

## 17 facts, views and tips on olive oil

Blog post 10/13

### 13. For what can I use olive oil?

The effect of alcohol on wine is similar to the effect of olive oil on food. Alcohol is a flavour enhancer for wine and olive oil is for food. However, olive oil can also be enjoyed pure with bread, which is again not very advisable with alcohol. Olive oil emphasises the inherent taste of the food and ensures harmony of the flavours. In Mediterranean cuisine, olive oil is always served alongside water and bread. Without olive oil nothing works here. Olive oil, bread, salt - this is quite sufficient for a simple meal.

You can use olive oil almost everywhere. For example, it is an excellent and tasty substitute for butter. However, you should be careful what you want to use it for and choose the right olive oil for it. Classic olive oil can have different intense flavours: mild, medium, intense.

You can use mild varieties for sweet dishes, for baking cakes, for breakfast with jam on toasted bread, for mayonnaise, pasta with mild ingredients or even puree - instead of butter, crème fraîche or cream you can use olive oil, it will be fantastic!

Intense varieties are suitable for salads, for frying and deep-frying, for fish or pasta with spicy ingredients.

All vegetables can be prepared with olive oil. Simply cook with olive oil or mix with olive oil and then cook in the oven. The latter method also makes it possible to make French fries with much less oil and calories, which also taste much better than French fries prepared in a deep fryer. Or try rice with olive oil. We have posted a recipe suggestion on YouTube under vinvinowein. It is delicious.

Do you know what a Filo d'olio is? It is a fine olive oil thread. Serve the oil from the fridge together with water and bread. Anyone can add a few drops of olive oil - a few Fili d'olio - to their food, according to taste.

Vitamins from vegetable and fruit juices can be better absorbed by the body together with oil, such as carotene from carrots. Vitamin absorption is enhanced if you add a few drops of olive oil to the juice.

Most vegetables can be cooked in olive oil, eaten cold with olive oil or baked as oven vegetables with olive oil. We will continue to present dishes and dishes prepared with olive oil on our YouTube channel, Instagram, Twitter and in the blog on our website. We have already published some recipe suggestions on YouTube and Instagram

- ✪ 11.04.2020: Asparagus salad with orecchiette
- ✪ 11.04.2020: Asparagus salad with rhubarb and red grapes
- ✪ 18.04.2020: Salmon trout
- ✪ 02.05.2020: Artichoke bottom with avocado
- ✪ 09.05.2020: Risotto with duck liver
- ✪ 16.05.2020: Leg of quail with puree
- ✪ 23.05.2020: Tomahawk steak with Hokkaido pumpkin
- ✪ 20.06.2020: Ochsenwade with pearl onions on bulgur ( hard wheat groats) with cornel cherry sauce
- ✪ 27.06.2020: Black cabbage with rice
- ✪ 18.07.2020: Celery in olive oil

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In the following table, I give you an overview of foods and dishes popular in Germany and their respective delicious equivalent with olive oil:

Classic	with olive oil
Buttered bread	Olive oil bread
Puree with butter and cream	Puree with olive oil
Mayonnaise with rape seed / sunflower oil	Mayonnaise with mild olive oil
Asparagus with hollandaise saucee	Asparagus with olive oil vinaigrette
Béchamel sauce with butter	Béchamel sauce with olive oil
French fries with rape seed / sunflower oil	French fries with olive oil from the oven
Risotto with cream and/or butter	Risotto with olive oil
Pasta with butter and/or cream	Pasta with olive oil
Escalopes in clarified butter	Escalopes in olive oil
Polenta with butter	Polenta with olive oil
etc.	etc.

One of the most common uses of olive oil in Germany is of course dressing salads. For this reason, I would like to give you some special tips for delicious dressings with olive oil in the next part of our blog.

**DO YOU HAVE ANY QUESTIONS, SUGGESTIONS, ADVICE, MESSAGES, PROPOSALS?**

**PLEASE CONTACT US.**

**Your Ergin Family**

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