

# Culinary Applications with High Quality Extra Virgin Olive Oil

Kevin O'Connor

Chef/Olive Oil Sommelier

# Background

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- Olive oil has been used for centuries for many applications as the foundational cooking medium in the Mediterranean diet.
  - Decades of misinformation in the olive oil category has misconstrued the capabilities of olive oil in the kitchen.
  - No other cooking fat comes close to the health benefits and flavor versatility that EVOO offers.
  - Cooking with fats, like olive oil, was a huge step in the evolution of mankind's diet.
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# Why Cook with Extra Virgin Olive Oil?

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- Health Benefits
    - When you cook in high quality Extra Virgin Olive Oil, the healthy nutrients (e.g. vitamins and antioxidants) from the oil can enrich the food, boosting the antioxidant content of the meal.
    - When cooking with any oil there is an exchange between the food and the fat – most foods cooked in EVOO will contain a higher proportion of mono-unsaturated fats and antioxidants.
    - Carotenoids require dietary fat for absorption.
    - Glucosinolates, found in brassicas, are absorbed better in fat.
    - Cooking tomatoes in EVOO increases absorption of lycopene.
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# Why *Cook* with Extra Virgin Olive Oil?

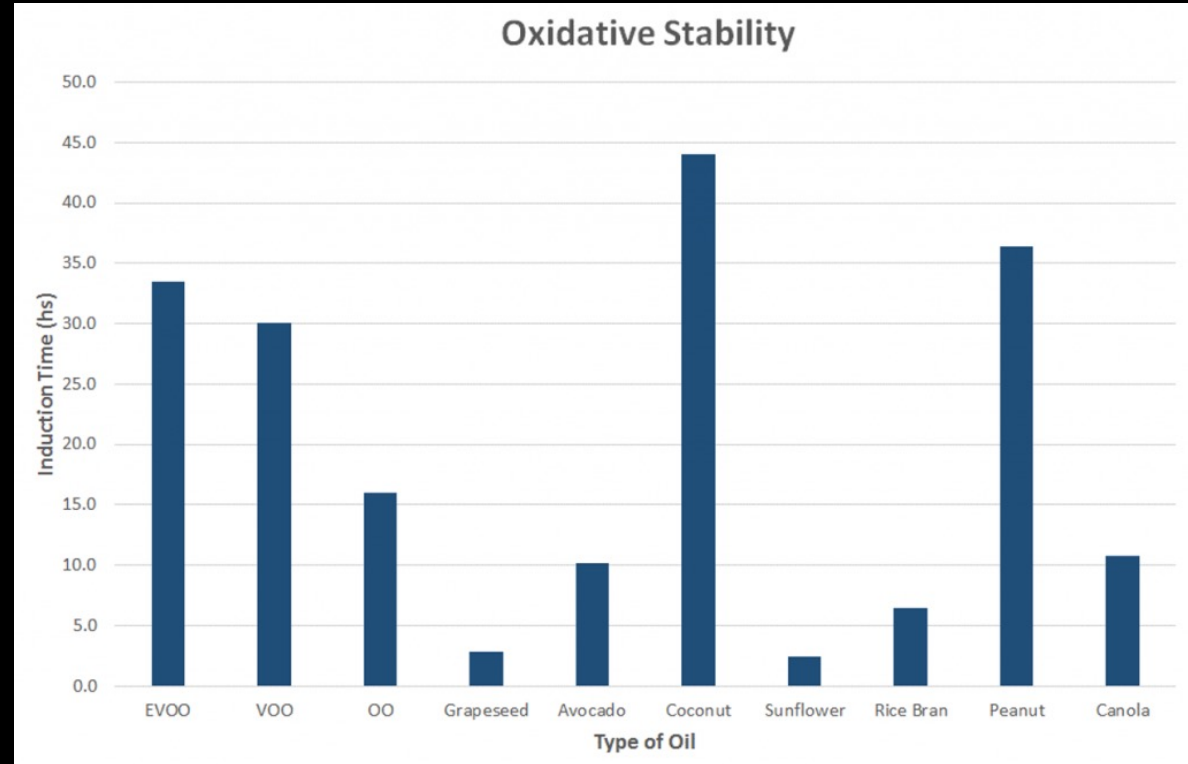
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- Smoke Point and Stability
    - No published science supports the low smoke point theory.
    - There is poor correlation between smoke point and performance when heated.
    - EVOO produces the lowest level of harmful polar compounds while heated.
    - EVOO has demonstrated to be the most stable oil when heated because of richness in oleic acid or MUF, high amounts of protective antioxidants, and the natural production vs. refined oils (that contain high levels of oxidative by-products).
    - FFA's are heat sensitive.
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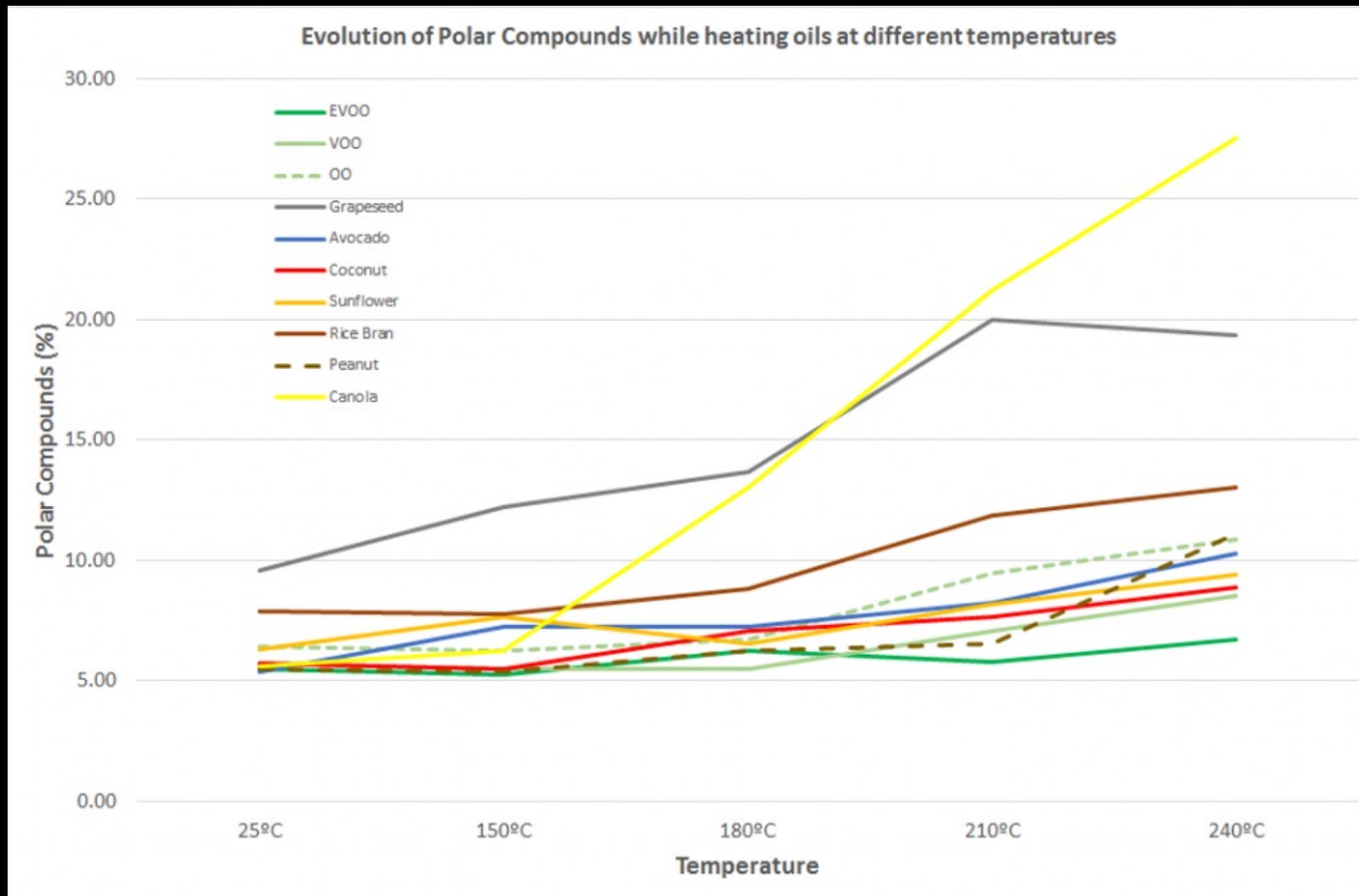


# Stability

- The three main factors that influence an oil's oxidative stability are the level of naturally occurring antioxidants, the type of fats it contains, and the method of processing and production.

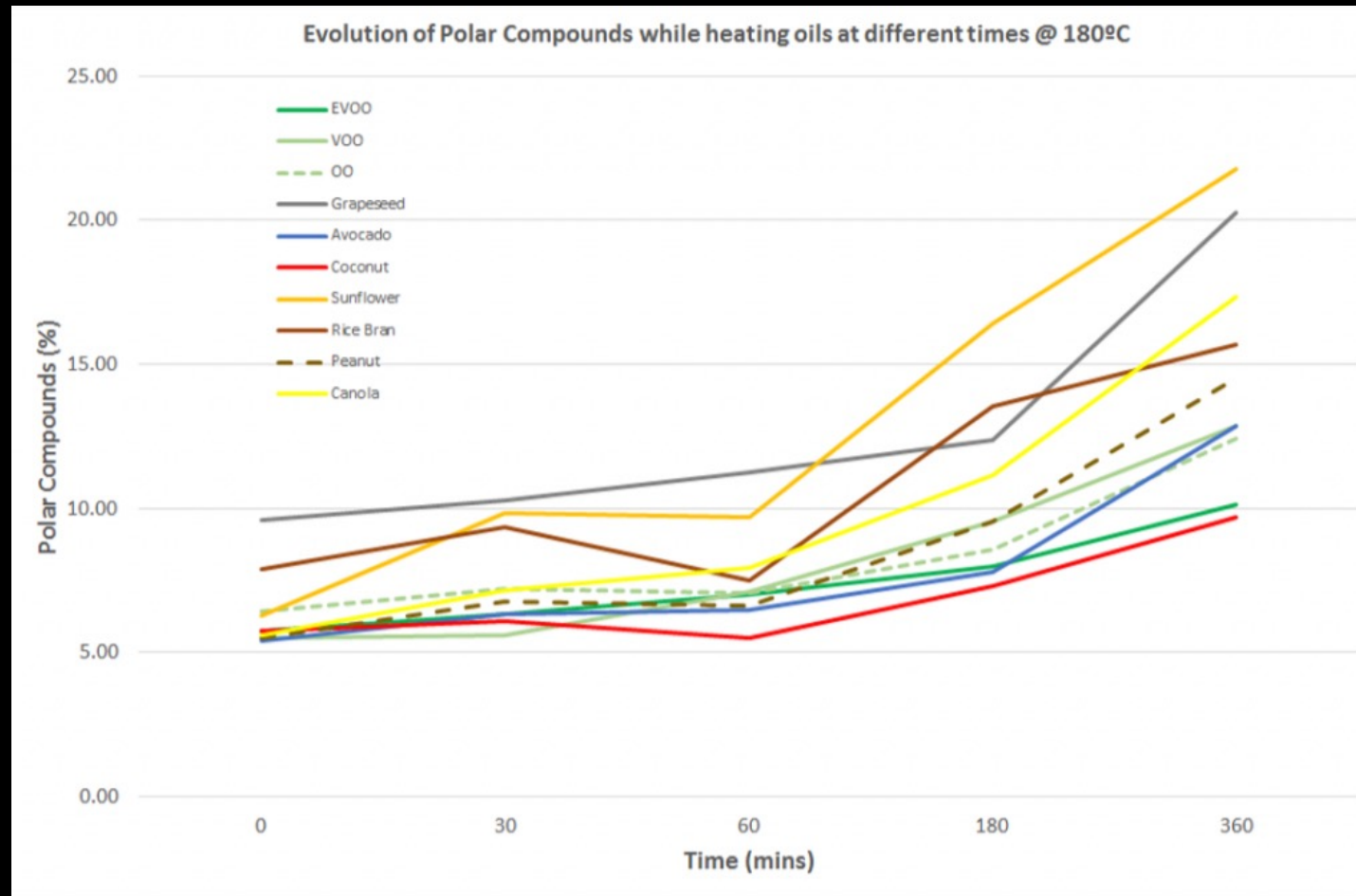


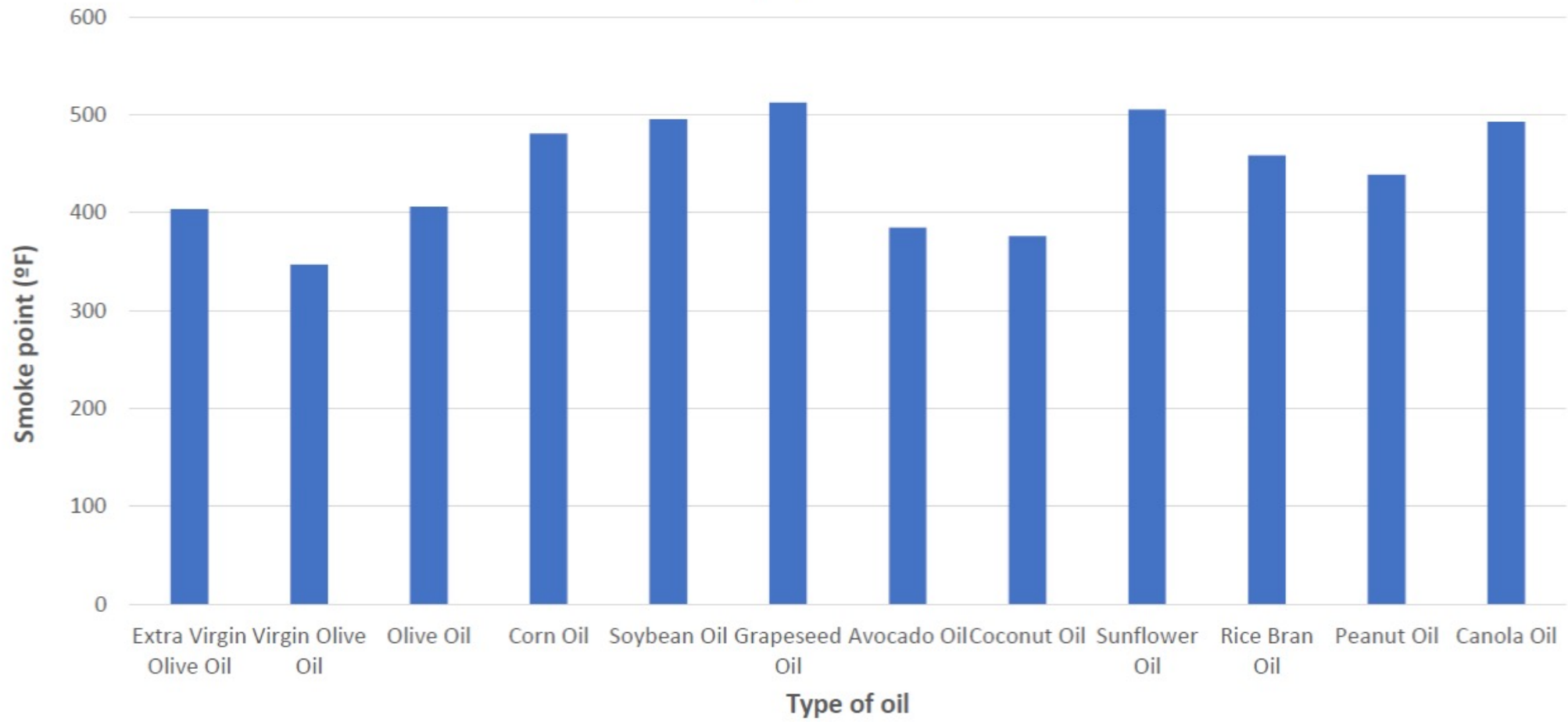
# Stability Through Temperature





# Stability Over Time





Smoke Point

# Why *Cook* with Extra Virgin Olive Oil?

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- Deliciousness! No other cooking fat offers a range of nuanced flavors.
  - EVOO leaves your mouth feeling clean, enhancing the natural flavors of the rest of the dish.
  - A multitude of cultivars offers a huge range of pairing opportunities.
  - Not just for Mediterranean dishes, a range of flavor profiles offer successful pairings through all cuisines.
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# Why *Cook* with Extra Virgin Olive Oil?

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- Provenance and Community
    - Sourcing from a good producer offers a traceable cooking fat.
    - Having high quality olive oil begs simplicity, eating closer to the earth, and offers more intentional dining.
    - If living in a Mediterranean climate, sourcing olive oil locally supports the community's farmers, healthy practices, and helps build culture at the table.
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# Culinary Applications Suited for EVOO

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- Baking
    - Side by side bake tests have shown that cakes, quick breads and pastries baked with a high quality EVOO produce a moister product that stays moister for longer.
    - The sweetness often found in pastry helps balance the bitterness and pungency of a good EVOO, which helps the palate focus on the fruitiness.
    - Less guilt in dessert!
    - The fruity flavors of good olive oil pair well with most desserts.
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# Culinary Applications Suited for EVOO

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- Grilling
    - Now that we have dispelled the high heat myth, we have opened our world up to grilling.
    - Brushing meats in olive oil assists in lubrication, insulation and caramelization.
    - The robust flavor of smoky, caramelized, grilled far pairs nicely with high quality EVOO.
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# Culinary Applications Suited for EVOO

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- Dipping
    - Greeting guests with crusty bread and a plate of EVOO may be the simplest and rewarding application.
    - EVOO pairs well with salty, starchy foods like bread, improving their palatability, helping bulk up a meal with a healthy option. Swap out butter on your morning toast for EVOO.
    - Simply adding fresh chopped herbs, anchovies, garlic, etc, takes a simple bowl of olive oil and loaf of bread to the next level and an affordable, pantry stable snack.
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# Culinary Applications Suited for EVOO

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- Frying/Sautéing
    - The most common application in the kitchen is the easiest way to highlight a great oil.
    - Dispelling the high heat myth gives way to pan frying, shallow frying and even deep frying.
    - Nutrients from most often sautéed or fried are better absorbed in the body when cooked in EVOO.
    - The flavors of caramelized produce pairs great with good olive oils.
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# Culinary Applications Suited for EVOO

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- Preserving
    - For decades, olive oil has been used to preserve harvests
    - Fish tins/jars
    - Grilled vegetables
    - Meats
    - Cheeses
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# Culinary Applications Suited for EVOO

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- Marinades/Finishing/Drizzling
    - Finishing dishes with a drizzle of EVOO adds a pop of flavor, brightens the colors of the dish, and aids in chewing and digestion
    - Finishing warm dishes or soups with a drizzle aromatizes beautifully scented oils, highlighting the fruitiness
    - The world's most simple salad dressing
    - Marinades help proteins or vegetables cook more evenly and raises the temperature, aiding in caramelization
    - More rounded, layered flavors with multiple applications in every stage
    - Lubrication
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# Culinary Applications Suited for EVOO

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- Cocktails/Mixology
    - More and more people are open to the idea of drinking olive oil in cocktails, smoothies, lattes, etc
    - The fruitiness of a high quality EVOO works great for pairing with flavors in cocktails
    - Emulsified EVOO in a cocktail produces a rich, smooth mouthfeel
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# Advanced Olive Oil Usage and Pairing

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- Usage and pairing base principles
  - Sensory analysis of olive oils for cooking and pairing
  - How to choose olive oils for specific dishes
  - Tasting Examples
    - Mild
    - Medium
    - Robust
  - Pairing with beverage
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# Usage and Pairing Principles

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- Olive oils have a wide range of aromas, flavors and textures that offer a multitude of pairing options
  - Synergy is the ultimate objective of a pairing – to create a new and superior gastronomic effect. Consider the flipside
  - A successful pairing will either compliment or contrast
  - Who is the star?
  - Matching weight
  - Personal taste
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# Sensory Analysis in the Pairing Universe

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- First assess fruitiness and note what flavors would compare or contrast with the aromas
  - Second, take note of intensity, aroma, bitterness and pungency
  - Don't forget to think about green buzziness versus ripe creaminess, etc
  - Focus on mouthfeel and texture
  - Persistence
  - Chew on it!
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# Choosing the Right Olive Oil

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- Considering temperature of the dish
  - Types of cuisine other than Mediterranean
  - Complimenting?
    - The blending of two similar flavor profiles in which the primary flavors are not overpowered
  - Contrasting?
    - Strong flavored oils with mild ingredients, or medium
    - More for texture, bitterness, pungency, tactile sensations
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# Pairing with Mild Olive Oils

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- Mild Oils: buttery, creamy, delicate, slightly bitter, slightly pungent, floral
    - Raw/steamed fish
    - Popcorn
    - Mild greens
    - Shellfish
    - Scrambled eggs
    - Aiolis/Mayonnaise
    - Mild vegetables/tubers
    - Mild cheese
    - Fines herbs
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# Paring with Medium Intensity Olive Oils

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- Medium oils: mid levels of fruitiness, bitterness, pungency
    - Roast vegetables
    - Dipping
    - Pastry
    - Ice Cream
    - Lighter proteins/poultry
    - Fresh pasta
    - Stronger greens, i.e. arugula
    - Pizza
    - Soft cheese
    - Heartier fish
    - Fresh herbs
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# Pairing with Robust Olive Oils

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- Robust oils: intense, bold, prominent bitterness, pungency and intense fruitiness
    - Beef/grilled beef
    - Lamb
    - Pasta sauce
    - Bold cheeses
    - Bitter greens
    - Caramelization
    - Umami
    - Resinous herbs
    - Fattiness
    - Garlic
    - Smoke
    - Dark Chocolate
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# The Other Variable

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- Creating a well rounded culinary experience at the table by taking in to account beverages
    - Cocktails and Aperetifs
    - Range of craft beers
    - Wine
      - Mild and buttery with chardonnay
      - Sauvignon blanc with grassy
      - Fruity oils – fruity wines like Viognier
      - Pepperiness – zinfandel/syrah/pinot
      - Cab Franc with green pepper
      - Moutfeel! Merlot and arbequina
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# Pairings to Play With at Home

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- Start by lining up a range of oils; at least three.
  - Prepare a collection of small bites:
    - Bittersweet Chocolate
    - Orange slices
    - Bitter greens
    - Peppery Greens
    - Softer Greens
    - Cured meats, ranging from fatty and soft to peppery and hard
    - Sweet fruits
  - Host a sensory party!
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# Thank You!

ChefKevinOConnor.com  
chefkevinconnor @ gmail  
@chefkevinconnor

