

Cooking with Australian Extra Virgin Olive Oil



From the tree to your table via the stove

Fresh Australian Extra Virgin Olive Oil has plenty of flavour, so there's much more you can do. Sure you can use it to make a great salad dressing, but you can also use it in place of all your other oils for roasting, frying, baking, dipping or drizzling.

Australian Extra Virgin Olive Oil is so versatile, it's the only oil you need in the kitchen.

- You can coat a fillet of fish or hearty roast before cooking, make sauces and marinades
- Use in Asian stir-fries or Indian curries
- Use it in your favourite pasta dish especially Bolognese or Puttanesca
- Try splashing it over baked potatoes or add to mashed potatoes instead of butter, and use when sautéing or frying
- Replace butter and use it to make a moist delicious cake, or leave it on the table to dip bread into.

There is nothing you can't create with Australian Extra Virgin Olive Oil.

"The taste of a dish for which you use olive oil will be as good or as ordinary as the oil you use. A sublime one can lift even modest ingredients to eminent heights of flavour; a dreary oil will pull the best ingredients down to its own level."

(Marcella Hazan, author of cookbook *Marcella Cucina*)

Use this chart to convert butter in a recipe to olive oil.

<i>Butter</i>	<i>Olive Oil</i>
1 teaspoon	3/4 teaspoon
2 teaspoons	1-1/2 teaspoons
1 tablespoon	2-1/4 teaspoons
2 tablespoons	1-1/2 tablespoons
1/4 cup	3 tablespoons
1/3 cup	1/4 cup
1/2 cup	1/4 cup and 2 tablespoons
2/3 cup	1/2 cup
3/4 cup	1/2 cup and 1 tablespoon
1 cup	3/4 cup

(Source: whatscookingamerica.net/OliveOil.htm)

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Famous Australian chef Peter Howard suggests ways to use Australian Extra Virgin Olive Oil:

Frying

1. Australian Extra Virgin Olive Oil stands up well to high cooking temperatures and has been used for frying all types of food for decades. The nutritional value and composition of olive oil is not altered through heating. Extra virgin olive oil contains its own natural antioxidants that protect its integrity in cooking. Good quality extra virgin olive oil has a high smoke point (210°C) which is substantially higher than the ideal temperature for frying food (180°C). The general rule is the better the quality of oil (lower FFA) the higher temperature you can heat it to.

2. Olive oil increases in volume when heated, so less is required when cooking and frying.

3. The digestibility of heated oil does not change even when re-used for frying several times.

Cooking

1. Extra virgin olive oil splashed in a pan is pretty much the starting point of most meals.

2. When cooking, pour the olive oil in when the pan is hot; it will allow the oil to spread more easily.

3. How about making your own mayonnaise using a delicately flavoured extra virgin olive oil, and instead of buying a ready-made salad dressing, be creative and make your own fresh version by gently whisking Australian Extra Virgin Olive Oil with balsamic vinegar, you can even add lemon juice, mustard etc.

Dipping

When entertaining, impress your friends or family by chopping up Turkish bread and arranging it around a bowl of fresh and flavoursome Australian Extra Virgin Olive Oil with a drizzle of aged Australian balsamic vinegar in the centre... then dip away!

Storing

1. Australian Extra Virgin Olive Oil is best consumed young whilst its fresh aromas and flavours are at their optimum.

2. You can help retain its freshness and health giving antioxidants by storing it in a cool dark place. If stored properly your olive oil should last at least until next year's new olive oils are available.

3. Refrigerating extra virgin olive oil is a good way of prolonging the shelf life without affecting its aroma and flavour. The oil may turn a little cloudy, but it will come back to its natural state when put back at room temperature.

Choose from a wide selection of Australian Extra Virgin Olive Oils at your local market, supermarket or favourite deli.

Visit www.australianextravirgin.com.au

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