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**Special content:
10 EXCLUSIVE
RECIPES CREATED
BY STAR CHEF
ISIDE DE CESARE**



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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, 8 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 Yoshinaga JINBO, 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.

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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.



ISIDE DE CESARE

Iside De Cesare is a multifaceted chef who combines two souls: one sweet and one savoury. Her bon-ton-style dishes, with their simple but effective lines, conquer the most discerning palates. This is also thanks to her great mentors: from the first teachers – Agata Parisella, Heinz Beck, Salvatore Tassa, Gianfranco Bolognesi, Marco Cavallucci – to internationally renowned pastry chef Gino Fabbri, they all left her a legacy of genuine love for good food, which Iside complements with local produce of the highest quality, always attentive to seasonal availability. The experience she gained in prestigious restaurants earned her a first Michelin star in 2020 with the restaurant La Parolina (Acquapendente, Viterbo), where she is both Chef De Cuisine and owner.





SALAD OF PUNTARELLE, ANCHOVIES, BURRATA AND BREAD LEAF WITH EXTRA-VIRGIN OLIVE OIL AND SESAME

INGREDIENTS:

<i>Puntarelle</i>	<i>gr 50</i>
<i>Burrata</i>	<i>gr 300</i>
<i>Acciughe</i>	<i>n. 4</i>
<i>Bread leaves</i>	<i>n. 2</i>
<i>Lemon</i>	<i>to taste</i>
<i>Extra virgin olive oil</i>	<i>to taste</i>
<i>Salt and pepper</i>	<i>to taste</i>
<i>Sesame</i>	<i>to taste</i>

PREPARATION:

1. Dress the puntarelle with an emulsion of evo oil and lemon.
2. Toast the bread slices with Extra Virgin Olive Oil in the oven at 150 degrees for a few minutes, letting them brown.
3. Toast the sesame in a pan.
4. Take the burrata and fray it.
5. Compose the dish putting the burrata on the base, then the bread sheets, the anchovies in oil and the puntarelle.

TAGLIATELLE WITH CHICKEN RAGOUT AND ROSEMARY OIL

INGREDIENTS FOR THE PASTA:

Egg Tagliatelle gr 250

INGREDIENTS FOR THE CHICKEN RAGOUT:

Chanterelle n. 1

Celery 2 ribs

Carrot n. 2

Onion n. 2

White wine ½ glass

Rosemary 3 sprigs

Sage n. 1 twig

Laurel n. 2 leaves

Fennel flower to taste

Extra virgin olive oil to taste

Salt and pepper to taste

INGREDIENTS FOR THE DRESSING:

Rosemary oil to taste

Salt and pepper to taste

Grated Parmesan cheese to taste

PREPARATION:

1. Cook the chicken in a 130 degree oven for about 1h and 45 minutes with a vegetable base of celery, carrot, onion and white wine.
2. Raise the oven to 200 degrees for 10 minutes to brown.
3. Strip the chanterelle and cut with a knife.
4. Prepare the chopped celery, carrot and onion.
5. Pour the extra-virgin olive oil, celery, carrot and onion into a pan, add the cockerel and pour in the cooking liquid.
6. Add water, bay leaf, rosemary, sage and fennel blossoms, then cook, heat 100 grams of Extra Virgin Olive Oil to 60 degrees with 2 sprigs of rosemary and season with salt and pepper.
7. Cook the pasta in plenty of salted water, toss it in the cockerel ragout and finish by adding the rosemary oil and grated Parmesan cheese.



CHICKPEA SOUP, LENTILS SAUTEED IN OIL AND PUFFED PASTA

INGREDIENTS FOR THE PUFF PASTRY:

Tubed dough (see Ave Maria dough)
Water
Salt

gr 500
to taste
to taste

PREPARATION:

1. Cook the pasta in plenty of salted water for about 35 minutes.
2. Bake at 70 °C for about 3 hours.

INGREDIENTS FOR THE SOUP :

Soaked chickpeas
Onion
Celery
Carrot
Bacon
Laurel
Vegetable broth
Pasta for frying
Extra virgin olive oil
Salt
Chilli pepper

gr 200
n. ½
n. 1 rib
n. ½
n. 1 slice
n. 2 leaves
to taste
to taste
to taste
to taste
to taste.

PREPARATION:

1. Make a fund of celery, carrot, onion and guanciale. Pour in the chickpeas, add bay leaf and vegetable stock and allow to cook.
2. Remove some of the chickpeas, blend the rest of the mixture.
3. Fry the pasta.
4. Finish the dish by placing the chickpea cream (possibly diluted with vegetable broth), whole chickpeas, a drizzle of Extra Virgin Olive Oil with chilli and the puffed pasta.



ORECCHIETTE WITH BROCCOLETTI, EXTRA-VIRGIN OLIVE OIL AND ALGA NORI POWDER

INGREDIENTS FOR THE PASTA:

Remilled semolina
Warm water

gr 500
gr 240

INGREDIENTS FOR SEASONING:

Nori seaweed powder

to taste

INGREDIENTS FOR THE SAUCE:

Broccoletti
Garlic
Anchovies in oil
Chilli pepper
Extra virgin olive oil
Salt

kg 2
to taste
to taste
to taste
to taste

PREPARATION:

1. Knead the dough, let it rest and form the orecchiette.
2. Prepare the sauce with Extra Virgin Olive Oil, garlic, chilli pepper and anchovies and add the washed and blanched broccoli.
3. Blend everything adding the Extra Virgin Olive Oil.
4. Cook the pasta and toss with the cream, finishing with a sprinkling of nori seaweed.





ARTICHOKE RISOTTO WHIPPED WITH OIL AND SOY SAUCE REDUCTION

INGREDIENTS:

<i>Superfine rice</i>	<i>gr 300</i>
<i>Vegetable broth</i>	<i>to taste</i>
<i>Artichokes</i>	<i>n. 2</i>
<i>White wine</i>	<i>½ glass</i>
<i>Soy sauce</i>	<i>to taste</i>
<i>Extra virgin olive oil</i>	<i>q.b.</i>
<i>Parmesan cheese</i>	<i>gr 50</i>
<i>Salt</i>	<i>to taste</i>

PREPARATION:

1. Put the Extra Virgin Olive Oil in a pot and add the cut artichokes.
2. Add the rice, let it toast for a few minutes and deglaze with white wine.
3. Once the wine has evaporated, add the soy sauce reduction and hot broth to cover the rice. Allow to simmer and add liquid as needed, but do not overdo it.
4. Continue stirring until cooked through, let stand a few minutes covered.
5. Mantecare all'onda (movement that literally creates a wave of risotto) with Extra Virgin Olive Oil and grated Parmesan cheese.
6. Serve on a flat plate and finish with herbs and liquorice powder.

PUMPKIN CHESTNUTS AND SALTED RICOTTA TORTELLI

INGREDIENTS FOR THE TORTELLI:

<i>Flour 00</i>	<i>gr 400</i>
<i>Semolina</i>	<i>gr 100</i>
<i>Eggs</i>	<i>n. 3</i>
<i>Yolks</i>	<i>gr 160</i>

INGREDIENTS FOR THE PUMPKIN FILLING:

<i>Pumpkin pulp</i>	<i>gr 500</i>
<i>Marjoram</i>	<i>n. 1 twig</i>
<i>Salt and pepper</i>	<i>to taste</i>
<i>Extra Virgin Olive Oil</i>	<i>to taste</i>
<i>Steamed chestnuts</i>	<i>to taste</i>
<i>Salted Ricotta cheese</i>	<i>gr 150</i>

PREPARATION:

1. Mix flours, beat eggs with yolks, knead and let stand.
2. In the meantime, bake the pumpkin at 180°C in the oven for about 40 minutes/1 hour (check until cooked, i.e. until it is soft inside), blend it with the marjoram and the Extra Virgin Olive Oil, add salt and pepper to taste.
3. Form the tortelli (in this case in the shape of plin) and cook them in plenty of salted water.
4. Sauté them with Extra Virgin Olive Oil, chestnuts, salt and pepper.
5. Serve the tortelli with the pumpkin cream, chestnuts and salted ricotta on a plate.





PORK IN OIL COOKING, APPLES AND TERIYAKI SAUCE

INGREDIENTS:

Sirloin of pork
Mixed aromatic herbs
Apples
Sprouts
Extra virgin olive oil
Teriyaki sauce
Purple potato dust
Salt and pepper

gr 800
to taste
n. 2
gr 150
to taste
to taste
to taste
to taste

PREPARATION:

1. Clean the pork sirloin, remove the nervous parts, salt and pepper it and season it with aromatic herbs (rosemary, thyme, myrtle).
2. Cook it in a pot, covering it with Extra Virgin Olive Oil at 80 degrees for 45 minutes.
3. Drain it from the oil and let it rest.
4. Cut thick slices, brown it in a non-stick pan on all sides with fennel blossoms.
5. Dice the apples, season with lemon, Extra Virgin Olive Oil and salt.
6. Peel the sprouts and blanch them in lightly salted water.
7. Plate with pork brushed with teriyaki sauce, lay apples on top, garnish with blanched cabbage leaves, oil and purple potato powder.



MILLEFEUILLE OF SAVOY CABBAGE PARMESAN WAFFLES

INGREDIENTS:

<i>Savoy cabbage</i>	<i>n. 1</i>
<i>Mantuan pumpkin</i>	<i>n. ½</i>
<i>Red onion</i>	<i>n. 1</i>
<i>Parmesan cheese</i>	<i>gr 100</i>
<i>Wine vinegar</i>	<i>to taste</i>
<i>Mayonnaise</i>	<i>to taste</i>
<i>Extra virgin olive oil</i>	<i>to taste</i>
<i>Salt and pepper</i>	<i>to taste</i>

PREPARATION:

1. Clean the savoy cabbage into leaves.
2. In a baking dish, drizzle Extra Virgin Olive Oil over the cabbage leaves, interspersing with oil and a pinch of salt and pepper.
3. Bake the savoy cabbage with a weight at 130 degrees for 1 hour in the oven, once tender remove from heat and allow to cool.
4. In the meantime, peel and julienne the red onion, blanch in water lightly acidulated with vinegar and salt.
5. Clean the pumpkin and cut it into thin slices, season with salt, vinegar, pepper and extra-virgin olive oil.
6. Prepare the mayonnaise by mixing the egg yolk, salt, vinegar and lemon and adding the oil in a thin stream using a whisk, adjusting the salt if necessary.
7. Take some grated Parmesan cheese, prepare a wafer in the microwave by cooking it on medium power until crispy or in a non-stick pan.
8. Compose the dish by heating the pumpkin millefeuille in a non-stick pan, lay the crispy parmesan wafer on top and garnish with the onion, pumpkin and Extra Virgin Olive Oil mayonnaise.

LAMB POTATOES, JERUSALEM ARTICHOKES AND SOYBEAN

INGREDIENTS:

<i>Shoulder of lamb</i>	<i>n. 1</i>
<i>Celery</i>	<i>n. 2 ribs</i>
<i>Carrot</i>	<i>n. 1</i>
<i>Onion</i>	<i>n. 1</i>
<i>Red wine</i>	<i>½ glass</i>
<i>Potatoes</i>	<i>n. 2</i>
<i>Jerusalem artichokes</i>	<i>n. 4</i>
<i>Radicchio</i>	<i>to taste</i>
<i>Fennel flower</i>	<i>to taste.</i>
<i>Extra virgin olive oil</i>	<i>to taste</i>
<i>Soy sauce</i>	<i>to taste</i>
<i>Laurel</i>	<i>n. 1 leaf</i>
<i>Lemon</i>	<i>to taste</i>
<i>Salt and pepper</i>	<i>to taste</i>

PREPARATION:

1. Take a lamb shoulder, debone it and season it with salt, pepper, minced garlic, lemon peel and roll it up, close it with pork net and brown it gently in a pan on all sides.
2. Salt lightly on the outside, add celery, carrot and onion along with a bay leaf, allow to brown and deglaze with red wine, once evaporated cook for another 35 minutes.
3. Peel the potatoes and cut them into cubes, brown them in Extra Virgin Olive Oil and season with fennel flowers. Once golden, drain and salt them.
4. Blanch the Jerusalem artichokes after washing them and cutting them into pieces, then brown them.
5. Take the shoulder of lamb, cut a thick slice and brown it in a pan with Extra Virgin Olive Oil, decorate the dish by laying the lamb on the bottom, place the potatoes near the meat and accompany with radicchio dressed with oil, soy sauce, salt and pepper.



COOKIES WITH EXTRA-VIRGIN OLIVE OIL, COCOA AND VANILLA CREAM

INGREDIENTS FOR THE COOKIES:

<i>Flour</i>	<i>gr 300</i>
<i>Pecola</i>	<i>gr 30</i>
<i>Cocoa</i>	<i>gr 30</i>
<i>Sugar</i>	<i>gr 135</i>
<i>Baking powder</i>	<i>gr 10</i>
<i>White wine</i>	<i>gr 120</i>
<i>Extra virgin olive oil</i>	<i>gr 110</i>

PREPARATION:

1. Sift powders (semolina, cocoa, flour and baking powder).
2. Dissolve the sugar in the wine, add the Extra Virgin Olive Oil and sprinkle in all the powders.
3. Let rest, shape and bake in oven at 170 degrees until cooked and crispy.

INGREDIENTS FOR THE CREAM:

<i>Milk</i>	<i>gr 400</i>
<i>Cream</i>	<i>gr 350</i>
<i>Sugar</i>	<i>gr 100</i>
<i>Egg Yolk</i>	<i>gr 200</i>
<i>Cornstarch</i>	<i>gr 45</i>
<i>Vanilla sticks</i>	<i>to taste</i>

PREPARATION:

1. Heat milk and cream and remove from heat.
2. Mix sugar and starch separately and add egg yolks and vanilla, then pour in liquids slowly and return to heat.
3. Cook and allow to cool.





VEAL IN TUNA SAUCE WITH EXTRA VIRGIN OLIVE OIL, MAYONNAISE AND CAPERS

INGREDIENTS:

<i>Veal sirloin</i>	<i>gr 300</i>
<i>Fresh tuna</i>	<i>gr 300</i>
<i>Extra virgin olive oil</i>	<i>to taste</i>
<i>Soy sauce</i>	<i>to taste</i>
<i>Capers</i>	<i>to taste</i>
<i>Salt and pepper</i>	<i>to taste</i>

INGREDIENTS FOR THE MAYONNAISE:

<i>Egg Yolk</i>	<i>gr 20</i>
<i>Extra Virgin Olive Oil</i>	<i>gr 50</i>
<i>Soybean Oil</i>	<i>gr 50</i>
<i>White wine vinegar</i>	<i>to taste</i>
<i>Lemon juice</i>	<i>to taste</i>
<i>Salt</i>	<i>to taste</i>

PREPARATION:

1. Massage the meat with Extra Virgin Olive Oil, salt and pepper.
2. Cook at 80°C in a steam oven, keeping the core at 54°C, and then let cool.
3. Prepare the mayonnaise by putting the egg yolk, salt, vinegar and lemon and adding the oil in a trickle using a whisk, adjusting the salt if necessary.
4. Marinate the tuna, finely chopped, in Extra Virgin Olive Oil, salt and add a few drops of soy sauce.
5. Serve alternating the finely sliced veal with the tuna and finish by adding the capers and Extra Virgin Olive Oil mayonnaise.



PROSCIUTTO PECORINO CHEESE ARTICHOKES IN OIL FRIED EXFOLIATES

INGREDIENTS:

<i>Raw ham</i>	<i>gr 100</i>
<i>Artichokes</i>	<i>n. 10</i>
<i>Lemon</i>	<i>n. 1</i>
<i>Wine vinegar</i>	<i>gr 300</i>
<i>Water</i>	<i>gr 500</i>
<i>Salt and pepper</i>	<i>to taste</i>
<i>Orange</i>	<i>to taste</i>
<i>Spearmint</i>	<i>to taste</i>
<i>Extra virgin olive oil</i>	<i>to taste</i>

INGREDIENTS FOR THE PASTRY:

<i>Flour gr 100</i>	
<i>Water gr 50</i>	
<i>Sage</i>	<i>to taste</i>
<i>Salt</i>	<i>to taste</i>
<i>Oil for frying</i>	<i>as needed</i>

PREPARATION:

1. Clean artichokes, place in water and lemon.
2. Meanwhile, prepare water with vinegar and salt, boil and pour in artichokes.
3. Cook, drain.
4. Soak them in Extra Virgin Olive Oil flavored with mint, orange, salt and pepper.
5. Knead the dough, roll it out so that it becomes thin, put the sage leaves inside and fry.
6. Serve the sliced prosciutto with the drained artichokes and the fried pastry.

ARTICHOKE GIUDIA AND EGG CENTENARY

INGREDIENTS:

Artichokes

n. 2

Centennial eggs

n. 2

Extra Virgin Olive Oil

to taste

Salt

to taste

PREPARATION:

1. Clean the artichokes from the toughest outer leaves, remove the tip, cutting off about 2-3 cm and cut off the toughest part of the stem.
2. Fry them 2 times in Extra Virgin Olive Oil, leaving them golden brown on the outside and cooked inside upside down, letting them open to pink and then turn them on one side to allow also the stems to cook.
3. Add the salt.
4. Serve them with the accompanying centennial eggs, cut into slices.



SOUP OF LENTILS, CHESTNUTS AND TOASTED SESAME

INGREDIENTS:

<i>Lentils</i>	<i>gr 200</i>
<i>Onion</i>	<i>n. ½</i>
<i>Celery</i>	<i>1 rib</i>
<i>Carrot</i>	<i>n. ½</i>
<i>Bacon</i>	<i>1 slice</i>
<i>Laurel</i>	<i>2 leaves</i>
<i>Vegetable broth</i>	<i>to taste</i>
<i>Extra virgin olive oil</i>	<i>to taste</i>
<i>Chestnuts</i>	<i>gr 50</i>
<i>Sesame seeds</i>	<i>to taste</i>

PREPARATION:

1. Make a base of celery, carrot, onion and guanciale.
2. Pour in lentils, add bay leaf and vegetable stock and cook until lentils are cooked (soak in water for 30 minutes if necessary before cooking).
3. Bake the chestnuts in the oven at 180 degrees after carving or boil them, then clean them and toast the sesame in a pan.
4. Finish the dish by placing the soup, raw Extra Virgin Olive Oil and sesame.





RISOTTO SHRIMP, SAFFRON LEMON AND WASABI

INGREDIENTS:

<i>Superfine rice</i>	<i>gr 200</i>
<i>Saffron pistils infused</i>	<i>gr 0.25 approx.</i>
<i>Marinated ginger</i>	<i>to taste</i>
<i>Lemon</i>	<i>3</i>
<i>Extra virgin olive</i>	<i>oil to taste</i>
<i>Shrimps or prawns</i>	<i>n. 16</i>
<i>White wine</i>	<i>½ glass</i>
<i>Salt and pepper</i>	<i>to taste</i>
<i>Wasabi</i>	<i>to taste</i>

PREPARATION:

1. Pour Extra Virgin Olive Oil into a saucepan and heat.
2. Add rice and toast.
3. Deglaze with white wine.
4. Add marinated ginger and salt.
5. Wet with the vegetable stock, alternating with the saffron infusion liquid, bringing to a simmer.
6. Add the shrimp in pieces.
7. Add the grated lemon peel.
8. Season with salt and pepper.
9. Finally, add the Extra Virgin Olive Oil and stir off the heat, adding a little lemon juice, finish by adding the pan-seared shrimp and wasabi.

TORTELLI OF POTATOES, HERBS AND ONION WITH CAVIAR AND WASABI

INGREDIENTS FOR PASTA:

<i>Remilled semolina</i>	<i>gr 500</i>
<i>Egg Yolk</i>	<i>gr 420</i>
<i>Extra Virgin Olive Oil</i>	<i>gr 20</i>

INGREDIENTS FOR THE FILLING:

<i>Potatoes</i>	<i>kg 1</i>
<i>Red onions</i>	<i>n. 5</i>
<i>Thyme</i>	<i>2 twigs</i>
<i>Marjoram</i>	<i>n. 2 twigs</i>
<i>Extra virgin olive oil</i>	<i>to taste</i>
<i>Salt</i>	<i>to taste</i>

INGREDIENTS PER IL CONDIMENTO:

<i>Caviar</i>	<i>to taste</i>
<i>Extra Virgin Olive Oil</i>	<i>to taste</i>
<i>Salt and pepper</i>	<i>to taste</i>
<i>Wasabi</i>	<i>to taste</i>

PREPARATION:

1. To prepare the tortelli, mix the semolina with the egg yolks and 20 g of Extra Virgin Olive Oil and let it rest.
2. Cut the onions and stew them in plenty of oil with the herbs and salt.
3. Boil the potatoes, mash them, then add the evo oil with the onion and herbs.
4. Roll out the dough after letting it rest for 30 minutes, then put the filling and close the tortelli by folding the dough (in this case in the shape of plin).
5. Cook them in plenty of salted water until they come to the surface and toss them in Extra Virgin Olive Oil, salt and pepper.
6. Finish by adding the caviar and wasabi and decorate with sprouts.





SPAGHETTI AGLIO, OLIO E PEPERONCINO CON POLVERE DI ALGA NORI

INGREDIENTS FOR THE PASTA:

<i>Remilled semolina</i>	<i>gr 500</i>
<i>Egg Yolk</i>	<i>gr 420</i>
<i>Extra Virgin Olive Oil</i>	<i>gr 20</i>

INGREDIENT FOR THE SEASONING:

<i>Garlic</i>	<i>to taste</i>
<i>Chilli pepper</i>	<i>to taste</i>
<i>Bread</i>	<i>gr 50</i>
<i>Extra Virgin Olive Oil</i>	<i>to taste</i>
<i>Seaweed powder nori</i>	<i>to taste.</i>
<i>Sal</i>	<i>to taste</i>
<i>Parsley</i>	<i>to taste</i>

PREPARATION:

1. Knead all the pasta ingredients, let the dough rest, or start making spaghetti if you prefer fresh pasta.
2. Heat a little Extra Virgin Olive Oil, add the minced garlic with the parsley and chili pepper.
3. Cut the bread into small cubes and pan-fry with Extra Virgin Olive Oil.
4. Cook the pasta in plenty of salted water, leaving it al dente.
5. Drain the spaghetti and toss with garlic, oil and chilli pepper.
6. Place a sprinkling of nori seaweed and bread tossed in Extra Virgin Olive Oil on top of the spaghetti.



OIL COOKED CHICKEN, FENNEL, CITRUS AND TERIYAKI SAUCE

INGREDIENTS:

<i>Chicken</i>	<i>n. 1</i>
<i>Lemon</i>	<i>n. 1</i>
<i>Orange</i>	<i>n. 1</i>
<i>Wild fennel</i>	<i>to taste</i>
<i>Radicchio</i>	<i>n. 2</i>
<i>Extra virgin olive oil</i>	<i>to taste</i>
<i>Salt and pepper</i>	<i>to taste</i>

PREPARATION:

1. Rinse chicken, debone, dry and portion.
2. Season with lemon zest, fennel, salt and pepper and massage with olive oil.
3. Bake at 75 degrees in Extra Virgin Olive Oil for 1 hour.
4. In the meantime, cut the oranges raw, removing the peel and the white part.
5. Brown the chicken in a pan and serve it after brushing it with teriyaki sauce, accompanied by fresh radicchio and seasoned with salt and Extra Virgin Olive Oil.
6. Decorate with aromatic herbs.

EXTRACOTTO OF BEEF WITH OIL AND POLENTA

INGREDIENTS:

Cheek or priest's hat

gr 500

Celery

2 ribs

Carrot

n. 1

Onion

n. 1

Extra virgin olive oil

to taste

Red wine

½ glass

Laurel

2 leaves

Salt and pepper

to taste

Polenta

gr 100

Water

600 gr

PREPARATION:

1. Put the celery, carrot, onion, Extra Virgin Olive Oil and meat in a pan.
2. Deglaze with red wine and cover with water and bay leaf.
3. Add a little salt and cook covered in oven at 150 degrees. Check that it does not dry out too much.
4. Bring water to a boil and salt.
5. Add polenta.
6. Serve by placing the polenta on the bottom of the plate, the meat and the raw Extra Virgin Olive Oil.



FRAPPE

INGREDIENTS:

<i>Flour</i>	<i>gr 430</i>
<i>Eggs</i>	<i>gr 150</i>
<i>Extra Virgin Olive Oil</i>	<i>gr 23</i>
<i>Sugar</i>	<i>gr 45</i>
<i>Salt</i>	<i>gr 2</i>
<i>White wine</i>	<i>gr 22</i>
<i>Orange peel</i>	<i>to taste</i>

PREPARATION:

1. Mix the eggs, white wine and Extra Virgin Olive Oil together with the sugar, add the flour and process.
2. Roll out and fry quickly on both sides until golden brown.
3. Dust with powdered sugar.

CASTAGNOLE

INGREDIENTS:

<i>Flour</i>	<i>gr 250</i>
<i>Ricotta cheese</i>	<i>gr 100</i>
<i>Sugar</i>	<i>gr 80</i>
<i>Baking powder</i>	<i>gr 8</i>
<i>Eggs</i>	<i>gr 120</i>
<i>Milk</i>	<i>gr 50</i>
<i>Extra Virgin Olive Oil</i>	<i>gr 30</i>

PREPARATION:

1. Mix the flour with the baking powder.
2. Work the ricotta cheese with the sugar.
3. Add eggs, milk and Extra Virgin Olive Oil, then flour and fry, using two spoons.
4. Finish by dipping them in caster sugar.





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