



**CEQ**  
CONSORZIO  
EXTRAVERGINE  
DI QUALITÀ

Using **olive oils**  
in the kitchen

The **fruitiness**  
of an olive oil  
and suggested  
food **pairings**



**Uliver**  
CEQ olive oil guarantor

The wealth of different olive varieties is one of the most important aspects for the quality of Italian extra virgin olive oils.

The specific and unique nature of the different growing areas makes a vast range of sensory fragrances possible, and these are a valuable part of the success of Italian cuisine in the world. Comprehending the wide variety of flavours and aromas can be a great help in giving due value to a dish.

In order to facilitate consumers and restaurant managers in the use and pairing of extra virgin olive oils, this presentation of the oils has been conceived on the basis the intensity of their fruitiness and the production area.

It should not be forgotten that the sensorial profile of an oil also depends on factors linked to the weather, agricultural practices and technologies used, which can cause significant differences between oils of the same variety and from the same area.

The chefs are then entrusted with the task of interpreting and matching the olive oils according to their creative impulse.



Delicate, **lightly**  
or **medium fruited** oils,  
which give a **gentle**,  
mild **balance** to food

## Liguria



### Main varieties

Taggiasca, Razzola, Pignola.

### Main sensory characteristics

Lightly fruited. To the nose its aroma has nuances of green olive and freshly cut grass, with notes of local herbs, almond or artichoke depending on the variety.

To the palate they are sweet though flavoursome, the hint of bitter and spiced notes are light and balanced with traces of almond or artichoke.

The aftertaste is characterised by almond, apple or wild herbs, accompanied by a lively pungent note.

### PDO

Riviera Ligure





## Lombardia, Trentino Alto Adige, Veneto, Friuli Venezia Giulia



## Emilia Romagna

### Main varieties

Casaliva (*Lombardia, Trentino e Veneto*), Gargnà e Sbresa (*Lombardia*), Raza e Favarol (*Trentino e Veneto*), Bianchera, Gentile di Rosazzo e Buca (*Friuli Venezia Giulia*).

### Main sensory characteristics

Lightly fruited. The aroma holds pleasant notes of green olive, freshly cut grass and hints of apple, citrus fruit, or artichoke according to the variety.

The flavours are sweet and gentle, punctuated with delicate bitter and pungent notes. The pungency is light and persistent, made more precious by the hints of almond in the aftertaste.

### PDO

Garda Bresciano e Laghi Lombardi (*Lombardia*), Garda Trentino (*Trentino Alto Adige*), Veneto Valpolicella, Veneto Euganei e Berici, Veneto del Grappa, Garda Orientale e Veneto (*Veneto*), Tergeste (*Friuli Venezia Giulia*)

### Main varieties

Nostrana di Brisighella, Correggiolo, Ghiacciolo.

### Main sensory characteristics

Medium fruited. The aroma depends on the variety, richly aromatic they go from tomato leaves to herbs, artichoke or alternatively slightly sweet fragrances with apple taking a central role. The flavours are harmonious and velvety, the bitter and pungent notes are well calibrated and delicate, with hints of artichoke and almond.

The aftertaste is lightly though persistently pungent, often accompanied by hints of almond.

### PDO

Brisighella, Colline di Romagna



## Calabria



### Main varieties

Carolea, Ottobratica, Dolce di Rossano.

### Main sensory characteristics

Lightly fruited. Verdant aromas of green olive and freshly cut grass with hints of medicinal herbs, almond, apple, artichoke or tomato according to the variety. The flavours are sweet, elegant and delicate with gentle, balanced bitter and pungent notes with a good degree of persistency. The aftertaste yields pleasant hints of almond, artichoke, apple or aromatic herbs.

### PDO

Alto Crotonese, Bruzio, Lametia

### PGI

Olio di Calabria

A close-up, artistic photograph of golden olive oil being poured from a glass bottle into a glass. The oil is captured in mid-pour, creating a dynamic, flowing shape. The background is blurred, showing more of the glass and the oil's surface.

Assertive oils, **medium**  
to **intensely fruited**,  
that give **strength**  
and **character** to food



## Toscana e Umbria



## Lazio



### Main varieties

Frantoio, Moraiolo, Leccino.

### Main sensory characteristics

Medium or intensely fruited. To the nose there are clear aromas of green olive and fresh grass with hints of artichoke, meadow grasses, almond, tomato, cardoon or walnut according to the variety.

The flavours are expressive and fresh, recalling those of freshly crushed olives. The bitter and pungent notes are vibrant but are well proportioned and elegant. The aftertaste is enhanced by notes of almond, walnut, artichoke or wild herbs. The oils made from Leccino variety olives are the sweetest and most delicate.

### PDO

Chianti Classico, Lucca, Terre di Siena, Seggiano, Umbria

### PGI

Toscano

### Main varieties

Caninese, Itrana, Carboncella.

### Main sensory characteristics

Medium fruited. Grassy and floral fruited aromas with the fragrance of olive leaves, freshly cut grass, artichoke, fresh almond or cardoon according to the variety. The taste is enveloping and marked, with well-proportioned bitter and pungent notes, embellished with hints of white fruit, almond and artichoke. The aftertaste is lightly pungent with tones of almond and wild herbs.

### PDO

Sabina, Canino, Tuscia e Colline Pontine





## Marche

### Main varieties

Ascolana Tenera, Raggiola, Carboncella.

### Main sensory characteristics

Medium fruited. Nuances of green olive reach the nose first, with freshly cut grass and floral hints, notes of artichoke, cardoon, almond or tomato according to the variety.

The taste is elegant and harmonious, with well-measured hints of bitterness and pungency, balanced and enhanced by notes of dried fruit, almond or artichoke. A slightly pungent note can be appreciated in the aftertaste with hints of almonds or wild herbs.

### PDO

Cartoceto

### PGI

Marche



## Abruzzo

### Main varieties

Dritta, Gentile di Chieti, Carboncella.

### Main sensory characteristics

Medium fruited. Aromas of vegetation, green olive and freshly cut grass meet the nose, enriched with pleasant hints of artichoke, cardoon, almond, tomato or apple according to the variety. The flavours are striking though the bitter and pungent notes are balanced with hints of almond, artichoke, tomato and wild herbs.

The aftertaste is slightly pungent, accompanied by hints of dried fruit and wild herbs.

The variety Gentile di Chieti stands out, the oil obtained from this olive is more delicately fruited with less marked bitter and pungent tones.

### PDO

Aprutino Pescarese, Colline Teatine, Pretuziano



## Molise e Basilicata



### Main varieties

Gentile Di Larino, Rosciola di Rotello, Leccino (*Molise*), Maiatica, Ogliarola del Vulture, Ghiannara (*Basilicata*).

### Main sensory characteristics

Medium fruited. Aromas of green olive and freshly cut grass with hints of artichoke and almond. The flavours are harmonious and enveloping. Sweet at first before the strong though balanced bitter and pungent notes with hints of wild herbs.

The aftertaste is slightly pungent with hints of almond.

### PDO

Molise, Vulture

### PGI

Olio Iucano



## Puglia



### Main varieties

Coratina, Peranzana, Ogliarola Garganica, Barese o Lecce, Cellina di Nardò.

### Main sensory characteristics

Coratina variety: Intensely fruited. The aromas are grassy with clear notes of green olive, freshly cut grass, artichoke, almond and green apple. The flavour is robust and intense. The bitter tones are striking and the pungency persistent, these combine with hints of almond and wild herbs. There are pungent notes in the aftertaste too, accompanied by wild herbs and almond.

Other varieties: medium fruited. Aromas of grass, artichoke, almond, aromatic herbs or apples can be appreciated according to the variety. The flavours tend to be fresh with well-balanced bitter and pungent notes. There are often sweet initial flavours with hints of almond. The aftertaste is slightly pungent and almondy.

### PDO

Dauno, Terra di Bari, Collina di Brindisi, Terre Tarentine, Terra d'Otranto

### PGI

Olio di Puglia





## Sardegna

### Main varieties

Bosana, Tonda di Cagliari, Semidana.

### Main sensory characteristics

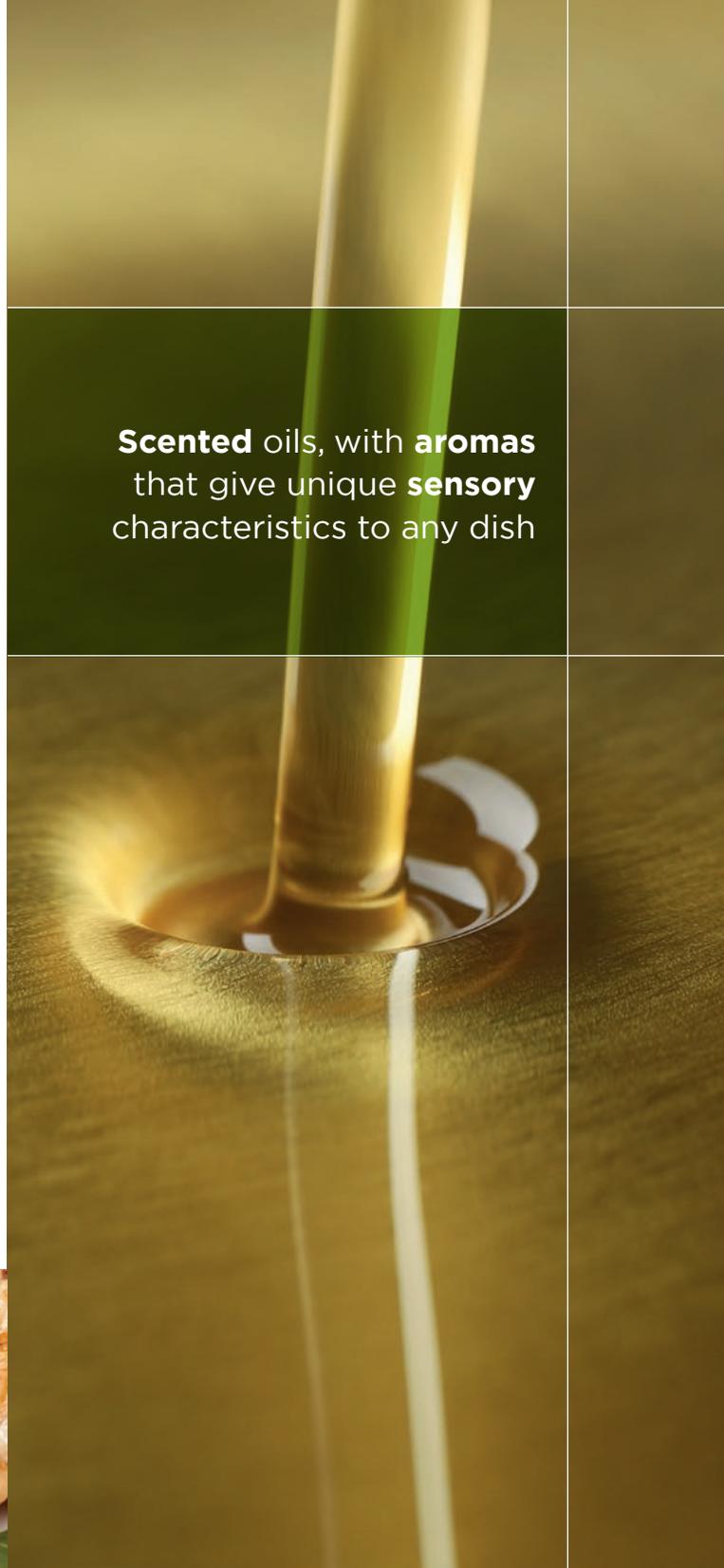
Medium fruited. Aromas of vegetation, green olive and freshly cut grass, accompanied by floral hints, notes of apple, artichoke, cardoon or wild herbs according to the variety. The flavours are harmonious, balanced and full-bodied. The bitter and pungent notes are well-proportioned, enhanced by grassy notes and hints of cardoon and artichoke. The aftertaste is lightly pungent with floral or almondy notes.

### PDO

Sardegna



**Scented oils, with aromas**  
that give unique **sensory**  
characteristics to any dish





## Campania

### Main varieties

Ravece, Ortice, Pisciotana.

### Main sensory characteristics

Medium fruited. A clear aroma of green olive and freshly cut grass with clear notes of artichoke, tomato, aromatic herbs, white fruit or apple according to the variety. The flavours are fresh and harmonious with notes of bitterness and pungency that are well-proportioned, enhanced with a hint of artichoke and almond. A light though persistent pungency with hints of almond or tomato can be noted in the aftertaste.

The variety Pisciotana stands out, the oil obtained from this olive is more delicate, medium to lightly fruited, slightly sweeter.

### PDO

Cilento, Colline Salernitane, Penisola Sorrentina, Terre Aurunche, Irpinia



## Sicilia

### Main varieties

Nocellara, Biancolilla, Cerasuola.

### Main sensory characteristics

Medium fruited. Their aromas are typically complex though crisp, medium to high intensity, with hints of green olive, freshly cut grass, artichoke, almond and clear traces of tomato.

Their flavours are fresh and enveloping, with bitter and pungent notes that interact with harmony and poise, enhanced with hints of vegetable.

The aftertaste is slightly pungent, with hints of tomato, almond, white fruit or wild herbs.

### PDO

Monti Iblei, Monte Etna, Val Di Mazara, Valli Trapanesi, Valle del Belice, Valdemone

### PGI

Sicilia





## Uses in the kitchen

**Extra virgin olive** oil can be used in the kitchen both as a cooking ingredient and **cold** as a **dressing**

### **Using it raw**

This is the best way to appreciate its flavour and aroma fully, as well as getting the greatest benefit from its nutritional properties

### **Cooking with it**

It is very resistant to heat, which is transferred gradually to foods. This is why the best way to enhance its characteristics is cooking slowly over a low heat.

### **Frying or sautéing**

Its smoke point, or the temperature up to which it is stable for frying, is higher than that of other commonly used fats, around 190°C. The intense aromatic flavour, however, tends to cover the delicate taste of the food. For this reason, if you prefer a more neutral taste, we recommend the use of olive oil, which has the same stability on heating.



## Proper storage

To preserve the **maximum nutritional value** and **sensory characteristics** of Extra Virgin Olive Oil it is imperative to follow a few simple rules

The extra virgin olive oil is not a perishable product from a microbiological point of view, but beyond the “best before” date it will lose the original characteristics without becoming harmful to the consumer’s health.

**Home storage can have an important effect on maintaining the quality characteristics of the extra oil virgin olive.**

### **Keep away from direct light**

Choose dark glass bottles, bag in box packaging or systems that preserve the product from light. Also, do not pour oil into oil cruets at home and store the bottles in a dark place such as a kitchen cupboard and wall cabinet.

### **Keep away from heat**

At home, do not keep oil in the immediate vicinity of the hot stove, but also do not store in places that are too cold.

### **Away from oxygen**

Whenever possible, choose to purchase small packages, commensurate with domestic use. Once the package is opened, consume the oil in a reasonably short amount of time, making sure to close the cap soon afterwards.

# Recommended food pairings based on the dish being prepared

## The dish being prepared

## How to use olive oils and the recommended fruitiness

Simple soups and stock, delicate vegetable purées	Delicately fruited extra virgins in the initial stages of cooking and a drizzle of the same oil before serving
Complex traditional soups, highly aromatic vegetable purées (artichoke, mushroom, asparagus, etc.)	Medium to intense extra virgin olive oils in the initial stages of cooking and a drizzle of the same oil before serving
Rice dishes and risotto	For boiled rice or rice salads: lightly fruited extra virgin olive oils used raw; for seafood risotto use lightly or medium fruited extra virgin olive oil; for risotto with aromatic vegetables such as artichokes or with smoked meat use an intensely fruited extra virgin olive oil. Mix the risotto at the end to make it creamy using a very small amount of the same oil
Preparations at the beginning of a dish that involve sautéing mainly onions, leeks or shallot	Olive oil in the initial stages or a medium-intensely fruited extra virgin olive oil
Preparations at the beginning of a dish that involve a mixed sauté of onion, carrot and celery	Olive oil in the initial stages or a delicate-medium fruited extra virgin olive oil with clear traces of wild herbs
Tomato sauces for pasta	Highly perfumed, medium fruited extra virgin olive oils with clear notes of tomato to be used in the initial stages of preparation
Meat sauces with or without tomato	Medium or intensely fruited extra virgin olive oils to be used in the initial stages of preparation
Vegetable based pasta sauces	When using garlic and fairly aromatic vegetables, in the initial stages of preparation use a medium fruited extra virgin olive oil; with onion or more aromatic vegetables, use an intensely fruited extra virgin olive oil
Béchamel white sauces	For sauces to be used as dressings, in the initial stages of preparation use a lightly fruited extra virgin olive oil; in sauces that will be the base for a pie or bake, use a medium fruited extra virgin
Pesto, sauces like mayonnaise	Lightly fruited extra virgin olive oils, mixed into the other ingredients without heating; for traditional pesto sauce, it would be preferable to use an extra virgin with strong herbal note, basil in particular
Simple green salads	Lightly fruited extra virgin olive oil, drizzled on before serving
Traditional Italian combinations of vegetables, like caprese (salad tomatoes and mozzarella), marinated artichokes, raw vegetables, mixed and complex salads, etc	Medium or intensely fruited extra virgin olive oil, drizzled on before serving
Grilled vegetables	Lightly fruited extra virgin olive oils, drizzled on before serving; medium fruited extra virgin olive oils in an emulsion with vinegar or lemon and with fresh herbs; Together with soft cheese like mozzarella or where peppers or tomatoes are prevalent, use an intensely fruited extra virgin olive oil

## The dish being prepared

## How to use olive oils and the recommended fruitiness

Fried fish

Olive oil for frying or lightly fruited extra virgin olive oils

Fried vegetables

Olive oil for frying or lightly fruited extra virgin olive oils with vegetables like potatoes or courgette; medium fruited with vegetables like artichokes, fennel or peppers

White meat

Lightly or medium fruited extra virgin olive oils in the initial stages of preparation

Baked or roast red meat

Medium or intensely fruited extra virgin olive oils in the initial stages of preparation

Grilled or barbequed red meat

Medium or intensely fruited extra virgin olive oils drizzled on as a final dressing

Boiled meat

Medium or intensely fruited extra virgin olive oils with clear notes of tomato in the initial stages of preparation

Raw meat or fish

Lightly or medium fruited extra virgin olive drizzled on cold

Biscuits, pastry, sponges, choux pastries

Substitute animal fats in the preparation of the dough, use a lightly fruited extra virgin olive oil with strong notes of almond and dried fruit

Desserts with cooked fruit, mousses, Bavarois, creams and custards

To create a contrast, use an intensely fruited extra olive oil with desserts that have already been cooked, the flavours of the oil will balance the fruit sugars



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Consorzio di Garanzia dell'olio  
Extra Vergine di oliva di Qualità  
Via Francesco Redi, 4 - 00161 Roma  
Tel 06 59879428

[info@ceqitalia.com](mailto:info@ceqitalia.com)  
[www.ceqitalia.com](http://www.ceqitalia.com)



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