

August 2018



RECIPES

A decorative flourish consisting of a horizontal line with a central diamond shape and three teardrop-like shapes pointing downwards.

Only
HIGHEST QUALITY



Only
FAMILY SELECTION



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SPANISH-STYLE SHRIMP WITH GARLIC

4-6
SERVINGS

30
MINUTES

TS = Tablespoon
ts = teaspoon

INGREDIENTS:

- 600 gr of medium shrimp (shelled and de-veined)
- ½ cup of Extra Virgin Olive Oil
- 6 garlic cloves (peeled and chopped or thinly sliced)
- 1 bay leaf (broken in half)
- 1 dried red chile (seeded and crumbled)
- 2 TS of minced parsley
- Sea salt to taste



DESCRIPTION:

- 1) Sprinkle the shrimp with salt, toss and let sit for 15 minutes.
- 2) Heat the oil over medium heat in a heavy non-stick frying pan, and add the garlic, bay leaf and chile. Cook, stirring, until the garlic begins to color, about 1 minute. Turn the heat up to medium-high and add the shrimp.
- 3) Cook, stirring, until the shrimp turn pink and are cooked through (2-3 minutes). Remove from the heat, sprinkle with the parsley and serve.



GARLIC BREAD WITH TOMATO & EXTRA VIRGIN OLIVE OIL

2
SERVINGS

30
MINUTES

TS = Tablespoon
ts = teaspoon

INGREDIENTS:

- 7 grape tomatoes (quartered)
- 55 gr of basil (shredded)
- 4 TS of Extra Virgin Olive Oil
- 1 French baguette
- 2 TS of garlic powder
- Sea salt and pepper to taste



DESCRIPTION:

- 1) Blend together carefully in a glass bowl the tomatoes, the basil, $\frac{1}{2}$ TS of Extra Virgin Olive Oil and some salt. Place the mix in the refrigerator to cool.
- 2) In the meantime preheat the oven to 400 degrees, place the baguette on the oven and bake for 15 minutes. Remove from the oven and slice the baguette in 2 parts lengthwise. Place the bread on a large plate and cover each side equally with 1 TS of Extra Virgin Olive Oil, with 1 TS of garlic powder, with a pinch of salt and pepper and the tomato mix. Serve directly.

NOTE: cheese can be added over the bread with the tomato mix.



COOKED EGG WITH IBERICO HAM

2
SERVINGS

15
MINUTES

TS = Tablespoon
ts = teaspoon

INGREDIENTS:

- 2 large eggs
- 30 gr of Iberico Ham (thinly sliced)
- 4 garlic cloves (peeled)
- 4 TS of Extra Virgin Olive Oil
- Sea salt and pepper to taste



DESCRIPTION:

- 1) Heat 1 TS of EVOO in a skillet over medium heat, add the garlic cloves and cook until lightly browned (3-5 minutes) and remove the garlic.
- 2) Then increase heat and add 3 remaining TS of EVOO. Crack 1 egg into a glass. When oil just begins to smoke, tilt pan to one side so that the oil creates a small bath. Carefully slide egg into the hot oil bath and spoon the hot oil over egg like 4-5 times. The egg will be ready in 30 seconds. Carefully transfer egg to a serving plate with a spoon and season with salt and pepper. Repeat the same process with remaining egg. Cover the eggs with ham slices and serve.



SPANISH “TORTILLA”

6
SERVINGS

40
MINUTES

TS = Tablespoon
ts = teaspoon

INGREDIENTS:

- 3-4 medium potatoes (thinly sliced)
- 1 medium onion (thinly sliced)
- 6 large eggs
- 8 TS of Extra Virgin Olive Oil
- Sea salt to taste
- Freshly ground black pepper

DESCRIPTION:



1) Heat 6 TS of Olive Oil in a non-stick skillet over medium heat. Add potatoes, onions, a generous pinch of salt and sprinkle pepper. Gently turn the mixture until it becomes tender. If potatoes begin to break, they are overdone so stop cooking immediately. Drain potatoes in a colander. Wipe out skillet, add 2 TS of EVOO and heat over a medium flame.

2) Meanwhile, in a large bowl, whisk the eggs with some salt and pepper, add the warm potatoes, mix gently and add to the skillet. When edges become firmed up reduce heat, go around with a spatula and cook for 5 minutes. Then cover it with a plate inverting the Tortilla and slide back to the skillet. Cook 10 more minutes, then transfer to a plate, cut and serve warm.



ENDIVE CUPS WITH AVOCADO & PRAWNS

12
SERVINGS

10
MINUTES

TS = Tablespoon
ts = teaspoon

INGREDIENTS:

- 1 avocado
- 12 medium endive leaves
- 12 medium prawns (diced)
- 1 TS of Extra Virgin Olive Oil
- 1 TS of lime juice
- 1 TS of 0%-fat sour cream
- 1 TS of fresh cilantro (chopped)
- 1/4 ts of ground cumin
- 12 pinches of black sesame



DESCRIPTION:

- 1) Peel, bone and mash 1 avocado, set aside.
- 2) In a medium bowl, combine the Extra Virgin Olive Oil, lime juice, 0%-fat sour cream, chopped fresh cilantro and ground cumin.
- 3) Stir the mixture in avocado, add diced prawns, combine all together and distribute (using a spoon) into the endive leaves.
- 4) Then toss black sesame over the endives (1 pinch per endive) and serve.



KALE SALAD

6
SERVINGS

15
MINUTES

TS = Tablespoon
ts = teaspoon

INGREDIENTS:

- 1-2 bunches of curly kale
- $\frac{1}{4}$ cup of parmesan cheese (grated)
- $\frac{1}{2}$ cup of garlic croutons
- 3 TS of Extra Virgin Olive Oil
- 1 TS of lemon juice
- 1 garlic clove (minced)
- Sea salt and black pepper to taste



DESCRIPTION:

- 1) Prepare the dressing first by combining the Extra Virgin Olive Oil, lemon juice, garlic, salt and pepper. Whisk together and set aside to allow the flavors to blend.
- 2) Wash and dry the kale leaves. Chop into pieces, discarding the thick stalks and place in a large bowl for tossing.
- 3) Pour the dressing over the kale and mix all together. Then sprinkle the parmesan cheese over, add the croutons and serve.



WATERMELON CHAAT

4-6
SERVINGS

20 MINUTES
+ CHILLING

TS = Tablespoon
ts = teaspoon

INGREDIENTS:

- 1 kg of watermelon (cut into cubes)
- $\frac{3}{4}$ ts of whole cumin seeds
- $\frac{1}{4}$ ts of sweet paprika
- $\frac{1}{4}$ ts of black pepper
- Cayenne pepper to taste
- $\frac{1}{4}$ ts of sea salt
- $\frac{1}{3}$ cup of orange or mandarin juice
- 4 fresh mint leaves (thinly sliced)

DESCRIPTION:



- 1) Place cubed watermelon in a wide plate and spread into a single layer.
- 2) In a small pan, toast whole cumin seeds on medium heat for 3 minutes, transfer to a small bowl and add all remaining spices and salt
- 3) Then add the citrus juice and mint and mix well. Pour generously the dressing over cubed watermelon, cover the plate with plastic wrap and let marinate for 1 - 2 hours. Serve chilled the same day.



CHICKEN RICE LETTUCE WRAPS

6
SERVINGS

35
MINUTES

TS = Tablespoon
ts = teaspoon

INGREDIENTS:

- 6 medium lettuce leaves
- 500 gr of chicken meat (diced or sliced)
- 1 cup of large rice (prepared earlier)
- 1 medium onion (thinly sliced)
- 6 TS of Extra Virgin Olive Oil
- 4 TS of soy sauce
- Sea salt and black pepper to taste

DESCRIPTION:

- 1) Heat the Olive Oil in the pan, add the chicken and cook for 5 minutes. Then add the sliced onion, mix gently and continue cooking for 7 more minutes. After that add the soy sauce, salt, black pepper and cook for 10 more minutes stirring from time to time.
- 2) Add the prepared rice to the chicken mixture, stir gently and set aside.
- 3) Wash and dry the lettuce leaves and transfer to a large plate. Then fill the leaves with the warm chicken-rice mixture and serve directly.



ROASTED SALMON GLAZED WITH SUGAR & MUSTARD

8
SERVINGS

20
MINUTES

TS = Tablespoon
ts = teaspoon

INGREDIENTS:

- 8 Salmon fillets
- 4 TS of Dijon mustard
- 4 TS of brown sugar
- ½ ts of sea salt
- ½ ts of black pepper



DESCRIPTION:

- 1) Heat your oven to 400 degrees.
- 2) Make a mixture of Dijon mustard and brown sugar to the degree of spicy-sweetness that pleases you.
- 3) Place the salmon fillets skin-side down on a lightly oiled foil-lined baking sheet, salt and pepper the fillets. Slather the tops of the fillets with the mustard-brown sugar glaze and put them into the top half of your oven. Roast for about 15 minutes and serve immediately.

NOTE: you can take more advantage of the oven and at the same time you put in the fillets, you can also include a tray with small-medium tomatoes, green asparagus or pieces of sweet pepper.



ROASTED ARTICHOKE HEARTS WITH POTATOES

4
SERVINGS

1H 30
MINUTES

TS = Tablespoon
ts = teaspoon

INGREDIENTS:

- 12 artichoke hearts (halved)
- 5-6 medium-sized potatoes (peeled and quartered)
- 1 cup of Extra Virgin Olive Oil
- 3 garlic cloves (minced)
- 1 large lemon juice
- Sea salt and black pepper to taste



DESCRIPTION:

- 1) Preheat the oven to 350 degrees.
- 2) In a bowl, mix the artichoke hearts and potatoes with the Extra Virgin Olive Oil, lemon juice, garlic and a pinch of sea salt and pepper. Spread it out in a large baking pan prepairing the vegetables in 1 layer.
- 3) Bake for ± 1 hour until the artichoke hearts and potatoes are tender. Turn off the oven, turn on the broiler and leave the vegetables so that the artichokes and potatoes become crusty and brown.
- 4) Remove from the oven and serve immediately.



GRILLED OCTOPUS WITH LEMON AND OLIVE OIL

8
SERVINGS

3H
+GRILLING

TS = Tablespoon
ts = teaspoon

INGREDIENTS:

- 1 octopus (2-3 kg; fresh or frozen and cleaned)
- $\frac{1}{4}$ cup red wine vinegar
- 3 TS of Extra Virgin Olive Oil
- 3 garlic cloves (peeled and crushed)
- 3 bay leaves
- 3 fresh thyme sticks
- 2 ts of fresh lemon juice
- Sea salt and black pepper to taste

DESCRIPTION:



1) Put the vinegar, garlic, bay leaves, lemon zest and thyme in a large pot, add the octopus, cover and cook over high heat (do not add liquids). Cook for about 10 minutes until the skin turns purple.

2) Add 4 cups of water and when it starts boiling (uncovered) add 1 TS of salt. Simmer and cook until the tentacles are tender at the thickest part. Then refrigerate.

3) Preheat the grill, rub the tentacles with Extra Virgin Olive Oil and season with salt and pepper. Grill, turning once each side (2 minutes/side). Cut the tentacles the way you like, mix with lemon juice in a bowl, transfer to a plate and serve hot.



BABY CARROTS WITH DILL AND LEMON

6
SERVINGS

20
MINUTES

TS = Tablespoon
ts = teaspoon

INGREDIENTS:

- 1 kg of baby carrots (peeled and tops trimmed, if wanted)
- 2 cups of chicken broth (fat-free)
- 2 TS of Extra Virgin Olive Oil
- 2 ts of fresh dill (chopped)
- 1 TS of fresh chives (chopped)
- 1 TS of lemon zest
- 1 TS of fresh lemon juice
- ½ ts of sea salt
- ½ ts of black pepper



DESCRIPTION:

- 1) Place broth in a large pot and start heating. Insert carrots in a metal or bamboo steamer and place inside the pot, cover and bring the broth to a boil and steam the carrots until crisp-tender.
- 2) Transfer carrots to a large bowl, add the remaining ingredients and toss well. Top the carrots with chopped dill and a pinch of salt and serve immediately.



FLAVOURED OILS

1
CUP

20
MINUTES

TS = Tablespoon
ts = teaspoon

INGREDIENTS:

- 1 cup of Extra Virgin Olive Oil
- ½ cup of washed and dried fresh herb leaves (rosemary, thyme or oregano, ...) or dried bay leaves or 2 TS of whole spice (star anise, peppercorns, cloves, ...)
- 4 garlic cloves (lightly crushed) or 4 TS of fresh ginger slices or shallot (roughly chopped) or scallion, ...
- 1 pinch of salt



DESCRIPTION:

1) Combine ingredients in a saucepan over low heat. Gently warm mixture until it bubbles, then continue cooking until oil becomes fragrant.

2) Cool the mixture, then use a funnel to pour oil into a clean bottle or other container. Refrigerate and use within a month or so.

*NOTE - Pairings:
any pairing.*



HOMEMADE MAYONNAISE

1
CUP

25
MINUTES

TS = Tablespoon
ts = teaspoon

INGREDIENTS:

- 2 large egg yolks
- 1 cup of Extra Virgin Olive Oil
- 2 TS of water
- 2 TS of lemon juice
- ½ ts of sea salt
- ¼ ts of white pepper (minced)

DESCRIPTION:



1) Add to a metal bowl (placed over a pan with simmering water) the egg yolks, water and lemon juice, constantly whisking until mixture reaches 160 degrees or is thick enough to coat the back of a spoon. While stirring, quickly place the bottom of the pan in a bowl of ice water and continue stirring for 2 minutes or until cooled.

2) Then transfer the mixture to a blender, add salt and pepper and process all together gradually adding oil in a thin stream. Transfer the mayonnaise to a small bowl or jar, cover and refrigerate for up to 7 days.



SPICED RED WINE POACHED PEARS

6
SERVINGS

35
MINUTES

TS = Tablespoon
ts = teaspoon

INGREDIENTS:

- 1 *lemon*
- 6 *pears (ripe but firm)*
- 2 *cups of red wine (480 ml)*
- ½ *cup of water (120 ml)*
- 3 *TS of sugar*
- 3 *TS of honey*
- 2 *whole cloves*
- 1 *cinnamon stick*
- 1 *whole star anise*
- ½ *TS of Extra Virgin Olive Oil*

DESCRIPTION:



1) *Peel the pears, leaving a topknot of skin and the stem, remove 3 wide strips of lemon rind and rub with them the pears.*

2) *Choose a medium pot and put inside 4 slices of lemon with the rest of ingredients (except the pears). Bring to a boil, lower the heat and add the pears, tops up (it's OK if they're not fully submerged).*

3) *Simmer for 15-20 minutes — the pears should still be slightly firm but tender. Transfer them to a bowl and boil the syrup for 5 minutes. Then pour over the fruit and discard the spices. Can be served slightly warm or chilled, with or without wiped cream.*



BITTERSWEET CHOCOLATE & COCONUT MILK ROUNDS

12
SERVINGS

40 MINUTES
+ CHILLING

TS = Tablespoon
ts = teaspoon

INGREDIENTS:

- 455 gr of bittersweet chocolate (chopped)
- 1 cup of coconut milk
- 12 cupcake wrappers
- 1 TS of Extra Virgin Olive Oil
- 1 TS of rosemary (finely chopped)
- Sea salt to taste (flaky)
- Fresh rosemary sprigs



DESCRIPTION:

- 1) Line the cups of a muffin tin with the cupcake wrappers.
- 2) In a boiler over medium-low heat, melt the chocolate with the coconut milk and the Extra Virgin Olive Oil, stirring constantly. Remove the bowl from the heat and set aside. Whisk the chocolate mixture for 5 minutes.
- 3) Fill the muffin tins with the mixture and then refrigerate until chocolate is completely set (± 2 hours).
- 4) To serve, unmold the chocolate and transfer to a big plate. Sprinkle the chocolate with salt and lightly with rosemary. Garnish with some fresh sprigs of rosemary.



RICOTTA & COFFEE MOUSSE

6
SERVINGS

45 MINUTES
+ CHILLING

TS = Tablespoon
ts = teaspoon

INGREDIENTS:

- 2 cups of ricotta
- 1 cup of cold heavy cream
- 2 TS of Espresso Coffee
- $\frac{1}{3}$ cup of sugar (can be brown)
- 1 TS of powdered gelatin
- 1 ts of Extra Virgin olive Oil
- Shaved chocolate (to serve)

DESCRIPTION:



1) Smooth ricotta in a blender, transfer to a large bowl and set aside. In another large bowl, whip together the heavy cream and the sugar until soft peaks and set aside.

2) Boil $\frac{1}{4}$ cup of water. Whisk 2 TS of that water with the Espresso in a small bowl. Then whisk the remaining water with gelatin in another small bowl until dissolved.

3) Pour Espresso mixture into ricotta, then add the gelatin mixture, 1 ts of Extra Virgin Olive Oil and stir carefully. Chill mixture for 1 hour, then transfer to a pastry bag fitted with a star tip, fill in with the mixture 6 dessert glasses and refrigerate until set (about 1 hour).

4) Serve with shaved chocolate above.



BERRY COCONUT & ALMOND SMOOTHIE

*1 BIG
SERVING*

*5
MINUTES*

*TS = Tablespoon
ts = teaspoon*

INGREDIENTS:

- *1 cup of frozen mixed berries (blackberries, raspberries, strawberries, ... about 170 gr)*
- *$\frac{2}{3}$ cup of light coconut milk or almond milk*
- *$\frac{1}{2}$ banana (fresh or frozen)*
- *1 TS of chia seeds (soaked or dry)*
- *1 TS of fresh orange or tangerine juice*
- *1 ts of fresh lime juice*
- *$\frac{1}{3}$ ts of cinnamon*
- *1 ts of agave nectar*



DESCRIPTION:

- 1) Place all of the ingredients in a blender and blend at high speed for 1 minute.*
- 2) Place a strainer over a bowl and strain the smoothie to extract the little seeds from berries. Pour into a glass and serve directly.*

NOTE: 1 TS of Extra Virgin Olive Oil can be added.



APPLE, LIME & CHIA SMOOTHIE

1
SERVING

5
MINUTES

TS = Tablespoon
ts = teaspoon

INGREDIENTS:

- *1 Granny Smith or any other apple (cored and cut)*
- *1 ts of lime zest*
- *1 TS of honey or agave nectar*
- *1 ts of chia seeds*
- *1 TS of lime juice*
- *1 cup of plain low-fat yogurt*
- *2 ice cubes*

DESCRIPTION:



1) Place all of the ingredients in a blender and blend until smooth. Pour into a glass and serve directly.

NOTE: 1 TS of Extra Virgin Olive Oil can be added.



PINEAPPLE-BASIL SMOOTHIE

*1 BIG
SERVING*

*3
MINUTES*

*TS = Tablespoon
ts = teaspoon*

INGREDIENTS:

- $\frac{1}{4}$ of ripe pineapple (peel, core and cut)
- $\frac{1}{4}$ cup of basil leaves
- $\frac{3}{4}$ cup of light Kefir
- 1 ts of honey
- 1 ts of Extra Virgin Olive Oil
- 1 TS of pistachios (melted)
- $\frac{1}{2}$ ts of chia seeds
- 3 ice cubes



DESCRIPTION:

- 1) Place all of the ingredients in a blender and blend at high speed for 1-2 minutes.
- 2) Serve directly with a basil leaf above.



HIBISCUS FIZZ

1
SERVING

5
MINUTES

TS = Tablespoon
ts = teaspoon

INGREDIENTS:

- $\frac{1}{4}$ cup of strong hibiscus tea (chilled)
- 1 TS of agave nectar or honey
- 1 TS of apple vinegar or apple cider
- Soda water, to taste
- Slice of grapefruit or lemon, or an hibiscus flower (to garnish)

DESCRIPTION:



1) Combine hibiscus tea, agave nectar or honey, and apple vinegar or apple cider in a large glass. Fill with ice and top with soda water.

2) Garnish with a slice of grapefruit or lemon, or an hibiscus flower.

NOTE: $\frac{1}{2}$ ts of Extra Virgin Olive Oil can be added.



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