



Οι ελιές είναι η βασική πηγή του ελαιολάδου, το οποίο αποτελεί το βασικό συστατικό της Μεσογειακής Κουζίνας.



OLIVE OIL AND THE MEDITERRANEAN CUISINE

Olive oil was and still is the cornerstone of Mediterranean cuisine, whose presence is dominant in the diet. Good oil in combination with correct cooking methods or proper use allows the flavors and aromas of other ingredients to shine.



Raw

- The extra virgin olive oil has strong organoleptic characteristics: color, flavor, aroma, texture, and is ideal for use in raw salads with raw vegetables, combined with vinegar or lemon.
- Use in salads with fresh, steamed vegetables and wild herbs. In boiled or roasted potatoes, peppers, zucchini, etc.
- In more complex salads, such as those that are based on potatoes, bread, eggplant, garlic, parsley and dill.
- On raw or grilled cheese with oregano, marjoram or thyme.
- In cooked meats, including poultry.
- On toasts, particularly barley or toasted bread.
- In combination with fish and meat marinades.
- In conjunction with various herbs and greens in the middle of the table, accompanying bread (instead of a side dish).



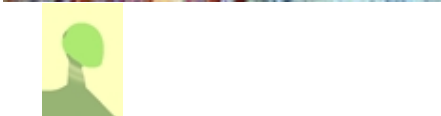
In the oven

- Olive oil has the ability to keep meat, fish and vegetables baked in the oven tender. The same applies to
 - Olive oil is a material that can easily be mixed with butter or margarine, if desired, particularly in food applications
 - Also, it is used in desserts baked in the oven as olive pies in the pan, biscuits and cookies. Olive oil has a distinctive
- Olive oil gives a distinctive flavor to breads, in festive cookies. The oil acts as a substantial



Barbeques and Grill.

Meat, poultry, fish and vegetables can be marinated with herbs, spices and olive oil . The result will be superior. If you want you can resort to more simple and traditional ways, such as that of direct spreads of food on the grill. The taste will improve, they will not stick to the grill, they will not turn black and they will get a nice pink color.



The first of the recipes is the fried octopus, which is a traditional dish in the region of Oporto. It is made with fresh octopus, which is cleaned and cut into pieces, then fried in olive oil. The second recipe is the fried potato, which is a simple and delicious dish that can be served as a side or a main course. It is made with sliced potatoes, fried in oil until golden brown, and then seasoned with salt and pepper.

The third recipe is the fried octopus, which is a traditional dish in the region of Oporto. It is made with fresh octopus, which is cleaned and cut into pieces, then fried in olive oil. The fourth recipe is the fried potato, which is a simple and delicious dish that can be served as a side or a main course. It is made with sliced potatoes, fried in oil until golden brown, and then seasoned with salt and pepper.

The fifth recipe is the fried octopus, which is a traditional dish in the region of Oporto. It is made with fresh octopus, which is cleaned and cut into pieces, then fried in olive oil. The sixth recipe is the fried potato, which is a simple and delicious dish that can be served as a side or a main course. It is made with sliced potatoes, fried in oil until golden brown, and then seasoned with salt and pepper.



