
Cooking: 5 min

Spring bagel

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

Serves 4:

- *4 bagels (plain or with sesame)*
- *150 g fresh goat cheese*
- *4 tbsp of **PDO huile d'olive de la Vallée des Baux-de-Provence - olives maturées***
- *200 g of fresh shelled beans (or frozen)*
- *8 thinly sliced radishes*
- *1/2 bunch of chopped chives*
- *The zest and juice of 1 lemon*
- *Salt and freshly ground pepper*

1. Make the cream with the olive oil and goat's cheese: whisk the fresh goat's cheese with 3 tablespoons of PDO huile d'olive de la Vallée des Baux-de-Provence – olives maturées, the zest and juice of ½ lemon and half of the chopped chives. Season with salt and freshly ground pepper. The cream must be smooth and generous.
2. Prepare the beans: blanch for 2 minutes in salted boiling water, drain and cool off. Peel them (remove the thin skin) to reveal the vivid green. Season with the zest and the juice of ½ lemon and olive oil.
3. Cut the bagels in half and lightly toast them. Generously spread the goat's cheese cream over each of the half bagel. Top with the beans, the 8 thinly sliced radishes and the remaining chives. Finish with a drizzle of olive oil and a twist of pepper.
4. Serve them opened or closed, with baby leaves salad.

Tip: if you find very fresh and tender beans, then there is no need to blanch them: they can be eaten raw, just season them.

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..

Goût à l'ancienne



Preparation: 20 min
Cooking: 1h

confit of aubergine
and courgette with PDO huile d'olive de Nyons

Serves 4:

- *3 courgettes*
- *2 aubergines*
- *1 onion*
- *1 clove of garlic*
- *2 tbsp **PDO huile d'olive de Nyons***
- *2 sprigs of thyme*
- *Salt, pepper, Espelette pepper PDO*

1. Peel the onion then dice it. Wash the courgettes and the aubergines. Peel the courgettes.
2. Dice the courgettes and aubergines.
3. Heat 2 tablespoons of PDO huile d'olive de Nyons, fry the onion and then add the diced courgette and aubergine.
4. Add the crushed garlic, 1 pinch of Espelette pepper PDO, salt and pepper.
5. Cover and cook for 25 minutes, then remove the lid and cook for another 15 to 30 minutes. The vegetables should be tender.
6. Serve with cooked white rice or as side dish with barbecued food (grilled pork, chicken, etc.).

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.

Goût subtil



Preparation: 45 min
Cooking: 20 min
Resting time: 6h

chicken, walnut, truffle log

with PDO huile d'olive de Provence - olives maturées

Serves 4:

- *600 g cooked chicken breast (or leftover roast chicken)*
- *200 g full-fat ricotta*
- *4 tbsp of **PDO huile d'olive de Provence - olives maturées***
- *1 tbsp whole-grain mustard*
- *The juice of 1/2 lemon*
- *Zest of 1 lemon*
- *2 gelatine sheets*
- *100 g de walnut halves*
- *Half of a Granny Smith apple*
- *1 celery stalk*
- *1 small fresh truffle (or 1 tablespoon of grated truffle from a jar)*
- *10 thin slices of cured ham (Serrano or Prosciutto)*
- *1 pinch of fine salt and freshly ground black pepper*

1. Drain the ricotta: the day before, place the whole ricotta in a fine sieve placed over a bowl. Cover with a cling film and put in the refrigerator overnight.
2. Prepare the ingredients: shred the cooked chicken breasts into rough pieces of about 1 to 2 cm. Cut the Granny Smith apple into small cubes without removing the skin. Dice 1 celery into fine brunoise. Roughly crush the walnut halves. Place everything in a large salad bowl.
3. Dissolve the gelatine: soak 2 gelatine sheets in a bowl of cold water for 5 min. Squeeze them in between your fingers, melt them in 2 tablespoons of very hot water (not boiling). Mix until they are completely melted and let them cool down.
4. Prepare the binding sauce: in a bowl, whisk together ricotta, whole-grain mustard, the juice and zest of one lemon. Drizzle the olive oil, while still whisking. While still mixing, stir in in the warm gelatine. Grate 1 small fresh truffle straight into the sauce for it to flavour the whole preparation. Season lightly and generously add pepper.
5. Assemble the filling: pour the binding sauce into the mixing bowl containing the chicken, walnuts, apple and celery. Mix thoroughly with a spatula, until each piece is well coated. Line a cake mould with cling film, letting plenty hanging over the edges. Place 10 thin slices of cured ham, letting them slightly overlapping in two layers -- the base first, then the sides, hanging over, so as to seal it. Do not leave any gap.
6. Pour over the filling in the lined mould in 3 successive stages, by firmly pressing down with the back of a spoon after each stage. Fold the slices of ham over to seal the log. Wrap the cling film tightly. Place a weight to press the terrine. Refrigerate for a minimum of 6h.
7. Remove the weight and the cling film. Unmould the log. Using a sharp knife, cut into thick slices.

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

Goût à l'ancienne



Preparation: 10 min
Cooking: 10 min

one pot coquillettes-ham

with PDO huile d'olive de Nyons

Serves 4:

- *320 g coquillettes*
- *150 g good quality diced cooked ham*
- *800 ml of light chicken stock (or water + 1 stock cube)*
- *2 tbsp **PDO huile d'olive de Nyons***
- *40 g grated parmesan*
- *1 garlic clove, germ removed*
- *Freshly ground pepper and fleur de sel*

1. In a large saucepan, heat a little olive oil over a medium heat. Fry the garlic clove with the germ removed, without browning it.
2. Add the coquillettes straight into the saucepan, then pour in the warm light chicken stock. The stock should just cover the pastas. Bring to the boil, then cook over a medium heat, stirring regularly.
3. When the pastas are al dente and the stock nearly absorbed (there should still a little binding liquid), add the diced cooked ham. Combine and leave for the ham to heat up for 1 minute. Off heat, add the PDO huile d'olive de Nyons and the grated parmesan. Stirring vigorously -- the oil will emulsify with the starch, making a light and glossy sauce. Adjust with some stock if needed.
4. Serve immediately in soup plates. Finish with a twist of the pepper mill and some fleur de sel and a last drizzle of PDO olive oil.

Alternatives: add some fresh basil leaves or a handful of green peas towards the end of the cooking for a seasonal touch.

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.

Goût subtil



Preparation: 15 min
Cooking: 1h30 min

tuscan pork roast,

garlic, rosemary and PDO huile d'olive du Languedoc

Serves 6:

- *1.2 kg pork loin (on or off bone)*
- *4 cloves of garlic*
- *2 sprigs of fresh rosemary*
- *4 tbsp **PDO huile d'olive du Languedoc** (including 1 for finishing)*
- *1 tsp chilli*
- *Zest and juice of 1 organic lemon*
- *Camargue salt*
- *Freshly ground pepper*
- *100 ml dry white wine (optional)*

1. Preheat the oven to 180°C.
2. Make incisions in the skin of the roast in a criss-cross pattern. Crush the garlic cloves and insert them into the incisions along with rosemary leaves.
3. Brush the roast with 3 tbsp olive oil, drizzle with lemon juice, then sprinkle with lemon zest, chilli, salt and pepper.
4. Place the roast in an ovenproof dish, add the white wine if using it, and roast for 90 min, basting regularly with its own juices.
5. Let it rest for 10 minutes under a sheet of aluminium foil before carving.
6. Drizzle with olive oil and cooking juices before serving with fries.

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.

Goût subtil



Preparation: 30 min
Cooking: 5 min
Resting time: 3h

dark chocolate truffle

with almond and PDO huile d'olive de Nice

For 20 truffles:

- *200 g dark chocolate*
- *250 ml double cream*
- *10 cl **PDO huile d'olive de Nice***
- *40 g crushed almonds*

Coating:
- *Unsweetened cocoa powder*
- *Toasted crushed almonds*

1. Chop the chocolate.
2. Bring the cream to a simmer. Pour the hot cream on the chocolate and stir until a smooth ganache is obtained. Stir in the PDO huile d'olive de Nice and the crushed almonds.
3. Store in the refrigerator for 3 hours.
4. Toast the crushed almond in a pan.
5. Using a spoon, scoop out balls. Roll them in the cocoa or the toasted almond powder.

An even more delicious version : place a whole toasted almond or a small dry apricot in the middle of each truffle.

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.

Goût subtil



Preparation: 5 min
Cooking: 15 min

hazelnuts chocolate granola,
and PDO huile d'olive d'Aix-en-Provence - olives maturées

For 500g:

- *200 g rolled oats*
- *100 g whole hazelnuts*
- *3 tbsp **PDO huile d'olive d'Aix-en-Provence – olives maturées***
- *3 tbsp honey*
- *1 tsp vanilla extract*
- *50 g dark chocolate chips (min. 70%)*
- *1 pinch of fleur de sel*

1. Preheat the oven to 160°C.
   Mix the rolled oats and the roughly chopped hazelnuts in a mixing bowl.
2. Combine the olive oil with the honey and vanilla. Pour over the dry mixture.
3. Spread it out on a baking tray and bake for 10 - 15 minutes, while keeping an eye on it (be mindful that hazelnuts burn quickly)
4. Out of the oven, add the chocolate chips and the fleur de sel. Leave to cool down before breaking it into pieces.
5. To taste for your breakfast or as a dessert with an icecream and fresh fruits.

Tip and advice : store the granola 2-3 weeks in an airtight jar. For a crunchy granola, let it completely cool before touching it.

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.

Goût à l'ancienne



burnt basque cheesecake

with PDO huile d'olive de Nyons

Preparation: 15 min
Cooking: 45 min
Cooling: 6h

Serves 8:

- *900 g of soft cream cheese such as Philadelphia (or a mixture of soft cream cheese and drained cottage cheese for a lighter version)*
- *200 g soft brown sugar*
- *4 eggs (at room temperature)*
- *200 ml creme fraiche (30% fat)*
- *30 ml **PDO huile d'olive de Nyons** + 1 tbsp*
- *30 g flour (or cornflour for a gluten-free version)*
- *1 tsp vanilla extract*
- *1 pinch of salt*

For the coulis:

- *300 g raspberries*
- *2 tbsp icing sugar*

1. Preheat the oven to 220°C (convection heat if possible). Line the tin with 2 strips of baking paper crossed over in the middle, leaving the edges protruding - this will make it easier to get the cheesecake out of the tin later. Do not grease the tin: this is essential in order to obtain the "burnt" effect at the edges.
2. In a large bowl, whisk the cream cheese and sugar together, until the mixture is smooth and even. Add one egg at a time, mixing well after each addition. Stir in the creme fraiche, olive oil, vanilla, salt, and flour. Mix together until the batter is perfectly smooth without lumps. Pour the mixture into the lined tin.
3. Bake immediately at 220°C for 40 to 50 minutes. The cheesecake should rise and take on a dark golden colour, almost black on top. It should jiggle slightly in the centre when you take it out of the oven (Tip: do not open oven door during cooking or you will lose the rise). Allow to cool to room temperature, for at least 2 hours. The centre will dip slightly - this is normal! Chill in the refrigerator for at least 4 hours (preferably overnight) before taking it out of the tin.
4. Prepare the coulis by placing raspberries in a saucepan with the sugar and the tablespoon of olive oil. Leave to simmer on low heat for 30 minutes.
5. Run a knife blade around the edges if necessary, then lift the cheesecake out carefully using the baking paper strips. Serve at room temperature or slightly chilled, with raspberry compote, fresh berries or a drizzle of honey.

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.

Goût subtil



a refined strawberry tart

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

Preparation: 30 min
Cooking: 40 min
Resting time: 1h30

Serves 6:

For the pastry:
- *2 egg yolks*
- *80 g sugar*
- *1 sachet baking powder*
- *1/4 teaspoon vanilla powder*
- *50 g soft butter*
- *70 g **PDO huile d'olive d'Aix-en-Provence** l*
- *190 g flour*

For the crushed olives:
- *50 g **PDO olives noires de Nyons (black olives)***
- *20 g almonds*

For the crème pâtissière:
- *400 g milk*
- *3 egg yolks*
- *150 g sugar*
- *1 vanilla pod*
- *18 g **PDO huile d'olive de Nyons***
- *50 g cornflour*

- *125g strawberries*

1. Prepare the crushed olives: rinse the olives with clean water several times, pit them and slice them into rings. Place the olives on a baking tray lined with baking paper and bake for 15 to 20 min at 180°C. 3 to 4 min before the end of the baking time, add the roughly chopped almonds. Leave to cool down, then blend the whole so as to get a coarse powder.
2. Prepare the shortcrust pastry: whisk the egg yolks with the sugar in a large bowl until the mixture whitens.Add the butter and the olive oil and mix until a smooth mixture is obtained, then add the flour, vanilla powder, baking powder and salt. Mix so as to form a smooth pastry. Wrap it in cling film and store it in the fridge for 1h.
3. Preheat the oven to 180°C. Roll out the pastry between 2 baking paper sheets. Cut out using a tart ring, prick with a fork, weigh down with baking beans, then bake for 15 min. Let it cool down.
4. Prepare the crème pâtissière: split the vanilla pod in two, lengthways, scrape it and put both the vanilla and the pod in the milk. In a saucepan, bring the milk to the boil, with half of the sugar. In a mixing bowl, mix the egg yolks with the remaining sugar and the cornflour. Mix them well. When the milk boils, remove the vanilla pod and pour part of it in the mixing bowl, mix thoroughly and pour back the whole mixture in the saucepan. Bring back to the boil while stirring constantly with a whisk. Once the cream has thickened, add the olive oil. Whisk again. Pour the cream in another mixing bowl, cover with a cling film and store in the fridge.
5. Wash and hull the strawberries, then cut them in half. Put the crème pâtissière in a piping bag, then pipe large dots on the tart. Arrange the strawberries on top, finish by sprinkling over the crushed olives/ almonds.

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.

Goût Intense



Preparation: 20 min
Cooking: 50 min

cherry, lemon, almond clafoutis
with PDO huile d'olive de la Vallée des Baux-de-Provence

Serves 8:

- *140 g caster sugar*
- *35 g acacia or blossom honey*
- *Zest of 2 untreated lemons*
- *1 pinch of salt*
- *60 g cornflour*
- *10 g flour*
- *80 g almond powder*
- *3 eggs*
- *2 egg yolks*
- *300 ml whole milk*
- *250 ml double cream*
- *50 ml **PDO huile d'olive de la Vallée des Baux-de-Provence***
- *500 g cherries*
- *1 tbsp kirsch or amaretto (optional)*
- *A few flaked almonds*

To finish:

- *Icing sugar*
- *A few drops of olive oil*
- *The zest of a fresh lemon*

1. Wash the cherries and leave them whole. Combine them with the honey, kirsch (optional), the zest of half a lemon and 2 tablespoons of olive oil. Leave to macerate for 20 minutes.
2. Preheat the oven to 170°C.
   In a mixing bowl, combine the sugar, lemon zest and salt, then add the cornflour, flour and almond powder. Add in the eggs and the yolks. Stir in gradually the milk, cream, then drizzle in the olive oil as if making an emulsion. The mixture must be perfectly smooth.
3. Lightly grease the mould with some olive oil, then sprinkle very lightly with brown sugar. Pour the mixture on the cherries which have been placed at the bottom of the plate earlier. Scatter the top with a few flaked almonds.
4. Bake for 50 to 55 minutes. The centre must be slightly shaky.
5. Leave to cool down completely. Just before serving, sprinkle very lightly with icing sugar, add some fresh lemon zest and finish off with some drops of extra virgin olive oil.

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.

Goût Intense

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