

# OLIVE OIL

LIQUID GOLD

## ORIGIN

There are many theories regarding the origin of the olive tree. Some say it originated in the Nile River Valley, others state that it came from the Jordan River Valley. However, the majority of historians believe that olive trees came from the ancient region of Mesopotamia. Olive trees entered Europe from east to west, and there are very old plantations in Armenia.

In the Iberian Peninsula the presence of olive trees has been documented since prehistoric times.

When the Arabs settled in the Peninsula there was an increase in the growing of olive trees, especially in the Valley of the Guadalquivir River.



## NUTRITIONAL PROPERTIES

899 Kcal/100 g

Olive oil is rich in lipids with prevalence of monounsaturated (oleic) fatty acids and vitamin E.

Olive oil's fatty acids composition varies slightly depending on climate, soil, variety of olives used, etc..

The percentage of saturated (SFAs), monounsaturated (MFAs), and polyunsaturated fatty acids (PUFAs) is usually around 17%, 71%, and 11%, respectively.

The high content of oleic acid (MFA) is quite beneficial in regulating blood cholesterol, helping increase "good" cholesterol (HDL) and decrease "bad" cholesterol (LDL), total cholesterol and triglycerides.

Besides, this composition – rich in MFAs and low in PUFAs – makes this oil more stable than those rich in PUFAs and ideal for deep-oil frying – a culinary technique characteristic of the Mediterranean Diet, that lately has been adopted by other countries due to the well-established benefits for preparing the food, and improving its taste and appeal, and final nutritional value.

## Consumption Recommendations in case of:

Overweight and  
Obesity



Cardiovascular  
Disease



Diabetes



Hypertension



Celiac Disease



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## MORE INFORMATION

The amount of natural antioxidants in olive oil make it an adequate medium to preserve and mature certain foods.

This is the case of canned tuna, cheese (a Spanish example would be the Manchego cheese in oil), and others.

Olive oil is one of the key ingredients in the Mediterranean diet, an intangible cultural heritage of humankind.

There are four main types of olive oil:

Extra-virgin olive oil (EVOO)

Virgin olive oil (VOO)

Olive oil

Olive-kernel oil

Among them there are several varieties.

Olives are the olive tree fruit (*Olea europaea*). The Romans disseminated the method to grow this tree all over the Mediterranean as early as the II Century BC.

In the world of professional beauty, several skin treatments are made with olive oil and the results are highly rewarding with no contraindications.

This is because olive oil is a completely natural product that contains high levels of Vitamin E and other components that provide antioxidant and anti-skin ageing properties.

# RECIPES WITH OLIVE OIL

## TOASTS WITH TOMATOES AND OLIVE OIL

### INGREDIENTS

Whole-grain bread  
2 ripe tomatoes  
Extra virgin olive oil  
1 clove of garlic



### DIRECTIONS

Toast bread on a grill.  
While cooking, sprinkle each slice with olive oil and turn, to do both sides.  
Once the bread is crispy, rub with garlic.  
Halve tomatoes and squeeze each half over toast.  
Serve.

## YOGURT WITH OLIVE OIL GELATIN



### INGREDIENTS

4 natural yogurt containers  
20 g of minced ginger  
2 gelatin sheets  
1 tablespoon of extra virgin olive oil  
40 g of sugar  
3 ½ ounces of water

### DIRECTIONS

Soak the gelatin sheets in water and drain well.  
Heat half the sugar with the water until a light syrup forms.  
Take the pot off the stove and add the dissolved gelatin and minced ginger.  
Mix olive oil in, put in a mold and refrigerate at least 3 hours.  
Cut the gelatin in cubes, roll them in sugar and serve on a glass with the yogurt.

# RECIPES WITH OLIVE OIL

## GROUPER WITH MASHED CORN AND EXTRA VIRGIN OLIVE OIL

### INGREDIENTS

600 grams of clean grouper  
Extra virgin olive oil  
Salt  
Ground pepper  
To decorate:  
Cooked potatoes  
Olive Oil  
Salt  
Fried leeks  
For the mashed corn:  
150 g corn kernels  
25 g of onion  
2 ounces of light cream  
5 g of flour  
Salt  
Ground white pepper



### DIRECTIONS

Make mashed corn: finely cut onion and sauté for 1 minute in oil.

Add flour and corn, pour in the light cream, and cook.

Drain, mash and season with salt and pepper. Keep it warm in a double boiler.

Season grouper, sprinkle with oil and cook on a grill.

To serve, place the mashed corn on a plate add the grouper on top and decorate with cooked potatoes, fried leeks, a few grains of coarse salt and a few dashes of virgin olive oil.