THE ART AND TRADITION OF EUROPEAN WELLNESS

Treat yourself to something unique

10 EXCLUSIVE RECIPES CREATED BY STAR CHEF ISIDE DE CESARE





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.

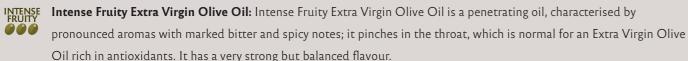
EACH DISH HAS ITS OWN OIL

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 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 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.



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

- lemon juice

- 4. Clean the carrot and cut it into rounds
- 5. Bring the water with the vinegar and a pinch of salt to the boil
- drain them
- salt and pepper
- 8. Cut the Parmesan into flakes
- 9. Cut the bread into slices and toast it
- parmesan and mint



1. Clean the artichokes and put them in water with a few drops of

- 2. Wash the zucchini and cut them into sticks
- 3. Peel the potatoes and cut into regular cubes
- 6. Cook the vegetables one at a time leaving them crunchy, then

7. Prepare an emulsion of extra virgin olive oil, balsamic vinegar,

10. Season the vegetables with the oil and balsamic vinegar emulsion and place them on the slices of bread, then add the

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

 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 aas required

Extra virgin olive oil for seasoning and frying 30 g

Salt and Pepper as required

- PREPARATION
- 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
- minutes
- basil



1. Blend the cherry tomatoes

- 5. Oven bake the ricotta at 180 degrees for about 8/10
- 6. Compose the dish by putting the tomato soup on the bottom, then the ricotta, finish with the aubergines and



POTATO GNOCCHI, GARLIC, PARSLEY AND CAVIAR

LIGHT FRUITY PREP 60 MIN | COOKING 5 MIN INGREDIENTS PREPARATION Boiled potatoes 1 kg **Flour** 350 g potatoes **Potato starch** 50 g **Salt** 20 g starch and knead. Chopped parsley as required round shape Cloves of garlic 6 Milk as required Salmon marinated in dill 100 g Extra virgin olive oil 5 g 8. Decorate with dill



- 1. Boil the potatoes, peel and mash them
- 2. Cook the garlic in the milk, mash it and add it to the
- 3. Chop the parsley and add it, then add salt and flour, the
- 4. Form the gnocchi by rolling them out and cut them into a
- 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

EMPTY RAVIOLI WITH OLIVE OIL PEA PUREE, SHRIMPS AND LEMON

PREP 60 MIN | COOKING 2 MIN

INGREDIENTS

- For the pasta: oo 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

LIGHT FRUITY



- 2. Meanwhile, finely chop the onion
- 3. Put the extra virgin olive oil in a pan, brown the onion and add the peas
- 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

- 2. Cut into portions
- minutes
- strips
- season the peppers
- 9. Garnish with herbs





1. Rinse the chicken breast and pat dry

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

5. Meanwhile, brown the peppers in the oven at 185 degrees

6. Remove the skin and seeds and cut them into julienne

7. Prepare an emulsion with oil, salt, garlic and mint and

8. Brown the chicken in a pan and serve with the peppers

LETTUCE STUFFED WITH SHRIMPS ON ZUCCHINI

PREP 20 MIN I 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

- 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
- 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
- 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 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

- 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

1. Season the sirloin with sage, salt and pepper

OLIVE OIL BISCUITS WITH RED WINE AND FRUIT

PREP 40 MIN | COOKING 20 MIN



PREPARATION



INGREDIENTS

00	flour	500	g
	noui	200	5

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

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



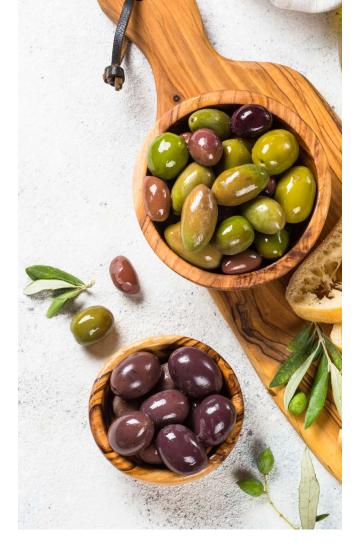


OLIVE OIL DOUGHNUT WITH COFFEE

MEDIUM FRUITY PREP 30 MIN | COOKING 25 MIN INGREDIENTS PREPARATION **Eggs** 240 g **Evo oil** 130 g Coffee 125 g **Flour** 240 g **Cocoa** 30 g add the Sambuca **Starch** 30 g Chemical yeast 10 g strawberries Salt 3 g



- 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
- 5. Wash the strawberries and cut them into pieces
- 6. Serve the doughnut with the ricotta cream and



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