



THE ART AND TRADITION OF EUROPEAN WELLNESS

Treat yourself to something unique

10 EXCLUSIVE
RECIPES CREATED
BY STAR CHEF
ISIDE DE CESARE



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IT'S FROM
EUROPE



CAMPAIGN FINANCED
WITH AID FROM
THE EUROPEAN UNION

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.



TOASTED BREAD, PICKLED VEGETABLES AND PARMESAN CHEESE

PREP 30 MIN | COOKING 10 MIN



INGREDIENTS

Sliced bread 4

Artichokes 4

Zucchini 1

Carrots 1

Small potatoes 2

Parmesan cheese 100 g

Mint as required

Salt and Pepper as required

Extra virgin olive oil as required

White wine vinegar 200 g

Water 1,5 litres

Balsamic vinegar as required

PREPARATION

1. Clean the artichokes and put them in water with a few drops of lemon juice
2. Wash the zucchini and cut them into sticks
3. Peel the potatoes and cut into regular cubes
4. Clean the carrot and cut it into rounds
5. Bring the water with the vinegar and a pinch of salt to the boil
6. Cook the vegetables one at a time leaving them crunchy, then drain them
7. Prepare an emulsion of extra virgin olive oil, balsamic vinegar, salt and pepper
8. Cut the Parmesan into flakes
9. Cut the bread into slices and toast it
10. Season the vegetables with the oil and balsamic vinegar emulsion and place them on the slices of bread, then add the parmesan and mint

OLIVE OIL STRUDEL WITH BROCCOLI AND SAUSAGE

PREP 60 MIN | COOKING 20 MIN



INGREDIENTS

For the strudel:

Manitoba flour 250 g

Extra Virgin olive oil 40 g

Water as required

Salt 3 g

Extra virgin olive oil for brushing

15 g

Sausages 4

Roman broccoli 1

Extra virgin olive oil as required

Garlic as required

Salt as required

Chili pepper as required

PREPARATION

1. Knead the strudel dough putting the flour and water first and finally adding the oil. Let it rest
2. Meanwhile, heat oil, garlic and chilli in a pan and pour in the previously boiled broccoli, cook adding salt as required.
3. Add the sausages after removing the outer casing
4. Roll out the dough on a lightly floured tablecloth, grease with a little extra virgin olive oil
5. Arrange the filling and roll up the strudel, brush with the oil and cook at 180 degrees for about 20 minutes





WARM RICOTTA, TOMATO SOUP WITH OLIVE OIL AND AUBERGINES

PREP 30 MIN | COOKING 10 MIN



INGREDIENTS

Sheep's milk ricotta 500 g

Parmesan cheese 100 g

Cherry tomatoes 500 g

Aubergine 1

Flour as required

Basil as required

**Extra virgin olive oil for seasoning
and frying** 30 g

Salt and Pepper as required

PREPARATION

1. Blend the cherry tomatoes
2. Pass through a colander and season with extra virgin olive oil, salt and pepper
3. Sift the ricotta, add a little oil and the Parmesan
4. Cut the aubergines into very thin slices, flour them and then fry them
5. Oven bake the ricotta at 180 degrees for about 8/10 minutes
6. Compose the dish by putting the tomato soup on the bottom, then the ricotta, finish with the aubergines and basil



POTATO GNOCCHI, GARLIC, PARSLEY AND CAVIAR

PREP 60 MIN | COOKING 5 MIN



LIGHT
FRUITY



INGREDIENTS

Boiled potatoes 1 kg

Flour 350 g

Potato starch 50 g

Salt 20 g

Chopped parsley as required

Cloves of garlic 6

Milk as required

Salmon marinated in dill 100 g

Extra virgin olive oil 5 g

PREPARATION

1. Boil the potatoes, peel and mash them
2. Cook the garlic in the milk, mash it and add it to the potatoes
3. Chop the parsley and add it, then add salt and flour, the starch and knead.
4. Form the gnocchi by rolling them out and cut them into a round shape
5. Meanwhile, cut the salmon into cubes
6. Boil the gnocchi and sauté them in extra virgin olive oil
7. Finish the dish with the gnocchi, salmon and caviar
8. Decorate with dill

EMPTY RAVIOLI WITH OLIVE OIL PEA PUREE, SHRIMPS AND LEMON

PREP 60 MIN | COOKING 2 MIN



INGREDIENTS

For the pasta:

00 Flour 400 g
Eggs 3
Yolks 4

For the filling:

Peas as required
Onion as required
Lemon juice as required
Extra virgin olive oil 15 g
Salt and Pepper as required
Red prawns 3 for each ravioli
Fennel to garnish
Fleur de sel as required
Extra virgin olive oil 5 g
Lemon as required
Water 100 g
Sugar 100 g

PREPARATION

1. Knead the egg pasta and let it rest.
2. Meanwhile, finely chop the onion
3. Put the extra virgin olive oil in a pan, brown the onion and add the peas
4. Season with salt and pepper
5. Season with salt and pepper
6. Cook, then blend, emulsifying with extra virgin olive oil and water if necessary
7. Clean the shrimps and marinate them in the oil and salt
8. Meanwhile, peel a lemon and cut it into thin threads
9. Put the water and sugar in equal parts and the lemon into a saucepan
10. Bring to the boil and shortly after remove from the heat.
11. Roll out the dough and cut it with a pastry cutter
12. Form the empty ravioli
13. Cook in abundant salted water
14. Fill with the pea puree and place a marinated shrimp on it
15. Finish with the candied lemon and wild fennel





CHICKEN WITH PEPPERS WITH OLIVE OIL, MINT AND LAVENDER

PREP 60 MIN | COOKING 35 MIN



INGREDIENTS

Chicken breast 1

Peppers 4

Lemon 1

Garlic as required

Rosemary as required

Lavender as required

Mint as required

Extra virgin olive oil 15 g

Salt and Pepper as required

PREPARATION

1. Rinse the chicken breast and pat dry
2. Cut into portions
3. Season with chopped rosemary and lavender, lemon zest, salt, pepper and massage with extra virgin olive oil
4. Roll it in cooking wrap and bake at 70 degrees for about 35 minutes
5. Meanwhile, brown the peppers in the oven at 185 degrees
6. Remove the skin and seeds and cut them into julienne strips
7. Prepare an emulsion with oil, salt, garlic and mint and season the peppers
8. Brown the chicken in a pan and serve with the peppers
9. Garnish with herbs

LETTUCE STUFFED WITH SHRIMPS ON ZUCCHINI

PREP 20 MIN | COOKING 30 MIN



INGREDIENTS

Lettuce 1

Shrimps or scampi 12

Zucchini 4

Extra virgin olive oil 20 g

Aromatic herbs as required

White wine vinegar as required

Orange as required

Olives as required

Basil as required

Pine nuts as required

Dried tomatoes as required

Salt and Pepper as required

PREPARATION

1. Mince the olives and dry them in the oven at 70 degrees for 3 hours and then mince them more finely
2. Wash the leaf lettuce, blanch it in salted water and dry it
3. Wash the zucchini and cut them into rounds
4. Season them with oil and salt and a few drops of vinegar and chopped herbs
5. Clean the prawns and mince them with orange peel, basil, salt and pepper
6. Toast the pine nuts
7. Create small bundles with the shrimp pulp inside
8. Brown them in a pan with extra virgin olive oil
9. Finish the dish by placing the zucchini on the bottom then the lettuce bundle and finish with olives, pine nuts, dried tomatoes and herbs





PORK FILLET COOKED IN EXTRA VIRGIN OLIVE OIL WITH MANDARIN AND SAGE

PREP 60 MIN



INGREDIENTS

- Pork fillet 600 g**
- Extra virgin olive oil for frying 100 g**
- Extra virgin olive oil 20 g**
- Fennel flower** as required
- Rosemary** as required
- Salt and Pepper** as required
- Red onions 2**
- White wine vinegar** as required
- Sugar** as required
- Sage**
- Edible flowers** as required
- Mandarin mustard** as required
- Aubergine 1**

PREPARATION

1. Season the sirloin with sage, salt and pepper
2. Cook in a steam oven at 70 degrees until the core probe indicates 64 degrees
3. Meanwhile, cut a slice of zucchini, lightly flour it and fry it in a little extra virgin olive oil, salt it and season with fennel flower.
4. Clean the onions and cut them into rings
5. Put the water, vinegar and sugar in a pan, bring to the boil, then add the onions
6. Brown the fillet
7. Serve placing the zucchini slice first, then the pork, the mustard and the onion and herbs on top

OLIVE OIL BISCUITS WITH RED WINE AND FRUIT

PREP 40 MIN | COOKING 20 MIN



INGREDIENTS

oo flour 500 g

Evo oil 80 g

Sugar 150 g

Red wine 135 g

Berries as required

Fennel flower as required

Powdered yeast 8 g

Salt 3 g

PREPARATION

1. Sift the flour mixed with the baking powder.
2. Add the sugar and lard, salt, then the red wine
3. Add the fennel flower last
4. Leave the dough to rest for 15 minutes
5. Form the biscuits and pass them in the granulated sugar
6. Bake in the oven at 170 degrees for about 15/20 minutes





OLIVE OIL DOUGHNUT WITH COFFEE

PREP 30 MIN | COOKING 25 MIN



INGREDIENTS

Eggs 240 g
Evo oil 130 g
Coffee 125 g
Flour 240 g
Cocoa 30 g
Starch 30 g
Chemical yeast 10 g
Salt 3 g

PREPARATION

1. Mix eggs, oil, coffee and sugar in a planetary mixer
2. Add the other ingredients sifted together
3. Put in a mould and bake at 170 degrees until piercing with a toothpick shows it is dry inside
4. Separately, work the ricotta with the sugar and vanilla and add the Sambuca
5. Wash the strawberries and cut them into pieces
6. Serve the doughnut with the ricotta cream and strawberries



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