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EUROPE



# What a wonderful taste!

European Extra Virgin Olive Oil,  
a real marvel to discover



*Special content:  
6 original signature recipes  
by Chef William Lo*



CAMPAIGN FINANCED  
WITH AID FROM  
THE EUROPEAN UNION





## A THOUSAND WAYS TO ADD FLAVOUR

It is surprising what you can do in the kitchen and at the table with this extraordinary food product.

Its purity, its excellent nutritional qualities, and the pleasure of tasting it all have no equal. In the kitchen and at the table it is truly a wonder. Everything acquires more flavour and your life becomes richer in well-being.

European Extra Virgin Olive Oil offers you the utmost refinement with the maximum simplicity. This is its inimitable secret.

In this recipe book you will find, for example, 6 gastronomic creations of unparalleled taste thanks to the special contribution of Extra Virgin Olive Oil. The recipes have never been published before and share the skills and knowledge of Chef William Lo, who has been able to unite and bring together cultures, including gastronomic cultures, that are so different thanks to an ingredient like Extra Virgin Olive Oil.

Everyone can agree on the taste of Extra Virgin Olive Oil, that it harmonises with flavours, on the quality of its raw ingredients and that it pairs so well with any ingredient, be it vegetables, fish, meat or anything else.

Put it to work for you! Surprise your friends, family and those you love.

More flavour in your life with European Extra Virgin Olive Oil!



## MORE HARMONY, MORE WELL-BEING

European Extra Virgin Olive Oil harmoniously brings together benefits that are difficult to find in any other single food.

It regulates blood cholesterol levels and facilitates digestion. It is rich in vitamins and helps childhood development. Its high levels of oleic acid play an important role in preventing cardiovascular disease.

Nobody takes care of you better than Extra Virgin Olive Oil.



### Biography Chef William Lo

*Executive Chef of Bel Air,  
Grand Hyatt Taipei*

*Born in 1983, Taiwan. From 2010 till now Chef Lo works for Grand Hyatt Taipei-Bel Air Restaurant. Successfully served as the youngest executive chef in 10 years.*

*During his staying in Grand Hyatt Taipei, Chef Lo's brilliant cooking art has been frequently interviewed by the News Paper, TV shows, Magazines. Also attracts a lot of famous celebrities and political, such as the famous Hong Kong actor Mr. Jackie Chan, the founder of TSMC Dr. Morris Chang. Chef Lo was awarded the National Catering and Elite Competition.*

*The Chef guest of the Taiwan food festival.*

*The lecturer of the Taiwan universities.*

## THE GRAND PROTAGONIST OF A UNIQUE LIFESTYLE

European Extra Virgin Olive Oil is not only a pleasure of the taste buds or an unparalleled aroma, but it is also an expression of a lifestyle of well-being and nature. Perfect in its absolute simplicity and always present in the Mediterranean diet, European Extra Virgin Olive Oil nourishes and protects your body and is good for people of all ages. Get used to using it all the time, in those special moments and when you have a great number of guests.



# SUGARCANE SMOKED TEA GOOSE

## Ingredients

200g goose breast, 1 sugar cane, 7g Taiwan tea, 1/3 white radish, 50cc Extra Virgin Olive Oil, 300cc water / broth, 120g sugar, 120cc vinegar, 1 teaspoon salt and pepper, small amount of chives

1. Put the goose breast in a bowl, sprinkle with tea leaves, add Extra Virgin Olive Oil 15cc, a little bit of salt and pepper, and marinate for one night (12 hours).
2. Put the diced white radish and the tea leaves into a pot. Add water / broth, cook for 40 minutes, season with salt.
3. Pour a small amount of Extra Virgin Olive Oil in a pan, pan-fry the marinated goose breasts at middle heat. Start with the skinned side for 5 minutes, until it becomes crispy, turn it over and pan-fry for 30 seconds.
4. Chop the sugar cane in half, put the pan-fried goose breasts on it. Preheat the oven at 210 degrees, roast for 5 minutes. Take out and let it rest for 3 minutes, then put it back into the oven, roast for another 2 minutes, take it out and set aside.
5. Take another pan, add vinegar and sugar, cook on low heat for about 2 minutes, until it thickens.
6. In a big bowl, add 2 tablespoons of broth as described in step two, 3 tablespoons of sauce as describe in step five. Add Extra Virgin Olive Oil, mix well to make a flavour sauce.
7. Presentation: slice the goose breast and place it in a plate and add the flavour sauce as from step six. Decorate with roasted sugar cane, diced white radish, and sprinkle with chives. Now the dish is ready to be served.

# SQUID CELERY

## Ingredients

1 squid, 60g celery, 20g spinach, 1/4 red pepper and 1/4 yellow pepper, 1 small cherry radish, 80cc Extra Virgin Olive Oil, 2 garlic cloves, 10g tender ginger, 3 leaves of basil, 40cc water / broth, 1 teaspoon salt, white wine

1. Wash and clean the ingredients: clean the squid and remove the head. Wash and dice celery, yellow pepper and red pepper, shred the cherry radish. Slice one garlic clove, and mince the other garlic clove, shred half of the tender ginger, and mince the other half.
2. Put squid, basil, sliced garlic and shredded tender ginger into a bowl, then pour 20cc of Extra Virgin Olive Oil and a little bit salt, marinate for 20 minutes.
3. Pour a small quantity of Extra Virgin Olive Oil in a pan. Add celery, red pepper, yellow pepper, stir-fry at low temperature for 3-5 minutes, season with minced ginger and garlic, add a bit of salt.
4. Making of the celery paste: Pour the Extra Virgin Olive Oil into a pan. Add celery, spinach, minced ginger and stir-fry for 3-5 minutes. Add a sip of white wine, then add water / broth and cook for 2 minutes. Put the cooked soup into the smash machine, slowly add 60cc of Extra Virgin Olive Oil to make the paste.
5. Fill the squid with the ingredients from step 3. Pour Extra Virgin Olive Oil in a pan, and stir-fry the squid at low temperature for 5 minutes.
6. Presentation: pour the celery paste in a soup plate, then put the fried squid on top. Decorate with shredded tender ginger and cherry radish, add a few drops of Extra Virgin Olive Oil, and the dish is ready to be served.



# CONFIT SPICES PRAWN

## Ingredients

1 big tiger prawn, 2 cherry tomatoes, 1/2 lime, 1 teaspoon of garlic powder, black pepper powder, white pepper powder, chili powder and salt, 10g Litsea, 20g tomato paste, 8g dill, 400cc Extra Virgin Olive Oil

1. Clean the prawn, cut the back and deveining, remove the shells and heads.
2. Cut cherry tomatoes in half, drop Extra Virgin Olive Oil, season with a little bit of salt. Put into the oven, preheat at 170 degrees and bake for 8 minutes.
3. Make 3 different kinds of flavoured olive oil:
  - \* Pour a small amount of Extra Virgin Olive Oil in a pan. Add prawn head and shell, tomato paste, chili powder and a bit of salt, stir-fry for 5 minutes at low heat. Then add 50cc of Extra Virgin Olive Oil to mix, make an orange-red flavoured olive oil.
  - \* Boil the dill for 1 minute then take it out of the water. Put it in a bowl, add white pepper powder, a bit of salt, Extra Virgin Olive Oil 50cc, mix well to make a grass-green flavoured olive oil.
  - \* Put Litsea, garlic powder, white pepper powder, black pepper powder and a little bit of salt into a small bowl, add 50cc of Extra Virgin Olive Oil and mix well to make a spice-flavoured olive oil.
4. Put the prawn, sliced lime, and Litsea into a pan. Pour Extra Virgin Olive Oil until it covers the prawn, and cook the prawn in the olive oil with low heat for about 7 minutes.
5. Presentation: put the big tiger prawn on the plate. Add three different flavour olive oils on it. Decorate with the roasted cherry tomatoes, a pinch of dill and Litsea, the delicious and colorful dish is ready to be served.



# BRAISED SEAFOOD TOFU POT

## Ingredients

60g carrot, 40g tofu, 20g crab meat, 3 mussels, 20g asparagus, 20g mushrooms, 55cc Extra Virgin Olive Oil, 200cc water / broth, 1 egg, 1 teaspoon salt and pepper, white wine

1. Wash and clean the ingredients, cut the tofu and the asparagus into small pieces, and tear the mushrooms into strips.
2. Put the crab meat into a bowl, pour 15cc of Extra Virgin Olive Oil, add a little bit of salt, and mix carefully.
3. Boil the mussels and the crab meat for about 2 minutes, remove and set aside.
4. Making of the braised soup: shred the carrot and put it into a pan. Add 40cc of Extra Virgin Olive Oil, stir fry for 3 minutes. Add a sip of white wine and then add water / broth, cook for 8 minutes until it becomes a thick red broth. Add an egg and stir it to the "egg drop", season with salt and pepper.
5. Pour a small amount of Extra Virgin Olive Oil in a pan. First add tofu, pan-fry until it gets a golden brown surface, then add asparagus and mushrooms, stir-fry at low temperature for 3 minutes, season with salt.
6. Presentation: put all the cooked ingredients in a soup plate, then slowly pour the braised soup into the plate. Add some drops of olive oil to enhance the flavour and the dish is ready to be served.





# STUFFED LOOFAH

## Ingredients

1 loofah, 180g minced pork meat, 40g bamboo shoots, 20g bok choy, 2 salted egg yolks, 15g green onion, 10g potato starch, 1 teaspoon salt, 180cc water / broth, 50cc Extra Virgin Olive Oil

1. Wash all the ingredients. Dice the bamboo shoots and chop the green onion.
2. Put the minced pork meat and the bamboo shoots into a bowl. Add a little bit of green onion, potato starch, salt and Extra Virgin Olive 10cc, mix evenly.
3. Peel and slice the loofah to 3cm, remove the middle part. Sprinkle a little bit of potato starch before filling the loofah slices with the seasoned minced pork meat.
4. Pour 15cc of Extra Virgin Olive Oil on the ceramic plate, place the stuffed loofah slices, add water to the pan and steam cook for 8-10 minutes.
5. Take another pot. Add broth, bok choy, green onions, cook for 1 minute, season with a little bit of salt. Then add the potato starch water to make a thick soup. Finally add some Extra Virgin Olive Oil to enhance the flavour.
6. Presentation: place the stuffed loofah slices on a plate. Decorate with salted egg yolk on top, and slowly pour the broth into the plate, now the dish is ready to be served.

# SWEET AND SOUR FISH

## Ingredients

1 slice of sea bass fillet, 15g pineapple, 15g red pepper and yellow pepper, 15g snap peas, 70cc Extra Virgin Olive Oil, 40cc white vinegar, 50g tomato paste, 1 plum, 25g sugar, small amount of potato starch, 1 Miyagawa, salt and pepper

1. Clean the sea bass fillet, remove the fish skin. In a bowl, put the fillet and add Extra Virgin Olive Oil 15cc, potato starch, salt and pepper, mix evenly.
2. Pour the small amount of Extra Virgin Olive Oil in a pan, add the seasoned sea bass fillet, pan-fry for 3 minutes at low heat.
3. In the same pan, add pineapples, red and yellow peppers, snap peas, stir fry for 1 minute. Then put in a heat-resistant bag, add 50cc of Extra Virgin Olive Oil, a bit of salt, then vacuum the bag, cook at low temperature for 10 minutes.
4. Making of the sweet and sour sauce: add tomato paste, white vinegar, plum, sugar, lemon juice, a small amount of Extra Virgin Olive Oil in a pan, mix and cook for 3 minutes.
5. Presentation: add the sweet and sour sauce from step 4 on the plate, place the pan-fried sea bass fillet. Decorate with the cooked pineapple, red and yellow pepper, snap peas. The sweet and sour fish is now ready to be served.







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