



## Olive Oil Demo

June 10, 2020

### Fennel Salad with Lemon, Olive Oil and Parmigiano Reggiano

*Serves 4*

4 ea	Large heads fennel (about 1 ½ pounds)
1 ½ cups	Parmigiano reggiano, shaved with a vegetable peeler
¼ cup	Olive oil
2 Tbsp	Fresh lemon juice
1 Tbsp	Fresh parsley, chopped
To Taste	Salt and freshly ground pepper.

1. Wash fennel and trim away stems and any bruised parts so you are just left with the bulb. Save approximately 1 cup of fennel fronds for garnish if any can be collected from the stems.
2. Quarter each head of fennel, starting the cut from the root end and ending at the stem end. Shave paper thin on a mandoline into a large mixing bowl.
3. Toss with remaining ingredients and season to taste with salt and pepper.
4. Place in a serving dish and garnish with fennel fronds.

### Carta di Musica

2 Cups	All purpose flour
1 Cup	Durum flour, finely milled (or substitute semolina flour if this is not available)
1 Cup	Water
1 ¼ tsp	Salt
To taste	Coarse sea salt like <i>Maldon</i> or <i>Fleur de Sel</i>
As needed	Olive oil

1. Place water into bowl of stand mixer followed by both flours and salt.
2. Using dough hook, mix on medium speed until dough comes together and some strength is developed. About 5 minutes.
3. Wrap tightly in plastic and refrigerate overnight.
4. Preheat oven to 400.
5. Grease a cookie sheet with olive oil.
6. Cut the dough into 4 equal sized pieces. Roll each piece of dough through a pasta roller until paper thin. Cut pieces to fit the length of the cookie sheet then place onto the greased cookie sheet. If you have several cookie sheets you can prepare several at once.
7. Bake on top rack in oven until golden brown, about 10 minutes. Remove from oven and brush immediately with olive oil and season to taste with sea salt.
8. Once cool, break into pieces of desired size and serve immediately or store in an air tight container for up to 2 days.

## Olive Oil Cake with Roasted Strawberries

*Yields 1 10" springform*

*\*Serve with your favorite vanilla ice cream\**

### Olive Oil Cake

2 ea	Eggs
1 ½ cups	Sugar
1 cup	Milk
1 cup	Olive oil
1 tsp	Lemon zest
1 Tbsp	Lemon juice
1 ½ cups + 2 Tbsp	Whole wheat pastry flour
1 tsp	Baking powder
½ tsp	Baking soda
½ tsp	Salt

1. Preheat still oven to 400°F.
2. Butter a 10" springform and line with parchment, then butter the top of the parchment. Dust with flour to evenly coat the inside of the spring form, then shake out excess flour.
3. Into a medium bowl sift together flour, baking powder, baking soda and salt.
4. Combine eggs and sugar in bowl of a stand mixer and mix with paddle attachment on medium-high speed until light and fluffy, about 5 minutes.
5. With mixer on medium, emulsify the olive oil into the egg/sugar mixture by slowly drizzling in. Make sure the oil is fully incorporated and emulsified before continuing onto the next step.
6. Stop mixer, add half of milk and half of dry ingredients. Mix on low to incorporate. Then add remaining milk and dry ingredients. Mix on low to incorporate. Add lemon juice and zest last. Mix on low until fully incorporated.
7. Pour into prepared spring form and place onto a cookie sheet. Bake on center rack in still oven for 30 minutes, rotate 180° to maintain even cooking/browning, then reduce heat to 350°F and bake for additional 20 minutes or until a cake tester comes out clean.
8. Remove from oven and cool on a cooling rack.

### Roasted Strawberries

1 pound	Strawberries, washed, stems and leaves trimmed and discarded, large strawberries cut in half
3 Tbsp	Powdered sugar, sifted

1. Preheat oven to 350 F.
2. In a mixing bowl toss strawberries in powdered sugar.
3. Place into a baking dish and cover tightly with aluminum foil.
4. Bake 15-20 minutes covered or until strawberries are just tender. Uncover and cool. There will be some syrup that has collected in the baking dish. Gently stir strawberries to coat in this syrup before serving.

*To Serve:*

Place a slice of olive oil cake onto a plate. Scoop vanilla ice cream next to the cake. Place 3 or 4 pieces of roasted strawberries in between the ice cream and the cake. Drizzle some olive oil onto the vanilla ice cream and a little around the plate.

9.