

## OIL & FOOD PAIRINGS

**SALADS** mild-tasting leaves: lettuce, romaine, batavia

**VEGETABLES** potatoes

**PASTAS** plain, stuffed, mushroom and cream sauce

**FISH** lean fish: sole, cod, tilapia, shrimp, sashimi

**MEAT** carpaccio

**CHEESES** brie, mozzarella, ricotta, bocconcini, goat cheese

**DESSERTS** pastries, fruit salads

**OTHERS** fruits: apples, avocados

**SALADS** strong-tasting leaves: endives, arugula

**VEGETABLES** steamed: string beans, zucchini, asparagus

**PASTAS** seafood, basil pesto, rosée sauce

**FISH** flavourful or grilled: tuna, salmon, swordfish, sardines

**MEAT** poultry

**CHEESES** emmenthal, gruyere, cheddar, blue cheese

**DESSERTS** dark chocolate

**OTHERS** risottos

**SALADS** tomato or mixed

**VEGETABLES** sauteed or grilled

**PASTAS** meat or tomato sauce

**FISH** marinated fish, fish tartar

**MEAT** stews, braised or grilled meat: beef, lamb

**CHEESES** firm curd cheeses

**DESSERTS** vanilla ice cream

**OTHERS** pizzas



OLI



MERULA



MARCINASE



ULTRA PREMIUM



MARQUÉS DE VALDUEZA



KALIKORI



VILLEVIEILLE



ILOVE



CORTES DE CIMA



PLANETA



GOCCIA DI SOLE



ETICHETTA VERDE



OLIO DI MARIA

DELICATE AROMAS

MODERATE AROMAS

INTENSE AROMAS

oil & food pairings

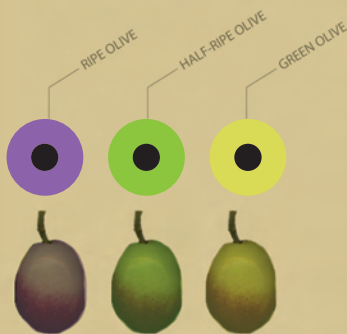
# GUIDE

FAVUZZI

Just like coffee, tea and wine, olive oil has an exceptional range of flavours. In all cases, the variety of fruit used, soil, geographical area and producer's expertise will influence the quality and taste of the product.

There are several hundred olive varieties, producing oils with diverse distinctive characteristics. In Italy alone, over 450 varieties are grown from the north to the south of the country, contributing to the wealth of local products.

DELICATE AROMA MODERATE AROMA INTENSE AROMA



## GREEN FRUIT, BLACK FRUIT

At the beginning of the season, all olives are green. They will only become black if left to ripen.

Green olives picked early in the season will produce less oil, but it will be intensely fruity, with a slightly bitter finish characteristic of an early harvest. The oil will also be richer in antioxidants.

However, ripe olives will yield a greater quantity of oil. Its fruity aromas will be milder, and it will contain less antioxidants.

### RECOMMENDATIONS

Store in a cool, dry place, away from light. To fully enjoy the flavours of your olive oil, consume ideally within 18 to 24 months of bottling date.



## P.D.O.



The Protected Designation of Origin (D.O. in Spain and D.O.P. in Italy) identifies a product made entirely within a specific geographical area, with renowned expertise. It is the most important certification of quality and authenticity offered to consumers.

## ACIDITY

An olive oil marked extra-virgin has an acidity level of 0.8% or less. An oil produced in optimal conditions will have a lower acidity level. The oils imported by Favuzzi all have an acidity level lower than 0.4%, a sign of their superior quality.

## FIRST COLD PRESSED

Today's modern presses allow producers to extract almost all the oil contained in the olives on the first pressing. It is no longer necessary to press the fruit a second time, as was the case in the past. Therefore, the mention "first cold pressed" is no longer indicative of quality. Most olive oil producers no longer display this mention on their labels.



## oil & food pairings

### BASIC RULE

An oil with intense aromas goes well with boldly flavoured dishes.

An oil with delicate aromas goes well with subtly flavoured dishes.

To make your oil & food pairings easier and fully enjoy the various types of olive oils, refer to the chart designed by Favuzzi.

## OLIVE OIL TERMINOLOGY

A quality olive oil is characterized by the intensity of its fruity, bitter or spicy aromas. An infinite number of aromatic notes are also noticeable: herb, tomato, artichoke, almond, apple, banana...

FAVUZZI

OLIVE OIL & FINE FOODS  
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