

DELICATE

Made with Peranzana olives, this delicate oil evokes freshness with mild, balanced notes of apple and almond, enhanced by a pleasant herbal finish.



PAIRINGS

FRESH GREEN SALAD

SOFT, CREAMY CHEESES

SEAFOOD PASTA

DRESSINGS, DIPS,
OR SAUCES

POACHED OR
STEAMED FISH

BAKING

MODERATE

Made with Manzanilla Cacereña olives, this oil has a medium aromatic persistence and features pleasant herb, artichoke, tomato, and ripe fruit notes.



PAIRINGS

BOLD LEAFY GREENS

ROASTED CHICKEN
OR TURKEY

HEARTY SOUPS AND STEWS

GRAINS AND LEGUMES

GRILLED SEAFOOD

BREAD DIPPING

INTENSE

Made with Coratina olives, this intense oil features herb, artichoke, and chicory aromas enhanced by rosemary and almond notes.



PAIRINGS

ROASTED VEGETABLES

SPICY FOODS

TOMATO-BASED DISHES

GRILLED MEATS

STRONG CHEESES

RICH PASTA DISHES

FAMIGLIA
FAVUZZI
Fine foods

OLIVE
OIL

PAIRING RULE

An oil with intense aromas
pairs well with strongly
flavoured dishes. An oil
with delicate aromas pairs
well with subtly
flavoured dishes.

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LIKE WINE, OLIVE OIL BENEFITS FROM AN EXCEPTIONAL PALETTE OF AROMAS. IN EACH CASE, THE VARIETY OF FRUIT, THE TERROIR AND THE KNOW-HOW OF THE PRODUCER WILL INFLUENCE THE QUALITY AND TASTE OF THE PRODUCT.



GUIDE EXTRA VIRGIN OLIVE OILS



5 TIPS TO RECOGNIZE A QUALITY EXTRA VIRGIN OIL



1 OLIVE VARIETIES AND TERROIR

Major olive oil brands don't provide information on olive varieties or the specific region of production. At most, they merely indicate the country of origin, as these oils are the result of blends from various regions or countries, resulting in a generic product with boring aroma profiles, organoleptic defects and few polyphenols. Look for the name(s) of the olive variety(ies) on the label, as well as the specific province, region or town of production and you will be one step closer to a tastier experience.



2 HARVEST DATE

A fresher oil is generally of better quality, as it retains more of its aromatic notes and the compounds that make it beneficial to one's health. Look for oils harvested within the last 12 months. Generic oils only indicate the expiration date.



3 SMELL & TASTE

Smell and taste your oil before you use it. A quality oil will evoke freshness and present a balanced interplay of diverse aromatic notes specific to the terroirs of origin and the varieties used, with a harmonious finish of spiciness and bitterness. Avoid oils that evoke the scent of rancid walnuts or the taste of black olive tapenade.



4 ACIDITY LEVEL

The International Olive Council (IOC) defines extra virgin olive oil as oil with an acidity level of no more than 0.8%. The acidity level measures the percentage of free fatty acids present in the oil. During the extraction process, if the olives are handled incorrectly, exposed to excessive heat or stored for a long time, the acidity level of the resulting oil may increase. A lower acidity level, +/- 0.2%, is generally considered a sign of superior quality in extra virgin olive oil.



5 PRICE

High-quality extra virgin olive oil comes at a higher price. If price alone is no guarantee of quality, don't expect an olive oil at a lower price to provide a memorable tasting experience. Cheaper olive oils are also more likely to be of inferior quality or be adulterated with other types of oil.



EXTRA VIRGIN

Extra virgin is the highest grade classification for olive oil. It refers to olive oil that is made from pure, cold-pressed olives without any additional processing or refining and should meet certain quality standards set by industry organizations, such as the International Olive Council (IOC). It's important to note that not all olive oils labeled "extra virgin" on the market may necessarily meet these criteria. Some products may be mislabeled or adulterated, so it's advisable to follow these five tips that characterize a good extra virgin olive oil.

DID YOU KNOW?



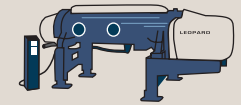
GREEN OLIVE BLACK OLIVE

The ripeness stage at which olives are harvested can have a significant impact on the characteristics of the oil. Green olives, harvested at the beginning of the season, will produce lower volumes and therefore higher prices. This oil will have a more intense and complex taste, a higher concentration of antioxidants, and will stay fresh longer. On the other hand, ripe and blackened olives will produce more oil at a lower cost, but its intensity and antioxidant concentration will be lower, and it will not stay fresh as long.



FRYING

For frying or finishing, the people of the Mediterranean basin have been enjoying the benefits of olive oil for thousands of years. Its smoke point is between 180°C-220°C (356°F-428°F), well above the recommended frying temperatures of 155°C-180°C (311°F-356°F). What's more, it retains its dietary properties well, thanks to its high antioxidant content, and makes food taste better. It can be reused several times, and its volume increases when reheated, so less oil is needed for cooking and frying.



COLD EXTRACTION

In cold extraction, the olives are crushed into a paste, and then the paste is slowly churned to help release the oil. The oil is then separated from the paste using mechanical methods such as centrifugation. Throughout this process, the temperature is carefully controlled to remain below a certain threshold, typically below 28°C. By avoiding the use of high temperatures, cold extraction helps to minimize the oxidation and degradation of the oil. Heat can negatively impact the flavor, aroma, and nutritional value of the oil, leading to a lower-quality product.



CONSERVATION

To fully enjoy its flavour, keep your oil in a cool, dry place, away from the light. Extra virgin olive oil is best consumed within 1 to 2 months after opening. During this period, it retains its fresh flavor and aroma. Choose oil that is in a dark glass bottle or in a metal tin, as these materials better protect the oil from light exposure. Avoid transparent or plastic containers.