

Olive-Me & Co.

Our extra virgin olive oils are first cold pressed and sourced from two hemispheres to ensure the highest quality and freshness. Our flavourful balsamic vinegars are from Modena, Italy and are aged up to 25 years. All of our extra virgin olive oils and our balsamic vinegars are organic and infused with natural ingredients with no artificial flavours, colours, additives, or preservatives

Extra Virgin Olive Oils		Balsamic Vinegars
any olive oil, flavoured or unflavoured	<i>mix with</i>	- traditional balsamic condemnto , aged up to 25 years
basil olive oil	<i>mix with</i>	- strawberry balsamic - fig balsamic
blood orange olive oil	<i>mix with</i>	- raspberry balsamic - dark chocolate balsamic - cinnamon pear balsamic
butter olive oil	<i>mix with</i>	- lemon balsamic - white balsamic - blend with garlic olive oil and refrigerate for an amazing garlic-butter spread/sauce.
chipotle olive oil	<i>mix with</i>	- dark chocolate balsamic - raspberry balsamic
garlic olive oil	<i>mix with</i>	- fig balsamic - lemon or white balsamic - honey ginger balsamic - blend with butter olive oil and refrigerate for an amazing delicious garlic-butter spread/sauce
lemon olive oil	<i>mix with</i>	- blueberry balsamic - cherry balsamic - strawberry balsamic
Persian lime olive oil	<i>mix with</i>	- blueberry balsamic - honey ginger balsamic
Tuscan herb blend olive oil	<i>mix with</i>	- lemon balsamic - traditional balsamic - raspberry balsamic - fig balsamic
wild mushroom & sage olive oil	<i>mix with</i>	- fig balsamic - raspberry balsamic - lemon white balsamic
white truffle oil		enjoy on its own

Oil and Vinegar ratios

bread dippers

mild salad dressings / vinaigrettes

bold salad dressings

marinades

mix **2 parts** olive oil with **1 part** balsamic vinegar

mix **2 parts** olive oil with **1 part** balsamic vinegar

mix **equal parts** olive oil and balsamic vinegar

(chicken, pork, beef, seafood, tofu, vegetable) mix **equal parts** olive oil and balsamic vinegar

Butter to Olive Oil Conversion Chart

Butter / Margarine	Extra Virgin Olive Oil
1 tsp	3/4 tsp
1 tbsp	2 1/4 tsp
1/4 cup	3 tbsp
1/3 cup	1/4 cup
1/2 cup.....	1/4 cup + 2 tbsp
2/3 cup	1/2 cup
3/4 cup	1/2 cup + 1 tbsp
1 cup	3/4 cup

Health Benefits of Extra Virgin Olive Oil

- ❖ Olive oils contain naturally occurring anti-inflammatory agents and antioxidants.
- ❖ Olive oil is a healthy fat which aids in reducing bad cholesterol (LDL) and increasing good cholesterol (HDL).
- ❖ Extra virgin olive oils have more monounsaturated fatty acids than any other olive oil.
- ❖ Extra virgin olive oils also contain more polyphenols, which have health benefits for the heart.

Wonderful Ways to Use Olive-Me & Co. Extra Virgin Olive Oil

- ❖ **bread dipper** (2 parts oil to 1 part balsamic vinegar)
- ❖ **mild salad dressing/vinaigrette** (2 parts olive oil to 1 part balsamic vinegar - no need to add anything else!)
- ❖ **bold salad dressing/vinaigrette** (equal parts olive oil and balsamic vinegar - no need to add anything else!)
- ❖ **marinade for chicken, pork, beef, seafood, tofu and vegetables**
(equal parts olive oil to equal parts dark or white balsamic)
- ❖ **sauce for meat and seafood**
(equal parts white balsamic and olive oil for fish; equal parts dark balsamic and olive oil for meat)
- ❖ drizzle on **pizza, pasta, risotto**, grains
- ❖ brush onto **bread** (i.e. **grilled cheese, panini sandwiches, garlic bread, baguettes, English muffins**)
- ❖ infuse into a **pasta sauce**
- ❖ bake into a **cake, muffins** or **cookies**
- ❖ drizzle on to **bruschetta** and **crostini**
- ❖ use in your favourite **dip** recipes, such as **hummus** and olive **tapenade**
- ❖ use to **sauté** and or **stir fry vegetables, meat, fish**
- ❖ pour over **baked potatoes**, top with fresh herbs, sea salt and cracked black pepper
- ❖ add to **mashed potatoes** instead of butter
- ❖ toss onto **new potatoes** and/or **vegetables** and grill or roast
- ❖ drizzle on **popcorn**
- ❖ **marinate cheese** (try feta, mozzarella, goat cheese or hallumi)
with crushed garlic, chili flakes, slivered sundried tomatoes and fresh herbs
- ❖ make **pesto** (basil pesto or arugula pesto or spinach pesto or garlic scape pesto)
- ❖ poach **fish** in olive oil
- ❖ make your own **heart healthy mayonnaise** (i.e. garlic aioli)
- ❖ use in your favourite **pizza** and/or **bread dough** recipes
- ❖ toss with cooked **pasta**, parmesan cheese and fresh cracked pepper
- ❖ use in **potato salads** and **coleslaw** salads in place of mayonnaise
- ❖ use in **bean salads** and **marinated vegetable salads**
- ❖ drizzle over **ice cream** or **gelato** with fresh fruit
- ❖ **freeze** and it becomes **spreadable** (use in place of butter on toast, English muffins, baguette)
- ❖ rub on **dry skin** and use in **face masks**

What is Balsamic Vinegar?

Balsamic vinegar originated from Italy. It is an aromatic, thick, dark, syrup-like aged type of vinegar, prepared by the reduction of cooked grapes. Unlike the sharp taste of vinegar, balsamic vinegar has a rich, sweet flavor. You need to taste it to believe it!

Health Benefits of Balsamic Vinegar

- ❖ Balsamic vinegar retains most of the nutrients present in the parent grapes and comprises nutrients like iron, calcium, potassium, manganese, phosphorus and magnesium in adequate amounts.
- ❖ **It helps decelerate the aging process** - antioxidants from balsamic vinegar destroy free radicals and help prevent cells from being destroyed.
- ❖ It contains a **bioflavonoid** called **quercetin**, which has **antioxidant properties**.
Along with vitamin C, quercetin strengthens the immune system to help fight cancer and inflammation. Balsamic vinegar also contains **polyphenols** which are anti-cancer agents.
- ❖ **It helps control diabetes** - consumption of at least 5 teaspoons of balsamic vinegar a day can enhance insulin sensitivity.
- ❖ **It also aids digestion and suppresses the appetite!**

Amazing Ways to Use our Balsamic Vinegar In Your Kitchen

- ❖ **bread dipper** (2 parts oil to 1 part balsamic vinegar)
- ❖ **mild salad dressing/vinaigrette**
(2 parts olive oil to 1 part balsamic vinegar - no need to add anything else!)
- ❖ **bold salad dressing/vinaigrette**
(equal parts olive oil and balsamic vinegar - no need to add anything else!)
- ❖ **marinade** for **chicken, pork, beef, seafood, tofu** and **vegetables**
(equal parts olive oil to equal parts dark or white balsamic)
- ❖ **sauce for meat and seafood**
(equal parts white balsamic and olive oil for fish; equal parts dark balsamic and olive oil for meat)
- ❖ add 1 to 2 teaspoons to 1 cup sparkling water for a healthy **alternative to soda pop**
- ❖ dip shards of parmesan cheese into balsamic for a delicious and easy appetizer
- ❖ drizzle onto **roasted or grilled vegetables**
- ❖ swirl into **soups and stews** for added flavour
- ❖ reduce over high heat and use as a **glaze for meat, fish** and **vegetables**
- ❖ **drizzle** on top of **bruschetta, crostini, pizza, pasta,** grains
- ❖ pour over **berries** and **ice cream**
- ❖ drizzle over **sliced tomatoes** with **mozzarella** and fresh **basil**
- ❖ stir into **caramelized onions** (last 5 min of cooking)
- ❖ drizzle inside of **grilled cheese** and **panini** sandwiches
- ❖ reduce over high heat to make a thick syrup, use to decorate plates and or serving pieces
- ❖ use in **bean** and **pasta salads**
- ❖ drink a spoonful daily to aid digestion
(did you know that balsamic vinegar is a **natural probiotic**?)
- ❖ add to **ketchup** and/or **bbq sauce** for added flavour and tang
- ❖ drizzle on **cantaloupe wrapped in prosciutto**
- ❖ mix with equal parts olive oil and drizzle on plain or flavoured **yogurt** with granola and/or fresh fruit