

Sun drenched recipes to add some flavour to your summer!

Three delicious European Olive Oil recipes to make at home

Whether you're planning an alfresco dinner party or are on the lookout for some light summer lunches, these light and tasty recipes made with European olive oil from Spain have got you covered. Spain is the world's leading producer, responsible for half of all olive oil. As an ingredient, it is incredibly versatile and fundamental to a healthy diet. There are so many ways to use Spanish olive oil in different dishes, from salads and roasted vegetables to ice cream!



These Spanish inspired restaurant-style recipes can be easily re-created at home to bring a taste of Spanish sunshine to your kitchen. They are made using extra-virgin European olive oil from Spain for an added boost of peppery, green and rich flavour:

- **Vegan Roasted Cauliflower Steak** - This restaurant-style vegan main course is healthy, tasty and sure to impress guests. Serve it as a late lunch on a bright, summer weekend – or as a light supper during the week.
- **Vegan Chickpea and Watercress Salad** - A healthy, nutritious salad packed with plant-based protein and plenty of flavour. It makes for a light lunch at home or on the go.
- **Olive Oil Ice-Cream with Dried Figs** - Olive oil might not be the first flavour that springs to mind when thinking about ice cream, but its subtle spiciness and light grassy flavour makes for a winning combination of sweet and savory.

Roasted Cauliflower Steak with Olive Oil Mash and a Roasted Tomato & Olive Salsa

Serves: 2 Prep: 10 min Cooking: 40 min

The roasted cauliflower steak is incredibly easy to make. Keep the seasoning simple and let the flavour of the extra virgin olive oil shine through. The extra virgin olive oil adds smoothness and flavour to the mashed potatoes, making it brighter, lighter and so much tastier. To save time, make the roasted tomato & olive oil salsa can in advance and store it in the fridge in an airtight container: it keeps for at least 3 days.



Ingredients: 1 small cauliflower, 400g potatoes, 1 shallot, 150g baby tomatoes, 50g black olives, fresh parsley, extra virgin European olive oil from Spain, sea salt, black pepper

Method:

1. Preheat the oven at 180C.
2. Slice the cauliflower lengthwise, through the middle, into two 2.5cm steaks. Rub each steak with salt, pepper and extra virgin olive oil and place them on a roasting tray. Roast for 25-30 minutes until golden brown.
3. Slice the tomatoes in half and place them on a small roasting tray. Season with salt and a drizzle of extra virgin olive oil. Roast for 20-25 minutes.
4. Meanwhile peel, chop and boil the potatoes until soft. Drain the potatoes, return to the pan on very low heat and mash them until smooth. Add 3 tbsp extra virgin olive oil and stir well into the mashed potatoes. Season with salt and keep warm.
5. Heat 1 tbsp of extra virgin olive oil in a non-stick pan. Add the finely chopped shallot and cook on medium heat until soft. Add the roasted tomatoes and chopped olives and continue cooking for another 2-3 minutes. Season with salt and freshly chopped parsley.
6. Place each cauliflower steak on a large plate. Add 2-3 tbsp of the roasted tomato and olive salsa on top. Serve with olive oil mash on the side.

Olive Oil Ice Cream with Dried Figs

Serves: 4 Prep: 10 min Cooking: 20 min Cooling, churning and freezing: 2 – 8 h

The Spanish extra virgin olive oil is just perfect for this recipe: it adds to the creaminess of the ice cream and brings a fresh, peppery flavour. The recipe is using dried figs, but fresh, roasted figs would also work very well. Add a pinch of sea salt when serving, to enhance the flavours and make the ice cream even more interesting.



Ingredients: 500ml whole milk, 150ml double cream, 130g caster sugar, 6 egg yolks, 4 dried figs, 50ml extra virgin Spanish olive oil, sea salt

Method:

1. Heat the milk and cream in a medium pan, until it's just about to start simmering.
2. Whisk the egg yolks and sugar in a medium bowl and gradually add the warm milk and cream.
3. Pour the mixture back in the pan and continue cooking on low heat, stirring continuously, until it is thick enough to coat the back of the spoon.

4. Remove the custard from heat and allow it to cool.
5. Churn the custard in an ice cream machine according to manufacturer's instructions – for about 45 minutes. Add the chopped figs and the olive oil after the first 20 minutes, while the ice cream is churning. Once churned, transfer the ice cream into a freeze-proof container and freeze for at least 2 hours.
6. If you don't have an ice cream machine, pour the custard in a freeze-proof container and place in the freezer for 2 hours. After 2 hours, transfer the mixture in a food processor, and whizz it until smooth. Return the mixture in the container and freeze for one more hour. Repeat the whizzing process, and this time add the chopped figs and olive oil at the end. Return the mixture in the container and freeze for at least 3 hours.
7. To serve, remove from the freezer and allow 10-15 minutes to soften. Add a pinch of sea salt just before serving.

Vegan Chickpea and Watercress Salad with Roasted Tomatoes and an Olive Oil and Lemon Dressing

Serves: 2 Prep: 10 min Cooking: 50 min

Use canned chickpeas for the quick and easy version of this salad or boil dried chickpeas in advance if you have some extra time to spare – just make sure you rinse them well before adding them to the salad. The slow roasted tomatoes can be prepared well in advance be stored in the fridge, in an airtight container for up to 4 days. Same goes for the olive oil, lemon and herbs dressing. As for the fresh herbs: go for parsley if you like classic flavours, or choose mint for some extra freshness.



Ingredients: 400g canned chickpeas, drained and rinsed, 85g watercress, 1 small red onion, thinly sliced, 150g baby tomatoes, 50g radishes, 1 lemon, extra virgin Spanish olive oil, chopped fresh herbs, sea salt

Method:

1. Preheat the oven at 110C. Slice the tomatoes in half and place them on a roasting tray. Season with salt and extra virgin olive oil. Roast for 40-45 minutes.
2. Meanwhile prepare the dressing by mixing 50ml extra virgin olive oil with the juice of the half lemon and a handful of finely chopped fresh herbs.
3. Place the chickpeas in a large bowl, add the watercress, finely chopped red onion, sliced radishes and roasted tomatoes.
4. Add the dressing just before serving.

For more information and inspiration, visit www.oliveoilworldtour.eu or check out www.facebook.com/OliveOilWorldTourEU and www.instagram.com/oliveoilworldtoret and give them a follow.

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For more information, samples or high-res imagery please contact alice.wilson@stormcom.co.uk.

About Olive Oils from Spain and the Olive Oil World Tour: Olive Oils from Spain is the promotional brand of Spanish Olive Oil Interprofessional, a non-profit organization formed by all representative associations of the Spanish olive oil sector, whose main objective is the

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promotion and distribution of the healthy product olive oil on an international level. With the "Olive Oil World Tour" campaign as its tool, the organization aims to make the world a more flavorful place and encourage consumers worldwide to join the European way of life (Join the European Healthy Lifestyle with Olive Oils from Spain.). The campaign is supported by the European Union.

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