



READING SEAMPLE

FACTS, VIEWS AND TIPS ON OLIVE OIL

with exquisite olive oil recipes

Ahmet Sabri Ergin



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Foreword

Olive oil is often a falsified product. For example, Tuscan olive oil is very popular, and its use is widespread in Germany. Although only 2% of Italy's annual production comes from Tuscany, it accounts for 25% of the Italian olive oil sold in our country. How is this possible? Well, cheap olive oil from North Africa is transported by tankers to Italy where it is bottled and labelled as noble Tuscan olive oil. Old, inferior oil is refined to make it tasteless and odourless, then mixed with the new harvest from Italy and finally put on the market. Completely different vegetable oils are also sold as olive oil.

What do we learn from this? No matter what food it is: mass production is always bad. Do not buy goods from mass production sold by global retail chains in thousands of shops. Instead, buy from growers who produce only small quantities with great personal care. This greater effort in purchasing pays off in terms of quality and taste. The same applies to your holidays, for example. Some destinations may be harder to reach because of poor connections, and it may take three hours longer to get to such a place. But once you get there, you will

benefit from the extra effort, and you will not have to share a tiny beach with many other holidaymakers.

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For this reason, we at vinvinowein concentrate on olive oils from winegrowers who are passionate about cultivating their own olive groves, where perhaps their great-grandmother or great-grandfather harvested. They produce maybe some tons per season and not hundreds of millions like international producers. The subject of olive oil has interested and moved me for a long time. Due to my passion for olive oil, I filed the patent "Process for the production of unfiltered olive oil with a long shelf life" with the German Patent and Trade Mark Office (DPMA). The patent was granted on 08/04/2022. Now we work in the production of FRESH BIO OLIVE OIL Early Harvest & Unfiltered. I feel the need to share my knowledge, my experience, and my ideas with you. This fulfils me and makes me happy.

Ahmet Sabri Ergin



A good olive oil should cost just as much as a good wine.

On one working day, a wine harvester collects grapes for 500 three-quarter litre bottles of wine. But if he collects olives instead, only 17 bottles of olive oil can be pressed from the olives collected at the same time; with ripe olives the quantity may be almost doubled. This alone shows the immense amount of work involved in the olive harvest.

Have you heard about the glycol wine scandal of 1985? A well-known German discounter offered late vintage and Trockenbeerenauslese wines and ice wine for about 3.50 DM (equivalent to 1.79 €). At that time, such wines

would have cost at least 25 DM if they had been produced by an honest and conscientious winegrower. These wines were not only mixed with sugar (which unfortunately is still legal today), but also adulterated with antifreeze to enrich the alcohol. The wine adulterations were discovered when a winegrower wanted to claim large quantities of antifreeze for tax purposes, even though he only owned a small tractor. The lesson to be learned from this is that anyone who buys a product that should actually cost 25 DM for 3.50 DM and really believes to be making a bargain in this way is making nothing but a big mistake.

In this world nothing is free (or you end up buying rubbish).

It is perfectly legitimate to set your personal priorities differently from mine, but in that case you should rather choose a good rapeseed or sunflower oil that costs about 2.50 € per 0.5 litre. Think about it: on 17 May 2023, an ounce of gold cost €1860. If someone offered you an ounce of gold for €750, what would you

think? "Oh, that is cheap! I'll buy that", or: "Fraud! I'd rather leave it alone?"

If you are willing to pay at least €10 for a bottle of 0.5 olive oil, you are welcome to read the next chapter, which focuses on the characteristics of olives and olive oil and why some oils are more bitter than others.

14 How Do I Prepare a Salad Dressing with Olive Oil?

A good salad dressing stands on two pillars. The second is olive oil, the first pillar everything else.

- The first pillar includes, for example:
- Sweet: sugar, agave syrup, maple syrup, honey, stevia, sugar beet syrup, molasses, marmalade (I like to use marmalade because of its fruity note, but the fruit of the marmalade must of course go well with the salad. And I do not use industrially produced jam – it must be homemade.
 - Sour: lemon, lime, lemongrass, aceto balsamico, vinegar
 - Salty: salt, soy sauce, fish sauce
 - Hot: chilli, pepper, wasabi, ginger
 - Binding agent: mustard or egg yolk are used to bind the dressing but have not much to do with its taste.

Herbs and spices can be added to the first pillar if you want to achieve a certain flavour. These ingredients, together with the binding agent, are mixed with a hand blender until they form a homogeneous mass. This mixture contains all the individual elements of the first pillar of the dressing – none of

these are added afterwards.

Now the second pillar comes into play. At least as much olive oil as, e.g., in mayonnaise is mixed in drop by drop with the hand blender until the mass becomes creamy and turns into a uniform emulsion. At this stage, in addition to the olive oil, you can also mix in other oily components such as tahini.

When dressing, please do not simply pour the dressing over the salad. It is better to mix the salad well in a large bowl with the dressing – preferably by hand – and then portion it into salad bowls. Mind that the dressing should only be added immediately before the meal.

All these various culinary uses of olive oil, which I had the pleasure to present to you in the last pages of this book, are of little use if you do not purchase high quality oil. So in the next chapter, we will pick up the threads from the sections before the recipes and once again address the questions of how to buy the right olive oil.

