

Olive Oil Demo

Summer 2020

Fennel Salad with Lemon, Olive Oil and Parmigiano Reggiano

Serves 6

4 ea	Large heads fennel (about 2 ½ pounds without stems)
1 ½ cups	Parmigiano reggiano, shaved with a vegetable peeler, packed
¼ cup	Olive oil
2 Tbsp	Fresh lemon juice
To Taste	Salt and freshly ground pepper
For Garnish	Fennel fronds (substitute fresh chopped parsley if fronds are not available)

1. Wash fennel and trim away stems and any bruised parts so you are just left with the bulb. Trim the stem end straight across so that you will have a flat surface to work with on the mandoline. Save approximately 1 cup of fennel fronds for garnish if any can be collected from the stems.
2. Halve 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 by holding the root end in your hand and placing the stem end against the surface of the mandoline. Shave the fennel straight down working from the stem end, down to the root end. ***SAFETY FIRST! *** Use the guard that the mandoline came with to protect your hand, or if you don't have one, as the piece of fennel gets smaller use the palm of your hand to press down as you slice, keeping your fingers stretched out straight so they will not come in contact with the blade if you slip.
3. Toss with remaining ingredients and season to taste with salt and pepper.
4. Place in a serving dish and garnish with fennel fronds (or fresh chopped parsley).
5. Serving suggestions: serve on its own as a side or serve alongside any seafood or roasted or grilled meat.

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 paddle attachment, mix on low speed for about 1 minute. Stop mixer and scrape dough off of paddle. Squeeze the dough with your hand to form one cohesive piece. Switch to dough hook and continue to mix on medium speed for about 5 minutes. Remove from mixer and finish kneading by hand. Place the dough onto a work surface and flatten by pressing down into the center of the dough with the palm of your hand. Fold the dough in half then flatten again. Rotate 90 degrees, fold in half, then flatten with the palm of your hand. Continue folding and rotating in this fashion until about 10 folds are achieved. Form the dough into a ball, taking care to pinch any seams closed (the idea is to keep the dough from oxidizing).
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 and set up a pasta roller. Form one piece into a square or rectangle - try to form it so that it is close to the width of the pasta roller. Pass through the machine until paper thin. Cut pieces to fit the length of the cookie sheet then place onto the greased cookie sheet. Place the pieces side by side but make sure they don't overlap. Continue with the rest of the dough as needed. If you don't need to make all of the crackers at once, the dough will keep tightly wrapped in plastic for a few days in the fridge.
7. Bake on top rack in oven for 5 minutes, rotating 180 degrees halfway through. After 4 minutes of baking, check periodically and remove just as soon as the carta di musica is golden brown. Lightly brush with olive oil right away, 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.

Olive Oil Cake with Roasted Strawberries

Yields one 10" springform (10-12 servings)

Serve with your favorite vanilla ice cream

Olive Oil Cake

2 ea	Eggs
1 ½ cups	Sugar, granulated
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 375°F.
2. Butter a 10" springform and line the bottom 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. Sift together flour, baking powder, baking soda and salt.
4. Combine eggs and sugar in bowl of a stand mixer and mix with whisk attachment on medium-high speed until light, fluffy and pale, about 5 minutes.
5. With mixer running on medium-high speed, emulsify the olive oil into the egg/sugar mixture by slowly drizzling in. This should take a few minutes.
6. Stop mixer, add half of milk and half of dry ingredients. Mix on low to incorporate for about 15 seconds. Stop mixer and scrape down sides of bowl with rubber spatula, then mix on low for an additional 15-30 seconds to incorporate. Repeat this step with remaining milk and dry ingredients. Scrape down sides of bowl again with rubber spatula and scrape the bottom as well to make sure the batter is thoroughly incorporated. Lastly, add lemon juice and zest. Mix on low until fully incorporated.
7. Pour into prepared spring form and place onto a cookie sheet. Turn oven down to 350°F, then bake on center rack in still oven for 30 minutes. Rotate 180° to maintain even cooking/browning and bake for additional 15 - 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 off, extra-large strawberries cut in half
3 Tbsp	Powdered sugar, sifted

1. Preheat oven to 350 F.
2. In a mixing bowl toss strawberries with powdered sugar. Stir or toss together until strawberries absorb the powdered sugar.
3. Place into a baking dish and cover tightly with aluminum foil.
4. Bake 20-25 minutes covered or until strawberries are just tender. Pull back foil so steam can escape and cool on a cooling rack. 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.

Olive Oil Madeleines

Yields 12 madeleines

½ Cup	All purpose flour
1 tsp	Baking powder
2 Tbsp + 1 tsp	Olive oil
1 ea	Egg
¼ Cup	Sugar, granulated
2 Tbsp	Milk
Scant ¼ tsp	Salt
½ tsp	Vanilla extract
½ tsp	Lemon zest (microplaned)

1. Sift together flour and baking powder.
2. Whisk together eggs, sugar, salt and vanilla extract until smooth. Add milk and whisk until thoroughly incorporated.
3. Whisk in flour mixture and lemon zest.
4. Add olive oil in 6 additions, making sure to achieve a smooth batter before continuing with the next addition.
5. Refrigerate batter overnight.
6. Butter madeleine molds and lightly dust with flour.
7. Using a piping bag, pipe batter into each mold until ¾ full.
8. Preheat oven to 425°F.
9. Place madeleines into oven on center rack and immediately drop temperature to 350°F.
10. Bake for 6 minutes, rotate madeleines 180 degrees then bake an additional 6 minutes.
11. Remove from oven, immediately tap out of the molds and cool on cooling rack.