

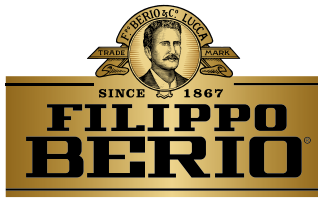


**FILIPPO
BERIO®**

**A CELEBRATION OF
ITALIAN
VEGETABLES**

**A delicious selection of Italian
inspired vegetable recipes**





Italy's celebration of vegetables is as ancient as the land itself. Especially in the south, known as the 'Garden of Italy', where a wonderful selection of *verdure* is grown and enjoyed. This natural abundance, combined with the economic poverty of the region, meant that vegetables and cheese, rather than more expensive meat or fish, became the main ingredients in so called *Cucina Povera*.

With a sprinkling of Parmesan cheese and a drizzle of olive oil, these 'humble' dishes offer some of the most authentic and delicious flavours of Italy, and it's now our pleasure to introduce you to some of them in our **Celebration of Italian Vegetables** cookbook.

Please note: most of the cheeses featured in our recipes are not suitable for vegetarians but they can easily be replaced with vegetarian alternatives.



Basic Pasta Dough

Serves 4
Prep 45 minutes

This recipe is used in the making of tortelli on page 12, but is equally suitable for making all types of pasta.

300g	00 grade flour, plus extra for kneading
100g	semolina flour
3	whole eggs
4	egg yolks
2 tbsp	Filippo Berio Classico Olive Oil

- 1 In a large bowl, mix the flour and semolina flour together.
- 2 Make a well in the flour mix and place the whole eggs, egg yolks, Filippo Berio Classico Olive Oil and 2 tbsp cold water into the well, then mix together with a fork.
- 3 Begin drawing the flours into the liquid mix until fully incorporated and it forms a dough.
- 4 Transfer onto a floured work surface and begin kneading the dough until smooth. Add more flour or water if the dough is either too stiff or too wet.
- 5 Once smooth, wrap in cling film and leave to rest for a minimum of 30 minutes.

Seasonal vegetables

Le stagioni della verdura

		January	February	March	April	May	June	July	August	September	October	November	December	
Artichoke	<i>Carciofi</i>	█											█	
Asparagus	<i>Asparagi</i>					█	█							
Aubergine	<i>Melanzane</i>							█	█	█	█			
Beans	<i>Fagioli</i>						█	█	█	█				
Beetroot	<i>Barbabietola</i>					█	█	█	█	█				
Broccoli	<i>Broccoli</i>	█	█	█	█	█						█	█	
Brussels Sprouts	<i>Cavolini di Bruxelles</i>	█	█	█								█	█	
Cabbage	<i>Cavolo</i>	█										█	█	
Carrot	<i>Carote</i>	█	█	█	█	█	█	█	█	█	█	█	█	
Cauliflower	<i>Cavolfiore</i>	█	█									█	█	
Cavolo Nero	<i>Cavolo nero</i>	█	█				█	█	█	█	█	█	█	
Celery	<i>Sedano</i>									█	█			
Chard	<i>Bietola</i>	█	█	█	█	█	█	█	█	█	█	█	█	
Chicory	<i>Cicoria</i>	█	█	█	█	█	█	█	█	█	█	█	█	
Courgette	<i>Zucchine</i>				█	█	█	█	█	█				
Cucumber	<i>Cetriolo</i>					█	█	█	█	█				
Fennel	<i>Finocchio</i>	█	█	█								█	█	
Garlic	<i>Aglio</i>						█	█	█					
Green Beans	<i>Fagiolini</i>					█	█	█	█	█				
Leek	<i>Porro</i>	█	█	█	█	█						█	█	
Lettuce	<i>Lattuga</i>	█	█	█	█	█	█	█	█	█	█	█	█	
Onion	<i>Cipolla</i>							█	█	█				
Peas	<i>Piselli</i>				█	█	█	█	█	█				
Pepper	<i>Peperone</i>								█	█	█	█		
Broad Bean	<i>Baccelli</i>					█	█							
Potato	<i>Patate</i>							█	█					
Pumpkin	<i>Zucca</i>									█	█	█		
Radish	<i>Ravenello</i>						█	█	█	█				
Shallot	<i>Scalogna</i>	█	█	█	█	█						█	█	
Spinach	<i>Spinaci</i>	█	█	█								█	█	
Sweet Potato	<i>Patata dolce</i>	█	█	█								█	█	
Tomato	<i>Pomodoro</i>					█	█	█	█	█				

Bruschetta

Bruschetta is Italian fast food. The base is simply griddled sourdough bread, rubbed with garlic and drizzled with Filippo Berio Extra Virgin Olive Oil. This is delicious enough on its own, but can be topped with just about anything! Here are four Italian favourites.

Tomato and Basil

300g mixed tomatoes

2 tbsp Filippo Berio Classico Olive Oil

1 tbsp Filippo Berio Red Wine Vinegar

Small bunch basil, whole leaves picked

- 1 Chop up the tomatoes and mix with Filippo Berio Classico Olive Oil, season and add the red wine vinegar.
- 2 Stir through the basil and pile the topping on the base.

Before serving Bruschetta, always finish with a good drizzle of Filippo Berio Extra Virgin Olive Oil.

Each topping recipe makes enough to serve 4 bruschetta.

Fig, Gorgonzola and Pistachio

50g shelled pistachios (roughly chopped)

100g gorgonzola

3 figs

Juice of ½ lemon

- 1 Spread the toasted bruschetta with the gorgonzola, top with the fig segments.
- 2 Sprinkle with lemon juice and season. Scatter pistachios on top.

Asparagus and Parmesan

200g asparagus, woody stalks removed

3 tbsp Filippo Berio Classico Olive Oil

Juice of 1 lemon

25g grated parmesan

150g rocket

- 1 Boil the asparagus in salted water until just tender. Strain, drizzle with 1 tbsp Filippo Berio Classico Olive Oil and griddle on a high heat. Place the remaining olive oil, lemon juice, rocket, parmesan and salt in a bowl, toss together until coated.
- 2 Pile the mix on the base and top with asparagus and black pepper. Finish with extra parmesan shavings.

Bruschetta

Caramelised Vegetables

2 tbsp Filippo Berio Classico Olive Oil

1 tsp caster sugar

2 tbsp Filippo Berio Balsamic Vinegar

2 large red peppers, deseeded and sliced

2 large red onions, skinned, cut into wedges

30g capers

Small bunch parsley, roughly chopped

150g ricotta

1 Preheat oven to 200°C. Whisk together the olive oil, sugar and balsamic vinegar in a bowl. Add the pepper, onion and coat well. Transfer to a baking tray and roast for 20-30 minutes until caramelised.

2 Remove from the oven, place in a bowl and stir through the capers and parsley. Season to taste. Spread the ricotta on the base and top with the vegetables.



Sicilian Couscous Salad

Insalata di cous cous Siciliano

Due to influences from North Africa and the Middle East many years ago, the combination of raisins and pine nuts is very common to a variety of dishes in Sicily – including pasta, caponata and even meatballs! We've chosen to pair them with a light couscous salad for added texture and sweetness. Perfect for summer get-togethers and lunchboxes.

- 1** Soak the couscous according to packet instructions.
- 2** Soak the raisins in hot water for 5 minutes.
- 3** Toast the pine nuts over a medium heat until slightly coloured. Remove from the pan and leave to cool.
- 4** In a large bowl, mix all of the dry ingredients together and season.
- 5** Combine the Filippo Berio Extra Virgin Olive Oil, the lemon juice and the honey to make the dressing and pour over the couscous before serving.

Serves 4-6 as a side dish

Prep 20 minutes

100g	raisins
50g	pine nuts
200g	couscous
1	red onion, diced
50g	stoned green olives, roughly chopped
30g	capers
1	large bunch of parsley, chopped
1	large bunch basil, chopped
4 tbsp	Filippo Berio Extra Virgin Olive Oil
	Juice of 2 lemons
1 tsp	runny honey





Roast Beetroot Salad

Insalata di barbabietole arrostate

Enjoyed as a light main dish, or as a side – the fresh flavour of cool yoghurt, mint and lemon contrast beautifully with the earthy taste of delicious roasted beetroot and crunchy hazelnuts. This versatile and vibrant root vegetable lends itself to a whole host of accompaniments – it even works wonders in a chocolate cake!

Serves 4
Prep 20 minutes
Cook 1 hour

- 1** Pre-heat the oven to 200°C.
- 2** Place 3 of the beetroots in a roasting pan, add the garlic cloves, 200ml of water and the herbs (excluding the mint leaves). Drizzle with Filippo Berio Classico Olive Oil.
- 3** Cover with foil and bake for 1 hour. When cooked, remove and allow to cool.
- 4** Remove one of the soft garlic cloves, push out the flesh, chop and set aside.
- 5** Empty the yoghurt into a bowl and add the chopped garlic clove, half of the lemon juice, and season to taste.
- 6** Take the remaining beetroot and slice thinly into disc shapes. Set aside in cold water to keep crisp.
- 7** Cut the roasted beetroot into chunks and place on a platter.
- 8** In a large bowl, add the rocket, chicory, beetroot discs, chopped hazelnuts, mint leaves, Filippo Berio Extra Virgin Olive Oil and the rest of the lemon juice. Stir to combine.
- 9** Place on to the beetroot chunks, drizzle over the yoghurt dressing and scatter with the lightly crushed hazelnuts. Finish with a final drizzle of Filippo Berio Extra Virgin Olive Oil.

4	large beetroots, peeled
	Sprig of thyme, rosemary and a bay leaf
4	garlic cloves, skin intact
200g	rocket leaves
1	white chicory, leaves sliced lengthways
150g	natural yoghurt
1 tbsp	Filippo Berio Classico Olive Oil
2 tbsp	Filippo Berio Extra Virgin Olive Oil
	Juice of 1 lemon
6	mint leaves torn
50g	chopped roasted skinned hazelnuts
25g	lightly crushed roasted skinned hazelnuts



Salse

Classic Tomato Sauce

A cornerstone of Italian cuisine, a classic tomato sauce is a staple in every Italian kitchen. Not only is it much more delicious than any shop bought pasta sauce, it's healthier and cheaper too. Made with fresh ingredients, it's perfect for making in batches and suitable for freezing. Simply defrost a couple of hours before using and enjoy with pasta and homemade pizza.

2	garlic cloves, thinly sliced
2 tbsp	Filippo Berio Classico Olive Oil
400g	tinned plum tomatoes
250g	cherry tomatoes
2	sprigs of basil
2 tbsp	Filippo Berio Extra Virgin Olive Oil

- 1 Fry the garlic on a low heat with Filippo Berio Classico Olive Oil for 2-3 minutes.
- 2 Add the basil, tinned and cherry tomatoes and simmer for 30-40 minutes until the fresh tomatoes have started to break down.
- 3 Season and stir through 2 tbsp of Filippo Berio Extra Virgin Olive Oil.

These sauces can be stored in air-tight containers in the fridge for up to a week. Allow sauce to cool first.

Porcini Mushroom Sauce

The deep, earthy flavour of this simple porcini mushroom sauce lends itself beautifully to thick pasta shapes such as pappardelle or paccheri. The large ribbons allow good sauce coverage to ensure a burst of rich flavour in every mouthful.

2	tbsp Filippo Berio Classico Olive Oil
2	banana shallots, diced
1	garlic clove, finely chopped
60g	dried porcini
3	sprigs of thyme, and a bay leaf
200ml	white wine
400ml	chicken stock

- 1 Soak the porcini in boiling water for 20-30 minutes. Heat the Filippo Berio Classico Olive Oil in a pan, add the shallots and season, cook for 3-4 minutes on a high heat. Add the garlic and cook for a further minute, lower the heat and sweat until the shallots are soft.
- 2 Add the soaked porcini (keeping the water), thyme sprigs, bay leaf and stir well. Add the wine and bring to the boil for 2 minutes. Add the chicken stock and 3 tbsp of the saved mushroom water, raise the heat and simmer until reduced by half.

Sweet Potato Gnocchi

Gnocchi di patate dolci

A modern twist on the traditional white potato gnocchi, we've chosen to use sweet potato to add colour and sweetness to this dish, and to fry the gnocchi for extra bite.

Served with cavolo nero (also known as the 'Tuscan kale'), this recipe is a delicious way to pack two nutritious vegetables into your meal.

- 1** Preheat the oven to 200°C, line a roasting tray with baking parchment and place the sweet potatoes in the oven for 40-50 minutes until tender. Remove when cooked and leave to cool.
- 2** Wilt the spinach in a pan with a little water and leave to cool in a sieve. Squeeze out excess water, coarsely chop and set aside.
- 3** When cool, halve the sweet potatoes and scoop the flesh into a large bowl. Mash until smooth, add the chopped spinach, egg yolks, salt and mix well.
- 4** Add the flour in small batches until you have a workable dough. (You may not need to add all the flour.)
- 5** On a floured surface, divide your dough into 4 and roll each portion into a log about 1.5cm thick. Cut into individual pieces around 2cm long. Once shaped, place on a tray and then into the fridge for about 30 minutes to firm up.
- 6** Bring a large pan of salted water to the boil. Add the cavolo nero and boil for 3-4 minutes. Remove and leave to cool slightly – keeping the water. When cooled, roughly chop.
- 7** Remove the gnocchi from the fridge. Gently place the gnocchi into the water and cook until they rise to the surface (should take 2-4 minutes). Cook these in batches so they don't stick together; then, using a slotted spoon, remove the gnocchi from the pan and onto a cooling rack to dry.
- 8** In a large frying pan, cook the garlic in Filippo Berio Classico Olive Oil on a low heat for 2 minutes. Add the chilli and cook for a further two minutes.
- 9** Add the gnocchi to the pan and fry until lightly coloured. Add the cavolo nero for 1-2 minutes to heat through. Serve with grated Parmesan, fresh black pepper and a good drizzle of Filippo Berio Extra Virgin Olive Oil.

Serves 4
Prep 1½ hours
Cook 10 minutes

3	medium sweet potatoes
115g	spinach
2	egg yolks
½ tsp	salt
300g	plain flour
2 tbsp	Filippo Berio Classico Olive Oil
200g	cavolo nero, stalks removed
2	garlic cloves, finely chopped
1	red chilli, finely chopped
	Parmesan for grating
	Filippo Berio Extra Virgin Olive Oil to drizzle





Risotto Verde

Risotto verde

If you're struggling to 'eat your greens', this dish is for you. This risotto verde (which literally translates as 'green risotto') gets its magnificent colour from the key green vegetable ingredients: spinach, broad beans and peas. If you're cooking to impress – the contrast of vibrant green looks beautiful topped with purple edible flowers.

- 1** In a large frying pan, heat the Filippo Berio Mild & Light Olive Oil. Fry the onion, celery and garlic on low heat until soft and translucent.
- 2** Add the rice, turn up the heat and stir well to coat the rice in the oil.
- 3** When coated, add the wine and let it bubble for a few minutes to cook out the alcohol.
- 4** Turn down the heat to medium, and begin to add the stock one ladle at a time, stirring continuously. Once fully absorbed, add more stock.
- 5** In a food processor or blender, add the spinach and 2 tbsp of the hot stock; then whizz until a smooth purée is formed.
- 6** Once the rice is almost cooked, stir in the purée, broad beans and peas, and season to taste.
- 7** Cook for another couple of minutes, stirring regularly, until the peas have cooked; then turn down the heat and stir in the Parmesan, mascarpone and lemon zest.
- 8** Check for seasoning, serve with a squeeze of lemon and a good drizzle of Filippo Berio Extra Virgin Olive Oil.

Serves 4
Prep 15 minutes
Cook 30 mins

2 tbsp	Filippo Berio Mild & Light Olive Oil
½	onion, diced
1	celery stick, diced
2	cloves garlic, chopped
300g	risotto rice
75ml	white wine
1 litre	hot vegetable stock
100g	spinach
50g	broad beans, blanched and podded
50g	frozen peas
50g	parmesan cheese
2 tbsp	mascarpone
1	lemon, zest and juice
	Filippo Berio Extra Virgin Olive Oil to drizzle

Garnish with edible flowers or micro herbs such as borage, micro basil, purple basil and oregano flowers for colour.

Asparagus Risotto

Risotto agli asparagi

Stirred through risotto, griddled onto bruschetta or served simply with parmesan and extra virgin olive oil, asparagus is popular all around the world – not just in Italy. Flavoured simply with fresh herbs and mascarpone for extra creaminess, the asparagus takes centre stage in this decadent Italian classic.

- 1** In a pan of salted boiling water, cook the asparagus for 2 minutes until just tender. Drain and leave to cool. Once cooled, keep the tips of the asparagus intact and chop the stalks into small rounds.
- 2** In a large frying pan, heat the Filippo Berio Mild & Light Olive Oil. Fry the onion, celery and garlic on low heat until soft and translucent.
- 3** Add the rice, turn up the heat and stir well to coat the rice in the oil.
- 4** When coated, add the wine and let it bubble for a few minutes to cook out the alcohol.
- 5** Turn down the heat to medium, and begin to add the stock one ladle at a time, stirring continuously. Once fully absorbed, add more stock.
- 6** Once the rice is cooked, stir in the asparagus tips, stalks and season to taste; then turn down the heat and stir in the parmesan, mascarpone and herbs.
- 7** Check for seasoning, serve with a squeeze of lemon and a good drizzle of Filippo Berio Extra Virgin Olive Oil.

Serves 4
Prep 20 minutes
Cook 30 minutes

200g	asparagus, woody ends removed
2 tbsp	Filippo Berio Mild & Light Olive Oil
½	onion, diced
1	celery stick, diced
2	cloves garlic, chopped
300g	risotto rice
75ml	white wine
1 litre	hot vegetable stock
50g	parmesan cheese
2 tbsp	mascarpone
	Fresh thyme and parsley, roughly chopped
	Filippo Berio Extra Virgin Olive Oil to drizzle



Filled Pasta Three Ways

Traditionally, tortelli (filled pasta) is served with melted butter and sage (*burro e salvia*). However, these delicious recipes would work equally well with the sauces on page 8.

Spinach and Ricotta

200g spinach

1 tbsp Filippo Berio Mild & Light Olive Oil

200g ricotta, strained of any excess liquid

Zest of 1 lemon

Freshly ground black pepper

- 1 Wilt the spinach in a pan with a splash of water. When cooled, squeeze out any excess water and then finely chop the spinach.
- 2 In a large bowl, combine with Filippo Berio Mild & Light Olive Oil, ricotta, lemon zest and season to taste.

Squash, Sage and Mascarpone

1kg butternut squash, peeled and cut into chunks

1 small bunch sage

2 tbsp Filippo Berio Classico Olive Oil

100g mascarpone

Freshly grated nutmeg

Zest of 1 lemon

1 egg

- 1 Preheat the oven to 190°C. Mix the butternut squash and 10 leaves of sage in a bowl. Add Filippo Berio Classico Olive Oil and coat well. Season and place on a baking tray. Cook for 30 minutes until tender.
- 2 Place the squash in a food processor, add the mascarpone, nutmeg, zest and blend until combined. Season, add the egg and blend until smooth.

Potato and Leek

2 tbsp Filippo Berio Mild & Light Olive Oil

2 leeks, thinly sliced

2 medium waxy potatoes, peeled and diced

50g parmesan cheese

1 egg, lightly beaten

- 1 Heat the Filippo Berio Mild & Light Olive Oil in a large frying pan, add the leeks and potatoes and fry on a low heat for 2 minutes.
- 2 Cover with salted, boiling water, bring to a boil and then reduce to a simmer. Cook for 15-20 minutes until the potato is tender. Strain the pan, keeping the water.
- 3 Mash the potato and leek, stir in the parmesan and season. Add the egg and mix until smooth, add a tbsp of saved water if needed.

Making the Tortelli Parcels

Start by making the basic pasta dough recipe on page 2.

Once the dough has rested for a minimum of 30 minutes, use the following method to make the tortelli parcels with your filling of choice.

- 1 Cut the dough in half to work in two batches and flour a surface. Using a rolling pin, roll until thin enough to fit through the thickest setting on the pasta machine.

- 2 Roll through the machine on each setting once until you get to the last but one thickness. Stop and cut the dough into 2 equal pieces.
- 3 Brush one side of rolled dough with water and then place teaspoons of the filling on the dough, leaving space between each one.
- 4 Place the other piece of dough on top and cut a square shape around each filling using a cutter or knife.

- 5 Transfer to a lightly dusted tray whilst you make the remaining tortelli parcels.
- 6 Once all are made, cook in a large pan of boiling salted water for about 3 minutes until al dente. Transfer to a pan with a sauce of your choice to heat until well coated.

**Dough plus 1 filling serves 4
Prep 45 minutes to 1 hour
Cook 5 mins**



Tortelli

Aubergine and Garlic Penne

Penne alle melanzane e aglio

One of the most mouthwatering aromas – roasted vegetables and garlic. A tasty alternative to more traditional pasta sauces, this is a delicious way to incorporate more vegetables and nutrients into your recipe repertoire with the addition of aubergine and spinach.

- 1 Preheat the oven to 180°C.
- 2 Line a roasting tray and place the aubergine halves and the whole garlic bulb on it, drizzled with 2 tbsp Filippo Berio Classico Olive Oil. Roast for 30-45 minutes until softened.
- 3 Once cooked, scoop out the aubergine flesh and place in a food processor. Add the (peeled) garlic cloves, 50g of pecorino, season and blend until combined but not too smooth.
- 4 Cook the penne in salted boiling water according to packet instructions. Strain the pan, keeping a cup of pasta water.
- 5 In a large frying pan, wilt the spinach with a splash of water. When cooled, squeeze the excess water and coarsely chop.
- 6 Add the spinach back into the frying pan with the penne and aubergine sauce. Use the saved pasta water to loosen the sauce if necessary.
- 7 Add the remaining 25g pecorino, basil, seasoning and drizzle with Filippo Berio Extra Virgin Olive Oil before serving.

Serves 4

Prep 15 minutes

Cook 50 minutes

2	large aubergines, halved and flesh scored
1	small garlic bulb
2 tbsp	Filippo Berio Classico Olive Oil
75g	grated hard pecorino
500g	penne
200g	spinach
1	small bunch basil, leaves torn
	Filippo Berio Extra Virgin Olive Oil to drizzle



Vegetable

Frites

Verdure fritte

Baked vegetable frites are a great way to add both variety and colour to your meals and a healthy alternative to deep fried chips.

Serves 4 as a side dish

Prep 15 minutes

Cook 20-30 minutes

1 kg each of beetroot, sweet potato, carrot and courgette

Filippo Berio Classico Olive Oil

Filippo Berio Extra Virgin Olive Oil

2 tsp sea salt flakes

1 tbsp thyme leaves

1 tbsp dried oregano

1 tbsp fennel seeds, toasted in a pan

2 tsp chilli flakes

50g ground almonds

150g polenta

1 Preheat the oven to 220°C.

2 Remove the seeded centre from the courgettes. Cut all vegetables into batons 8-10cm long. Coat in 3-4 tbsp Filippo Berio Classico Olive Oil and 1 tsp of salt before seasoning and cooking.

Beetroot

3 minutes before the end of the cooking, sprinkle with the thyme leaves, sea salt and 2 tsp Filippo Berio Extra Virgin Olive Oil.

Sweet potato

When cooked, toss in 2 tsp Filippo Berio Extra Virgin olive oil and dried oregano.

Courgette

Before cooking, coat with the ground almonds and polenta.

Carrot

When cooked, coat with a mixture of chilli flakes and gently crushed pan toasted fennel seeds.



Stuffed Vegetables

Verdure ripiene

A tasty twist on a classic 'cucina povera' style meal, this dish combines a handful of ingredients and fresh seasonal vegetables to create a budget-friendly dish.

- 1 Pre-heat the oven to 200°C.
- 2 Boil the farro according to packet instructions. When cooked, drain and transfer to a bowl. Add 2 tbsp Filippo Berio Extra Virgin Olive Oil and season to taste.
- 3 Fry the sliced onions in Filippo Berio Classico Olive Oil until soft, then increase the heat for 1-2 minutes to slightly caramelize.
- 4 Add the onions, gorgonzola, walnuts and herbs to the farro and stir to combine.
- 5 Place the aubergines onto a tray and roast for 15-20 minutes. When cooked, scoop out around half of the flesh. Add this to the farro mixture.
- 6 Stuff the farro mixture into each of the vegetables, place onto a lined roasting tray and bake for 15-20 minutes until the vegetables have softened.
- 7 Drizzle with Filippo Berio Extra Virgin Olive Oil and serve.

Serves 4 as a main, 6 as a side
Prep 30 minutes
Cook 20 minutes

200g	farro or pearl barley
2 tbsp	Filippo Berio Extra Virgin Olive Oil
1 tbsp	Filippo Berio Classico Olive Oil
3	red onions, thinly sliced
200g	gorgonzola, torn into small pieces
40g	lightly roasted walnuts, roughly chopped
1	small bunch basil, leaves torn
1	small bunch parsley, roughly chopped
2	aubergines, halved
2	tomatoes, top sliced off and inside scooped out
4	portobello mushrooms

Know your olive oils

Extra Virgin Olive Oil

A unique rich, fruity flavour that complements the fresh ingredients in your recipes.

- Ideal for sauces, marinades and salads.
- For drizzling on favourite pasta dishes and soups.
- Perfect for dipping with bread.



Classico Olive Oil

Expertly blended, ideal for those who prefer a lighter taste or in recipes requiring a softer flavour.

- Use for everyday cooking.
- Ideal for delicate dressings and sauces.
- Use as a healthy substitute for butter.



Mild & Light Olive Oil

Ultra light taste with no trace of olive flavour makes it perfect for cakes and desserts.

- Use for healthier frying – from stir fries to fried eggs.
- Ideal for roasting potatoes and deep frying.
- Baking bread, cakes and biscuits.







Courgette and Lemon Cake

Torta di zucchine e limone

Although courgette may not be a typical cake ingredient, it's a great way to enhance the texture and moisture whilst also adding extra nutrients – so what's not to love? Made even more delicious with Filippo Berio Mild & Light Olive Oil and zingy fresh lemon icing, this simple cake is perfect for a mid-morning treat.

- 1** Preheat oven to 180°C and lightly oil a loaf tin. Line the tin with parchment paper.
- 2** Beat together the eggs, both sugars and Filippo Berio Mild & Light Olive Oil until light and airy.
- 3** Add the juice and zest of 1 lemon, vanilla extract and stir together.
- 4** Gradually fold in the flour a few stages at a time. Add the baking powder, bicarbonate and salt.
- 5** Stir in the grated courgette.
- 6** Place the cake mix in the loaf tin and bake for 40-45 minutes, until a skewer comes out clean. Remove from the oven and leave to fully cool on a cooling rack.
- 7** When the cake is fully cooled, remove from the tin and drizzle it with icing. To make the icing: whisk the icing sugar with the juice and zest of 1 lemon and drizzle all over the top of the cake.

Serves 10-12 slices

Prep 15 minutes

Cook 40-45 minutes

2	large eggs
110g	soft light brown sugar
100g	caster sugar
120ml	Filippo Berio Mild & Light Olive Oil
2	lemons, zest and juice
1 tsp	vanilla extract
175g	plain flour
1 tsp	baking powder
¼ tsp	bicarbonate soda
¼ tsp	salt
225g	courgette, grated and squeezed of excess liquid
225g	icing sugar

Basil and Olive Oil Ice Cream

Gelato al basilico e all'olio d'oliva

First introduced by the Romans, due to their belief in its healing powers, the humble basil leaf has now become a symbol of Liguria. Basil ice cream may sound unusual, but don't knock it 'til you try it! The refreshing flavour lends itself beautifully to a sweet ice cream base and it's even more delicious when served with sweet strawberries and drizzled with Filippo Berio Extra Virgin Olive Oil.

- 1** In a large bowl, beat together the egg yolks and caster sugar until light and fluffy and it leaves a trail (at least 3-5 minutes).
- 2** Gently heat the milk in a pan until it just reaches the boil, remove from the heat and then add into the egg and caster mixture while gently whisking.
- 3** Once all fully incorporated; return to the pan, add the basil and cook on a very low heat until the consistency of runny custard. Remove from the heat and leave to cool.
- 4** Once cooled, stir in the cream. Cover and refrigerate overnight to infuse the ice cream base.
- 5** Next day, sieve the basil from the ice cream base and discard. Stir through the 100ml of Filippo Berio Extra Virgin Olive Oil.
- 6** Churn in an ice cream machine until the desired consistency is achieved (about 15-30 minutes depending on the machine). Place in the freezer for at least an hour to firm up.
- 7** Drizzle with Filippo Berio Extra Virgin Olive Oil and serve with fresh strawberries.

Serves 4-6
Prep 24 hours
Cook 20 mins

4	egg yolks
160g	caster sugar
450ml	full fat milk
1	bunch fresh basil, roughly chopped
300ml	double cream
100ml	Filippo Berio Extra Virgin Olive Oil, plus extra for drizzling
	Strawberries and basil to garnish



*More ways to enjoy the taste
of the Mediterranean*



Filippo Berio Traditional Italian Pestos

Authentic Italian Pestos made from the finest traditional ingredients, using time honoured techniques – our range of Pestos are as distinctive as they are delicious. With four mouth-watering varieties to discover, you can taste the difference with Filippo Berio Pesto.



Filippo Berio Baked Crostini Snacks

Crunchy snacks baked to perfection using the finest Extra Virgin Olive Oil from Filippo Berio – with 30% less fat than fried crisps. Available in five tasty flavours: Lightly Sea Salted, Formaggio (cheese), Rosemary & Sea Salt, Sun Dried Tomato, and Fennel & Garlic. Available in 100g sharing packs.



Filippo Berio Vinegars

Made with expertly selected wines and produced strictly according to tradition, our selection of Balsamic and Wine vinegars offer a unique balance of both sweetness and acidity.



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