

# GUIDE EXTRA VIRGIN OLIVE OILS



BASED IN MONTREAL, FAVUZZI IS A DYNAMIC CANADIAN BUSINESS WHERE THINGS RUN AS SMOOTH AS OIL! WE SPECIALIZE IN IMPORTING EXTRA VIRGIN OLIVE OIL OF



SINCE 2001

## HEALTH BENEFITS



It is the main fat in the Mediterranean diet, which has proven benefits such as the prevention of heart disease.

Rich in monounsaturated fat, it slows down the decline of cognitive functions caused by aging.

Epidemiological studies have shown it has a protective effect against some malignancies. The action of oleic acid could be responsible for this positive effect.

Other compounds in olive oil, such as antioxidants, flavonoids, and polyphenols, also have a beneficial effect for health.

# DIRECTIONS FOR USE

## BASIC RULES

AN OIL WITH INTENSE AROMAS PAIRS WELL WITH STRONGLY FLAVOURED DISHES.  
AN OIL WITH DELICATE AROMAS PAIRS WELL WITH SUBTLY FLAVOURED DISHES.



## DID YOU KNOW THAT

Not all extra virgin olive oils are of the same quality. It is no longer enough to determine whether an oil is extra virgin or first cold pressed. Just like wine, olive oil has a broad aromatic palette and can be of varying quality.

**A SUPERIOR QUALITY OLIVE OIL OFFERS ADDED VALUE IN TERMS OF FLAVOUR AND ANTIOXIDANT CONTENT.**

## ACIDITY LEVEL

AN "EXTRA VIRGIN" OIL HAS AN ACIDITY LEVEL BELOW 0.8%. THE BETTER THE OIL'S PRODUCTION CONDITIONS, THE LOWER ITS ACIDITY. THE OILS IMPORTED BY FAVUZZI ALL HAVE AN ACIDITY LEVEL LOWER THAN 0.4%, WHICH SPEAKS TO THEIR SUPERIOR QUALITY.

## FIRST COLD PRESSED

SINCE MODERN EQUIPMENT CAN EXPEL ALMOST ALL OF THE OIL CONTAINED IN THE OLIVES AT THE FIRST PRESSING, NOWADAYS, A SECOND PRESSING IS NOT NECESSARY. THE MENTION "FIRST COLD PRESSED" IS NO LONGER AN INDICATION OF QUALITY. MOST OIL PRODUCERS HAVE STOPPED ADDING THIS MENTION TO THEIR LABELS.

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## FRYING

FOR FRYING OR FINISHING, THE PEOPLE OF THE MEDITERRANEAN BASIN HAVE BEEN ENJOYING THE BENEFITS OF OLIVE OIL FOR THOUSANDS OF YEARS. OLIVE OIL RETAINS THE NUTRITIONAL PROPERTIES CONFERRED BY ITS HIGH ANTIOXIDANT LEVEL AND IMPROVES THE TASTE OF FOOD. IT CAN BE REUSED SEVERAL TIMES, AND SINCE ITS VOLUME EXPANDS WHEN HEATED, LESS OIL IS NEEDED TO COOK AND FRY FOOD.



## EXTRA VIRGIN OLIVE OIL IS A CONDIMENT

JUST LIKE THE SPICES CHOSEN TO ENHANCE A RECIPE OR THE WINE CHOSEN TO PAIR WITH A DISH, OLIVE OIL MUST BE SELECTED CAREFULLY.

# THE RIGHT OLIVE OIL FOR EVERY DISH

# AROMAS DELICATE

SUGGESTED USES

spinach salad, mayonnaise, white-fleshed fish, lemony pasta, mashed potatoes, fruit salad

# AROMAS MODERATE

SUGGESTED USES

arugula salad, endives, steamed vegetables, grilled salmon or tuna, poultry, pesto, risottos, unripened cheeses

# AROMAS INTENSE

SUGGESTED USES

strongly flavoured salads, pizzas, grilled vegetables, tomato sauce, soups – a perfect match for balsamic vinegar

## INTENSITY

AROMATIC NOTES, BITTERNESS AND PUNGENCY

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### OLI SPAIN DELICATE

INTENSITY 1  
Light, with a taste reminiscent of ripe fruit enhanced with subtle green apple and banana notes.



### ULTRA EVO UNITED STATES DELICATE

INTENSITY 1  
Aromatic and smooth, reminiscent of ripe melon, apples and olives, with delicate and pleasant herbal notes.



### FRUTO NOBLE SPAIN DELICATE

INTENSITY 2  
Ripe fruit aromas, with green tomato and wild herb aromatic notes.



### MERULA SPAIN DELICATE

INTENSITY 3  
Smooth, with mint, basil, and vine tomato aromas as well as a hint of vanilla.



### FRANCISCO GÓMEZ GOLD SPAIN DELICATE

INTENSITY 3  
Fluid and balanced, with refined green tomato, apple and banana flavours.



### VILLEVIELLE FRANCE DELICATE

INTENSITY 3  
Marked by slight bitterness, rich in delicate peppery notes of red fruit and almond, with a hint of cocoa.



### TEANUM ITALY MODERATE

INTENSITY 4  
Distinguished by its herbal notes and persistent almond, arugula and green pepper flavours.



### MARCINASE ITALY MODERATE

INTENSITY 4  
Fresh and floral, characterized by apple and dried apricot notes as well as a peppery finish.



### FRANCISCO GÓMEZ BLACK SPAIN MODERATE

INTENSITY 5  
Dense, balanced and generous on the palate, with a hint of bitterness. Its liveliness and structure come from green tomato, apple and fresh herb notes.



### MARQUÉS DE VALDEZA SPAIN MODERATE

INTENSITY 5  
Aromatic profile of both green and ripe olives, with dominant notes of green apple and tomato, cut herbs and green almonds.



### KALIKORI GREECE MODERATE

INTENSITY 6  
Balanced aromatic profile with dominant green tomato and almond notes.



### FAVUZZI SPAIN MODERATE

INTENSITY 6  
Perfectly balanced, characterized by green olive, apple and banana notes, with a bitter almond finish.



### CORTES DE CIMA PORTUGAL MODERATE

INTENSITY 7  
Harmonious and slightly piquant, with distinctive herbal aromas and a finish reminiscent of hazelnut.



### ILOVE NEW ZEALAND MODERATE

INTENSITY 7  
Smooth, with moderately intense herbal notes. Its rich oregano, tomato and artichoke aromas are persistent on the palate.



### PLANETA ITALY INTENSE

INTENSITY 8  
Complex, with intense green tomato, artichoke and seaweed notes, enhanced with a hint of citrus as well as exotic wood, fresh herb, and basil aromas.



### OLIO DI MARIA ITALY INTENSE

INTENSITY 9  
Intense, persistent aromas of green olive, tomato, herbs, fresh leaves and citrus, with a sustained bitter finish.



### ETICHETTA VERDE ITALY INTENSE

INTENSITY 9  
Balanced and versatile, with distinctive artichoke, almond and tomato aromas as well as a harmonious peppery finish.



### GOCCIA DI SOLE ITALY INTENSE

INTENSITY 10  
Initial green olive and artichoke aromas give way to persistent bitter almond and green tomato notes.



### CARPINETO ITALY INTENSE

INTENSITY 10  
Sustained and complex aromatic notes reminiscent of rosemary, sage, oregano and asparagus, marked by a persistent peppery finish.