



Cooking with Olive Oil



Olive Oil & Beyond
Fresh, Natural

Best Uses for Each Grade of Olive Oil

EXTRA VIRGIN OLIVE OIL	VIRGIN OLIVE OIL	OLIVE OIL
Drizzling	Drizzling	Sauteing
Marinades	Marinades	Frying
Salad Dressings	Salad Dressings	Salad Dressings**
Grilling*	Grilling*	Grilling
Stews	Stews	Baking
Soups	Soups	
Some Pastries	Some Pastries	
Sauces	Sauteing	

*pour on grilled foods before serving

**use only as a base



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Olive Oil & Drizzling

Extra Virgin Olive Oil or Virgin Olive Oil

To appreciate the exquisite taste and aroma of extra virgin olive oil, use it uncooked to add flavor, intensity and depth to food. When added to herbs and spices the olive oil enables the mixture to blend perfectly together. Try these simple tips:

Use as a marinade

- Add extra virgin olive oil to spicy food
- Use as a dipping oil, for crusted bread, alone or blended with herbs and spices
- Brush over grilled vegetables, meat, poultry, or seafood right before serving
- Pour over foods already cooked in olive oil to intensify the taste

Olive Oil & Sauteing

Virgin Olive Oil or Olive Oil

- High heat is essential (Low temperatures will draw out the juices, which results in steaming instead of browning)
- Once pan is hot, add virgin olive oil or olive oil
- Rinse and dry vegetables or meat before adding to pan
- Remember never to overcrowd the pan
- Give food time to brown before stirring or flipping



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Olive Oil & Frying

Olive Oil

Olive oil is great for frying. Unlike other oils, it's able to withstand high temperatures without breaking down and forming a toxic compound. When fried at the proper temperature, the oil forms a protective crust that helps maintain moisture inside the food. Frying with olive oil is much healthier and tasty, too.

- Oil should be kept at high temperatures.
- For battered, floured or breadcrumb-coated foods, fry between 310-340°F (155°C-170°C).
- For deep-frying, raise temperature to 350-375°F (180-190°C).
- Use plenty of oil. Generally about 2 1/2".
- Too little oil results in uneven cooking and increases the possibility for burning.
- Coat or batter food right before placing it in the oil.
- Maintain temperature while cooking

Olive Oil & Grilling

Extra Virgin Olive Oil, Virgin Olive Oil or Olive Oil

- Brush vegetables, meat, poultry and seafood with olive oil before grilling to seal in the moisture.
- Pour extra virgin olive oil or virgin olive oil over vegetables, meat, poultry and seafood right before serving to enhance the flavor of grilled foods.



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Olive Oil & Baking

Virgin Olive Oil (mild) or Olive Oil

- Next time you're baking, try using virgin olive oil or olive oil as a healthy alternative to butter.
- For moist and even-textured baked goods, substitute a mild-flavored olive oil in place of butter or margarine. Olive oil adds a light, delicious taste to cakes, breads, and muffins.
- Using olive oil in breads reduces the amount of gluten formed in the dough. Plus, it slows down the deterioration process. Breads made with olive oil tend to be moister than those baked without it.
- For pastries, milder oils are preferred because of their subtler taste.
- Some extra virgin oils may be used for certain breads and other pastries that won't suffer from their robust olive taste and aroma; however, they are not recommended for cakes.

Olive Oil & Marinating

Extra Virgin Olive Oil or Virgin Olive Oil

When olive oil is added to herbs and spices it allows the mixture to blend perfectly together and infuse itself in the food. By using an extra virgin olive oil or virgin olive oil you intensify the flavors of marinades, sauces and dressings. All olive oils offer their own unique tastes, aromas and nuances. Choose the one that works best with your dish.