

10 EXCLUSIVE RECIPES CREATED
BY STAR CHEF ISIDE DE CESARE

THE ART AND TRADITION OF EUROPEAN WELLNESS

Treat yourself to something unique

Looking for
THE PERFECT
FOOD
EXTRA VIRGIN OLIVE OIL
AS UNIQUE AS ITS QUALITY

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THE EXTRAORDINARY VALUE OF EXTRA VIRGIN OLIVE OIL



The extraordinary value of Extra Virgin Olive Oil lies not only in its exclusive organoleptic and nutritional characteristics but also in its incredible health-giving properties. Its purest quality makes it a true marvel of nature, something unique and precious. Extra Virgin Olive Oil does not undergo any physical alteration of any kind and maintains all its properties and unmatched flavour intact. It is also rich in a particular substance, oleic acid, which is a boost to the general well-being of our body.

Tasting Extra Virgin Olive Oil is a rare pleasure which satisfies even the most discerning palates – a sensory experience not to be missed.

EACH DISH HAS ITS OWN OIL

We must rely on our senses to choose the right oil for our food, especially the senses of smell and taste. Quality oils have distinct bouquets that recall vegetable aromas such as grass, almond, artichoke, tomato and others.

In this cookbook, you'll find some suggestions for matching the right type of Extra Virgin Olive Oil to each dish.

LIGHT
FRUITY



Light Fruity Extra Virgin Olive Oil: Light Fruity Extra Virgin Olive Oil is a velvety, soft oil with a delicate bouquet and a very slight hint of spice.

MEDIUM
FRUITY



Medium Fruity Extra Virgin Olive Oil: Medium Fruity Extra Virgin Olive Oil is a tasty, fragrant, harmonious oil with a good balance between bitter and spice, with more marked and incisive tones than the light fruity oil.

INTENSE
FRUITY



Intense Fruity Extra Virgin Olive Oil: Intense Fruity Extra Virgin Olive Oil is a penetrating oil, characterised by pronounced aromas with marked bitter and spicy notes; it pinches in the throat, which is normal for an Extra Virgin Olive Oil rich in antioxidants. It has a very strong but balanced flavour.

AN EXCLUSIVE ART HANDED DOWN OVER THE CENTURIES

Extra Virgin Olive Oil is the result of a millennial tradition that has remained intact over the centuries. From the olive harvest, which is still done by hand, to the oil extraction method that guarantees the ultimate purity and integrity of the product, to the final bottling phase.

Every detail is treated with great care to guarantee a decidedly superior level of quality. Behind Extra Virgin Olive Oil, there is passion, experience and the pursuit of excellence. And when you taste it, you can tell the difference.

Authentic, unrivalled Extra Virgin Olive Oil is an art form.



ISIDE DE CESARE



Iside De Cesare is a multifaceted chef who combines two souls: one sweet and one savoury. Her bon-ton-style dishes, with their simple but effective lines, conquer the most discerning palates. This is also thanks to her great mentors: from the first teachers – Agata Parisella, Heinz Beck, Salvatore Tassa, Gianfranco Bolognesi, Marco Cavallucci – to internationally renowned pastry chef Gino Fabbri, they all left her a legacy of genuine love for good food, which Iside complements with local produce of the highest quality, always attentive to seasonal availability. The experience she gained in prestigious restaurants earned her a first Michelin star in 2020 with the restaurant La Parolina (Acquapendente, Viterbo), where she is both Chef De Cuisine and owner.



FOCACCIA WITH AN EXTRA VIRGIN OLIVE OIL AND ROSEMARY EMULSION WITH CINTA SENESE SALAMI

PREP. TIME 20 MIN | COOKING TIME 20 MIN



INGREDIENTS

- 500 g **Italian "00" flour**
- 10 g **salt**
- 15 g **fresh brewer's yeast**
- 350 g **water**
- 100 g **extra virgin olive oil**
- Rosemary** to taste
- 100 g **Cinta Senese salami (or equivalent)**

PREPARATION

1. Mix the flour with the water and salt, leaving 50 grams of water to dissolve the yeast, add water and yeast.
2. Knead, then slowly add the extra virgin olive oil.
3. Allow to rise until the dough has doubled in volume. Form the focaccia loaves to the desired size, then put in the tin. Allow to rise once more until the dough has doubled again.
4. Make an emulsion of water and extra virgin olive oil and pour it over the focaccia. Add the rosemary and bake at 230 degrees. Cook until the surface of the focaccia is golden.
5. For serving, we suggest dipping a cube of focaccia in extra virgin olive oil and garnishing it with a cured meat of your choice.

SHRIMP TARTARE WITH DEHYDRATED HERB OIL AND CANDIED LEMON

PREP. TIME 15 MIN



INGREDIENTS

200 g **shrimps or prawns**

1 **lemon**

100 g **water**

100 g **granulated sugar**

Basil to taste

Lemon balm to taste

Thyme to taste

200 g **cream**

Vinegar to taste

Fleur de sel to taste

Salt and pepper to taste

20 g **extra virgin olive oil**

40 g **maltodextrin**

PREPARATION

1. Put the water, sugar and lemon zest in a pan.
2. Clean the shrimp by removing the shell and intestines.
3. Season the shrimp with extra virgin olive oil, fleur de sel, basil and pepper.
4. Prepare the sour cream by whipping the cream together with salt, a few drops of lemon, vinegar and season with salt.
5. Infuse the thyme in extra virgin olive oil and heat up to 40 degrees; allow to cool, leaving the thyme to infuse for 24 hours.
6. Filter the extra virgin olive oil and add the maltodextrin.
7. Arrange the dish by placing the tartare in a circular tin, then finish with dabs of sour cream, lemon balm and candied lemon. Finish with the dehydrated oil (step 6).





PANZANELLA WITH OIL AND BALSAMIC VINEGAR, COURGETTES MARINATED IN OIL AND LEMON

PREP. TIME 25 MIN | COOKING TIME 20 MIN

MEDIUM
FRUITY



INGREDIENTS

300 g **fresh tomatoes**
1 **cucumber**
1 **red onion**
Basil to taste
2 **courgettes**
Lemon to taste
Stale bread to taste
Extra virgin olive oil to taste
Salt to taste
Pepper to taste
Balsamic vinegar to taste
Wine vinegar to taste
Sugar to taste

PREPARATION

1. Slice the courgettes and marinate them in oil, lemon juice, salt and pepper.
2. Cut the bread into cubes and toast in the oven, sprinkling with extra virgin olive oil.
3. Cook the julienned onion in water, sugar and vinegar.
4. Quarter the cherry tomatoes, add the peeled, diced cucumber.
5. Add the basil and season with extra virgin olive oil, salt, pepper and balsamic vinegar.
6. Add the drained, cooled onion.
7. Finally, add the bread and leave to soak up the flavour.
8. Arrange the dish by placing the marinated courgettes with the panzanella garnished with basil leaves on top.

CREAMED TRUFFLE RISOTTO WITH OLIVE OIL

PREP. TIME 10 MIN | COOKING TIME 20 MIN



INGREDIENTS

320 g **risotto rice**

2 l **chicken broth**

½ **silverskin onion**

White wine to taste

40 g **Parmesan**

60 g **extra virgin olive oil**

30 g **black truffle, fresh or preserved in oil**

PREPARATION

1. Put the chopped silverskin onions into a pot with extra virgin olive oil.
2. Add the rice, let it toast a few minutes, pour in white wine and boil it off almost completely. Once the wine has evaporated, cover the rice with boiling chicken broth, leave to simmer and add the liquid a little at a time.
3. When cooked, add the Parmesan, a part of the grated truffle and the extra virgin olive oil, cover and leave to rest for a few minutes.
4. Proceed with creaming.
5. Serve in a flat plate and decorate with sliced truffle.





SPAGHETTI WITH GARLIC, OIL AND CHILLI ON A CHARRED TOMATO AND CAPER LEAF CREAM

PREP. TIME 10 MIN | COOKING TIME 40 MIN

MEDIUM
FRUITY



INGREDIENTS

350 g **spaghetti**

1000 g **cherry tomatoes**

Salt to taste

Pepper to taste

Extra virgin olive oil to taste

Garlic to taste

Chili pepper to taste

Parsley to taste

Caper leaf to taste

PREPARATION

1. Wash and chop the cherry tomatoes, then season with extra virgin olive oil, salt and pepper and bake for about 40 minutes at 230 degrees; remove from the oven and blend to an emulsion with extra virgin olive oil. Season with salt.
2. Heat a little oil, add the garlic minced with parsley and chilli.
3. Cook the pasta in plenty of salted water.
4. Drain the spaghetti and toss with garlic, oil and chilli.
5. Serve by pouring the charred tomato cream over the spaghetti and finish with the caper leaf.

POTATO TORTELLI WITH OIL AND ONION EMULSION AND TOMATOES MARINATED IN OIL AND HERBS

PREP. TIME 30 MIN | COOKING TIME 90 MIN



INGREDIENTS

500 g **ground semolina**

21-25 **egg yolks**

20 g **extra virgin olive oil**

1000 g **potatoes**

5 **red onions**

Thyme to taste

Marjoram to taste

Salt to taste

Pepper to taste

Tomatoes to taste

Basil to taste

Icing sugar to taste

Sliced almonds to taste

PREPARATION

1. To prepare the tortelli, mix the semolina with the egg yolks and 20 grams of extra virgin olive oil and leave to rest.
2. Chop the onions and simmer in plenty of extra virgin olive oil with the herbs and salt.
3. Boil and mash the potatoes, then add the extra virgin olive oil with the onion and herbs.
4. Halve the tomatoes, season with salt, pepper and icing sugar, then bake at 150 degrees for 90 minutes.
5. Marinate the tomatoes in extra virgin olive oil.
6. Toast the sliced almonds in the oven at 150 degrees.
7. Shape the tortelli, cook in plenty of salted water and toss with the cherry tomatoes in oil, basil and onion.
8. Sprinkle over the toasted almonds and serve.





“BACCALÀ” – DRY SALTED COD IN RE-USED COOKING OIL, TOMATOES AND OREGANO

PREP. TIME 15 MIN | COOKING TIME 15 MIN

MEDIUM
FRUITY



INGREDIENTS

700 g **Dry salted cod**

Garlic to taste

300 g **tomatoes**

100 g **bread**

Chilli powder to taste

Paprika to taste

Oregano to taste

Extra virgin olive oil to taste

Salt to taste

Mint to taste

PREPARATION

1. Sauté the bread in a pan with extra virgin olive oil, paprika and chilli.
2. Blend the fresh tomatoes with oil and oregano, season with salt.
3. Cook the cod in re-used cooking oil, after having vacuum-sealed it or put it in a bain-marie, with extra virgin olive oil and oregano and a clove of garlic, for about 7 minutes at 64 °C.
4. Arrange the dish by first adding the tomato sauce, followed by the cod, the crusty bread, and finally the fried mint.

BEEF WITH POTATOES CREAMED IN OIL

PREP. TIME 25 MIN | COOKING TIME 40 MIN



INGREDIENTS

500 g **beef**

500 g **potatoes**

Extra virgin olive oil to taste

Salt to taste

Pepper to taste

1 **onion**

Aromatic herbs to taste

PREPARATION

1. Boil the potatoes in lightly salted water, mash them, bring the purée to heat and season with extra virgin olive oil, salt and pepper.
2. Once the desired consistency is reached, sieve the purée and keep warm in a bain-marie.
3. Slice the onion, dry in the oven at 140 degrees until completely dehydrated, then blend into a black powder.
4. In the meantime, portion the beef, add salt and pepper and dust with the onion powder; brown in a pan and put in a preheated oven at 190 degrees for 10 minutes, then leave to rest.
5. Serve the cut of beef with the soft potatoes, season with extra virgin olive oil and decorate with aromatic herbs.





OIL-FRIED DONUTS STUFFED WITH FRESH FRUIT

PREP. TIME 30 MIN | COOKING TIME 40 MIN

LIGHT
FRUITY



INGREDIENTS

- 500 g **flour**
- 250 g **boiled, mashed potatoes**
- 15 g **fresh brewer's yeast**
- 100 g **water**
- 25 g **sugar**
- 2 **eggs**
- 10 g **honey**
- 90 g **extra virgin olive oil**
- Vanilla flavouring** to taste
- Orange flavouring** to taste
- 9 g **salt**

PREPARATION

1. Dissolve the yeast in part of the water, and in the meantime, put the flour, boiled potatoes and beaten eggs in a mixer. Start kneading and add the yeast dissolved in water.
2. Add the sugar and honey. Finally, add the oil with the addition of the salt and flavourings.
3. Leave to rise until the dough doubles in volume, then shape into balls and allow to rise again. Then, fry and sprinkle with sugar.
4. Fill with custard, cream or jam, according to preference. Decorate with fresh fruit.

APPLE, OIL AND ROSEMARY PIE WITH RASPBERRY SORBET

PREP. TIME 30 MIN | COOKING TIME 45 MIN

LIGHT
FRUITY



INGREDIENTS

250 g **Italian "00" flour**

3 **eggs**

275 g **sugar**

12 g **yeast**

125 g **milk**

75 g **extra virgin olive oil**

300 g **apples**

Rosemary to taste

500 g **fresh raspberries**

125 g **water**

PREPARATION

1. Slice the apples and season with 50 g sugar and the chopped rosemary.
2. Meanwhile, mix the eggs with the sugar, add the milk, extra virgin olive oil and finally the sieved flour together with the yeast.
3. Add the apples and bake in the oven at 165 degrees until the surface is golden.
4. Prepare a syrup with 125 g water and 125 g sugar, allow to cool and add the fresh raspberries.
6. Melt 100 g of dry sugar in a saucepan to make the caramel.
7. Arrange the dish with a slice of apple pie dipped in caramel, and finish with the raspberry sorbet.





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