



Extra virgin olive oil and olives

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THE PERFECT FOOD

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Tagliatelle stuffed with beef in olive oil

Ingredients

For the beef in olive oil

- 1/2 kg of beef;
- 2 cups extra virgin olive oil;
- 2 cups of water;
- 2 cloves of garlic;
- 2 carrots;
- 1 onion;
- 1 celery stalk;
- 3-4 anchovies.

For the tagliatelle

- 400 grams of plain flour;

- 4 whole eggs and + 1 egg yolk.

For the stuffing

- 250 grams ricotta cheese;
- 50 grams parmigiano reggiano cheese;
- white wine;
- 1 carrot;
- 1 celery stalk;
- 1 onion;
- extra virgin olive oil.



Preparation

Seal the beef in 2 tbsp extra virgin olive oil over a brisk heat, then add the roughly chopped onion, carrots, celery, garlic and anchovies.

Add the rest of the olive oil and the water, cover the pan, and simmer the beef gently for at least 2 hours until tender. Leave to cool.

In the meantime make a volcano-shaped pyramid with the flour and break 4 eggs into the hollow at the top. Knead the eggs into the flour until they are completely absorbed. Form a ball, cover with a damp tea towel and set aside to rest for 30 minutes. Roll out two long (approx. 30 cm), thin sheets of pasta.

Mince the cooked beef. Sauté the finely-chopped carrot, onion and celery gently for 10 minutes, raise the heat and add the minced beef. Cook for another 5 minutes, add the white wine, evaporate and add salt and pepper. Pulse the mixture in a food processor with the ricotta and parmigiano reggiano, add herbs as desired, and leave to cool.

Place the sheets of pasta on a pastry board and brush them with whisked egg yolk to seal the edges. Use a piping bag to pipe long strips of stuffing about a centimetre apart onto the pasta. Lay the other strip of pasta on top of the first, press gently to make sure no air remains trapped inside and cut into strips with a serrated edge pastry cutter, pinching the edges to seal as you go.

Cook the tagliatelle in boiling water with a drop of olive oil to stop the pasta sticking for a few minutes. Drain and toss in sage and butter. Serve in a spiral, add grated parmigiano reggiano and freshly-ground black pepper.

Tarte tatin with shallots and Taggiasca Olives

Ingredients

- 500 grams of shallots;
- 100 grams of black Taggiasca olives;
- 1 roll of puff pastry;
- 1 tablespoon brown sugar;
- 1 tablespoon balsamic vinegar;
- extra virgin olive oil;
- salt and pepper.



Preparation

Tarte tatin are versatile and unusual in both their sweet and savoury versions, perfect for buffets or as finger food. This is a savoury version, made not with the more common cherry tomato comfit, but with olives and shallots.

Peel the shallots, slice them in half lengthways, and sauté them on a medium heat with a spoonful of extra virgin olive oil, cut side up, in a metal oven pan for a few minutes and then sprinkle them with the brown sugar. Turn them over, add a spoonful of balsamic vinegar and lastly a handful of olives.

Cover the shallots and olives with puff pastry, trimming the edges. Bake in a pre/heated oven at 180°C for 20/25 minutes, or until the pastry is golden brown. Leave to cool for a few minutes and then turn tarte tatin out onto a serving dish.



Savoury cannoli stuffed with creamed salt cod on a bed of tomato coulis and olive powder

Ingredients

For the cannoli

- 300 grams of plain flour;
- 100 ml of cold water;
- 5 tablespoons extra virgin olive oil;
- 1 egg;
- salt.

For the stuffing

- 400 grams of salt cod;
- 250 ml of milk;

- 750 ml of water;
- extra virgin olive oil.

For the tomato coulis

- 3 ripe red tomatoes;
- A spoonful of extra virgin olive oil;
- salt and pepper.

For the powder

- handful of black olives.



Preparation

Stir together the flour with the extra virgin olive oil, the egg, salt and water. Knead and form a ball, cover and refrigerate for an hour. Roll the pastry out into a thin sheet, cut rounds with a pastry cutter and roll onto stencils for cannoli, pressing down the ends. Bake in a preheated oven at 200°C for 15 minutes. Remove from the oven and allow to cool.

Remove any skin and bones from the salted cod and simmer it in the milk and water for roughly 25 minutes. Cool for half an hour. Drain and purée with the extra virgin olive oil until you obtain a creamy, light

consistency. Add salt and pepper.

Wash the tomatoes and chop into small pieces; sauté with a drizzle of extra virgin olive oil until cooked. Pass the tomatoes through a food strainer to eliminate the skin and seeds, leaving only the juice.

Place the olives on a plate covered by a cup (so the oil cannot spurt) in the microwave oven and cook for 5 minutes at maximum power; this will dry the olives and make it easy to crush them into a powder, while still preserving all their flavour.

Now prepare your plates. Make a puddle of tomato coulis, then use a piping bag to stuff the cannoli with the salted cod mixture and place them on the coulis. Dust the rim of the plates with the olive powder.



Olive Rolls

Ingredients

- puff pastry;
- olive paste.



Preparation

Pit a generous handful of black olives and purée them, slowly drizzling a couple of spoonfuls of extra virgin olive oil into the mix until you obtain a thick cream. Layer the olive paste onto the puff pastry, roll the whole thing up and cut into individual rolls. Pre-heat the oven to 180°C and bake until golden brown.



Citrus oil mayonnaise

Ingredients

- 210 grams of extra virgin olive oil;
- 1 egg;
- 1 teaspoon of mustard;
- juice from half a lemon.



Preparation

Use 210 grams of extra virgin olive oil, choosing a light, scented variety, and refrigerate for half an hour. Place the olive oil, egg, mustard and lemon juice in a jug and emulsify with a hand blender. As soon as the ingredients begin to coat the sides of the jug move the blender up and down a couple of times to create a smooth cream.

Sponge cake with olive oil and cocoa

Ingredients

- 180 grams of sugar;
- 130 grams of milk;
- 120 grams of plain flour;
- 80 grams of fresh cream;
- 1 large egg;
- 75 grams of extra virgin olive oil;
- 45 grams of cocoa powder;
- 20 grams of mascarpone;
- 4 grams of baking powder;
- powdered sugar;
- flaked almonds.



Preparation

Beat the egg with the sugar and, separately, the cream with the mascarpone. Drizzle the extra virgin olive oil into the egg and sugar, beating as you go, and then add the cream and mascarpone. Lastly add the milk. Separately sift the flour with the baking powder and the cocoa, then beat them into the mixture.

Line a rectangular baking tin with dampened greaseproof paper (this helps it to shape better). Pour the mixture into the baking tin and bake at 160°C for 45 minutes. Make sure the sponge cake is cooked by sticking a wooden toothpick into it; if the toothpick comes out clean, the cake is ready. In the meantime toast the flaked almonds on a high heat. Decorate the sponge cake with the icing sugar and flaked almonds.





Fillet of cod in olive crust on fennel and orange salad

Ingredients

- 1 cod fillet;
- black olives;
- 2 tablespoons breadcrumbs;
- extra virgin olive oil;
- 1 fennel;
- 1 orange.

Preparation

Wash and dry the fillet. Blend a handful of black olives with extra virgin olive oil, adding the breadcrumbs gradually until you obtain a dense cream. Place the fillet on a baking sheet, sprinkle it with the olive mixture and grill at 180°C for about twenty minutes. Meanwhile, wash and finely sliced the fennel and orange and arrange them decoratively on a serving dish. Add oil, salt and pepper and place the grilled cod in olive crust in the centre of the dish.



Savoury Olive Madeleines

Ingredients

- For the Madeleine mixture**
- 100 grams of plain flour and 3 tablespoons baking powder;
 - 2 eggs;
 - 2 tablespoons extra virgin olive oil;
 - 20 grams of melted butter;
- For the olive cream**
- 2 tablespoons grated Parmesan cheese;
 - 4 tablespoons milk.
- For the olive cream**
- 100 grams of black olives;
 - 2 tablespoons of extra virgin olive oil.



Preparation

Mix the eggs in with the flour and then gradually add the melted butter, the Parmesan, the baking powder and the milk, plus a pinch of salt and pepper. Pit and purée the black olives, drizzling in the extra virgin olive oil until you obtain a dense cream. Add a few spoonfuls to the Madeleine mixture and then leave it covered with a damp tea towel in the fridge for half an hour.

Preheat the oven to 200°C, pour the mixture into a traditional scallop-shaped Madeleine mould and bake for 10/15 minutes until golden brown.

If you find the flavour of black olives rather overpowering in this recipe, try the milder flavour of a delicate variety of green olives, such as the Sicilian Nocellara del Belice variety, instead. Just chop them fairly finely and add the mixture instead of the black olive cream.



Ricotta and olive tartlets with a sweet pepper sauce



Ingredients

- 500 grams of ricotta cheese;
- 100 grams of grated parmesan cheese;
- 2 eggs;
- 2 tablespoons flour;
- olives;
- extra virgin olive oil;
- breadcrumbs;
- 1 red pepper.

Preparation

Drain the ricotta of any excess liquid and place it in a bowl. Use a spoon to gradually work in the parmesan cheese, roughly-chopped olives, salt and pepper.

Separate the egg yolks from the whites and add the yolks and flour to the ricotta mixture. Whisk the egg whites until stiff and fold in gently.

Grease tartlet trays with butter and coat them in breadcrumbs, pour in the ricotta mixture and stand the tartlet trays in a baking tin containing a couple of centimetres of water so the tartlets will cook in bain-marie. Preheat the oven to 180°C and bake the tartlets for 30/40 minutes, until they rise.

In the meantime skin the red pepper with a potato peeler, remove the seeds and cut into thin strips. Fry gently until soft with a drizzle of olive oil. Add salt and pepper. Purée to a fairly dense cream.

Turn the tartlets out onto a dish and serve with the pepper sauce.



Sea bass and olives en croute

Ingredients

- 2 fillets of sea bass;
- puff pastry;
- olives;
- extra virgin olive oil.



Preparation

Choose 2 fairly large fillets of sea bass. Purée a generous handful of olives with extra virgin olive oil until you obtain an olive paste. Roll out a rectangle of pastry and spread it with the olive paste.

Place one of the fillets of fish along the short side leaving about a centimetre of pastry edge free, add some chopped olives, the other sea bass fillet and roll the pastry up, folding the extremities of pastry at either end inward to make sure the filling does not leak while cooking.

Bake in a preheated oven at 200°C for 20/30 minutes. 10 minutes before the strudel is cooked, brush the surface of the pastry with a beaten egg yolk so that it turns a crispy golden brown.





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