



**FILIPPO
BERIO®**

TASTE OF TUSCANY

A collection of delicious recipes
inspired by Tuscan Cuisine

Celebrating **150th** Anniversary

FILIPPO BERIO®

Celebrating 150th Anniversary

As we are celebrating our 150th anniversary, we wanted to take you back to our Tuscan roots – but with an everyday twist – bringing you a ‘Taste of Tuscany’.

Filippo Berio was born in 1829, in the Ligurian town of Oneglia. As a boy, his family moved to the nearby province of Lucca, an area of Tuscany famous for its fine olive oil. It was here that he learnt his craft and began producing his own signature olive oil.

As part of his business, Filippo Berio sold olive oil to emigrating Italians as they boarded ships bound for America and beyond. But he didn't stop there. In the 1870s he ventured abroad himself, introducing his olive oil to the ‘New World’ and setting the foundations for our brand's international reputation. Filippo Berio won many international awards during this period, further endorsing the superior quality of his olive oil.

When Filippo Berio passed away in 1894, SALOV SpA became the custodian of the Filippo Berio brand, and are still based in Lucca, Tuscany today – maintaining our founder's dedication to superior quality and fine flavour.

The following selection of delightful regional dishes, brought to you by Filippo Berio, has been carefully prepared to offer you a mouth-watering introduction to some delicious traditional recipes of Tuscany.



2



Chicken Liver Crostini

Crostini di fegatini

Every Tuscan family has their own version of this crostini topping. Most recipes include anchovies, providing a typical Tuscan saltiness to the dish.

Delicious as a starter or antipasti, you'll usually find chicken liver crostini on the table with a good bottle of red wine.

Crostini, as opposed to bruschetta, may be toasted or not but will always have a topping. The beauty of crostini is that you can pair them with just about anything you fancy, whether that's tomato, cheese or pesto.

Serves 4-6
Prep 20 minutes
Cook 15 minutes

450g	chicken livers
6 tbsps	Filippo Berio Extra Virgin Olive Oil
1	onion, peeled and diced
4	sage leaves
1	sprig rosemary, chopped
1	anchovy fillet, chopped
1	tbsp capers
60ml	brandy
1	ciabatta

- 1 Trim the chicken livers and remove all of the sinew.
- 2 In a large frying pan, warm 2 tbsps olive oil. Add the onion, sage, rosemary and cook over a medium heat for 10 minutes, stirring often, until the onion is soft but not coloured.
- 3 Stir in the anchovy and drained capers and cook over a low heat for 5 minutes. Remove the pan and set aside.
- 4 In a separate pan, heat the remaining olive oil and when hot, add the chicken livers and season with salt and black pepper. Cook for 2 minutes until the chicken livers are just pink inside.
- 5 Stir the onion mixture into the chicken livers and add the brandy. Cook until the brandy is evaporated. Remove and season to taste.
- 6 Put the chicken liver mixture into a food processor and pulse briefly until you have a coarse texture.
- 7 To make the crostini: thinly slice a ciabatta, brush with olive oil and griddle both sides. Top with the chicken livers and a drizzle of Filippo Berio Extra Virgin Olive Oil.

3



A typical way to enjoy Tuscan cuisine is with *antipasti* ('before food'): a much loved course eaten before lunch or dinner throughout Italy.

There are no rules to antipasti, but – especially in the north of Italy – you'll usually find *salumi* (cured meats, of which salami is but one), *crostini* (breads) and *formaggi* (cheeses), along with *sott'olio* (vegetables in olive oil).

Antipasti

Although traditionally served before a main meal, recently it has become more popular to enjoy antipasti as a main event with an *aperitivo* (pre-dinner drink) on social occasions.

The selection of salumi and formaggi differs from region to region, so we've selected some Tuscan favourites, as well as some much loved produce from other parts of Italy.

Prosciutto

Tuscan prosciutto is not as sweet as Parma ham, as it is cured using salt and local spices, including juniper, rosemary and black pepper. Traditionally, Tuscans do not use salt in their bread, which is why this seasoning is used more liberally in their meat.

1

Lardo

Originating from the Tuscan village of Colonatta, pork fat is cured in specific marble moulds and covered with salt and spices for around six months, giving it a unique taste. Enjoyed melted into a hot bruschetta.

2

Finocchiona

Similar to the typical Tuscan Salami, Finocchiona is made with pork trimmings and flavoured with wild fennel due to the soaring price of pepper in the middle ages, which forced charcutiers to flavour their meats with a cheaper alternative.

3

Tuscan Salami

Cured meat from pork leg, shoulder, neck and fat, which is minced and left to rest. The fat is cut into larger pieces, then mixed with herbs, spices and the mince.

4



Ricotta

True to the 'cucina povera' nature of Tuscan cuisine, ricotta, meaning 're-cooked', refers to the use of leftover whey after the milk is separated. This cheese can be made from cows, sheep, buffalo or goat milk.

5

Caprino

A soft, creamy cheese made from goat's milk, rolled in herbs or ground pepper for extra flavour.

6

Soft Pecorino

One of the best loved PDO cheeses in Tuscany. 'Semi soft' pecorino has a relatively delicate aroma and flavour, while aged pecorino produces a firmer texture and a nutty, sharp flavour.

7

Stracchino

Made from cow's milk, stracchino (also known as *crescenza*) is a soft, delicate cheese with a creamy texture and a mildly sweet flavour.

8

Sott'olio

Although there will always be extra virgin olive oil on the table, sun dried tomatoes, olives and other popular vegetables are even more delicious when packed 'sott'olio' (in olive oil). Like all antipasti, they are enjoyed with or without crostini and are a perfect complement to the meat and cheese.

12

Culatello

One of the most prized meat cuts in Italy, Culatello is made from the muscular part of the hind leg of the pig, which is then skinned, deboned and salted. During the curing process, it is massaged to ensure the salt further penetrates the meat. It is then cured for at least 12 months to achieve the perfect flavour.

11

Sopressata

A pressed cold cut meat made into sausages and seasoned with salt and spices. A flavoursome, fiery salami.

10

Capocollo

While different regions in Italy create their own capocollo, in Tuscany, pork is typically cured with herbs, fennel and red wine then left to mature.

9

Farro Salad Three Ways

Insalate di Farro

Grown in the Garfagnana region of Tuscany, this ancient grain has a complex, nutty taste that compliments a whole host of flavours. While Zuppa di Farro is great for cold winter evenings, in the summer, Farro is typically served with other ingredients to create a healthy salad.

TIP: Put the salad in a Kilner jar for a nutritious and speedy lunch or a perfect picnic accompaniment. Keep the dressing separate in a small jam jar and add just before serving.

Tuna, Chickpea and Roasted Pepper Farro Salad

- 1 In a small bowl, whisk together the olive oil, lemon, orange juice, garlic and chopped thyme leaves, set aside.
- 2 Boil a large pan of water and add the farro. Cook for 15-20 minutes or until tender. Drain and leave to dry.
- 3 Finely chop the mint, oregano and spring onion, slice the red peppers and halve the olives. Place all in a salad bowl.
- 4 Drain the chickpeas and tuna, add to the salad bowl.
- 5 Add the farro, salad dressing and stir before serving.

Serves 2
Prep 10 minutes
Cook 15-20 minutes

50ml	Filippo Berio Extra Virgin Olive Oil
	juice of 1 lemon
	juice of 1 orange
1	clove garlic, crushed
1	tsp fresh thyme, chopped
100g	farro
2	roasted red peppers
100g	black olives
1 tbsp	fresh oregano, chopped
1 tbsp	fresh mint, chopped
2	spring onions, diced
1 x 400g tin	chickpeas
1 x 150g tin	tuna



Summer Farro Salad

- 1 Boil a large pan of water and add the farro. Cook for 15-20 minutes or until tender. Drain and leave to dry.
- 2 In a small bowl, whisk together the olive oil, lemon juice and crushed garlic and season with salt and black pepper. Set aside.
- 3 Thinly slice the courgette into ribbons, brush with olive oil and heat on a hot griddle pan. Drain on kitchen paper and set aside.
- 4 Cook the sweet corn in a pan of boiling water for 5 minutes and then drain. Brush with olive oil and heat on a griddle pan until the corn is charred on all sides. Leave to cool, then remove all the corn kernels from the cob.
- 5 Halve your tomatoes and olives then, in a salad bowl, mix together all ingredients. Pour over the lemon and olive oil dressing, scatter over the basil leaves and stir before serving.

Serves 2
Prep 15 mins
Cook 25 mins

100g	farro
50ml	Filippo Berio Olive Oil
	juice of 1 lemon
2	garlic cloves, diced
1	courgette
1	sweet corn
125g	mozzarella balls
300g	cherry tomatoes
50g	pitted olives
28g	fresh basil

Cauliflower, Fig & Hazelnut Farro Salad

- 1 Pre-heat the oven to 200°C/180°C fan /gas 6.
- 2 Boil a large pan of water and add the farro. Cook for 15-20 minutes or until tender. Drain and leave to dry.
- 3 Break the cauliflower into small florets and coat with 50ml of olive oil. Season with salt and pepper and roast for 20 minutes. Add the red onion wedges and roast for 20 minutes. Remove and allow to cool.
- 4 Mix the remaining olive oil and balsamic in a small bowl, season with salt and pepper and set aside.
- 5 In a salad bowl, mix together all ingredients and scatter over the rocket. Pour over the dressing, stir and check for seasoning before serving.

Serves 2
Prep 15 minutes
Cook 40 minutes

100ml	Filippo Berio Extra Virgin Olive Oil
2 tbsp	balsamic vinegar
100g	farro
50g	hazelnuts, toasted
50g	dried figs, chopped
1	head of small cauliflower
2 tbsp	fresh thyme
2	cloves garlic, crushed
1	red onion, quartered
50g	rocket leaves



Sea Bass with Pine Nuts, Sultanas & Spinach

Branzino con spinaci, pinoli e uvetta

Tuscans love their fish! The beauty of this dish is that it works equally well with cod, sea bream or any other white fish. Typically served with cavolo nero, we've chosen to pair it with spinach to make life easier.

Serves 4
Prep 15 minutes
Cook 15-17 minutes

- 1** Add the pine nuts to a pan and cook on a low heat. Stir for around 5 minutes until they turn golden.
- 2** In a large frying pan, warm half of the olive oil, add the onion and garlic and cook on a low heat, until the onion is soft.
- 3** Add the sultanas and white wine to the pan and cook for 3-5 minutes or until all the wine has evaporated.
- 4** Add the pine nuts and stir in the spinach. Cook until the spinach leaves have just wilted. Season with salt and pepper.
- 5** In a separate pan, add the remaining olive oil and cook the bass fillets, skin down, for 5 minutes, over a medium heat. When the skin is crisp and the white flesh loses its opaque texture, turn over and cook for a further minute.
- 6** Divide the spinach between four plates and top each plate with a bass fillet. Drizzle with the extra virgin olive oil. Season with salt and pepper then serve.

450g	pine nuts
1	brown onion, thinly sliced
2	cloves garlic, diced
40ml	Filippo Berio Extra Virgin Olive Oil
50g	sultanas
500g	spinach
60ml	white wine
4	sea bass fillets
2 tbsp	Filippo Berio Extra Virgin Olive Oil for drizzling

Pineapple Carpaccio

Carpaccio d'ananas

Typically, 'carpaccio' is prepared with beef, veal, venison or even fish, but in this recipe, we've captured the spirit of carpaccio, which means 'thinly cut' but finished with a fresh, summer twist. Paired with the prawns, garlic, chili and of course, the extra virgin olive oil, this carpaccio not only tastes wonderful, but looks amazing too.

- 1** Finely slice the pineapple as thinly as you can. Place on a tray, cover with cling film and set aside.
- 2** Heat a large frying pan and add half the oil. When the oil is hot, add the prawns (peeled and deveined) and cook for 1 minute, stirring continuously. Add the garlic and chilli and continue cooking until the prawns are pink and cooked.
- 3** Squeeze over half the lemon juice and remove from the heat. Stir in the chopped parsley and season with salt and black pepper.
- 4** Divide the pineapple between four plates and divide the prawn mixture over the pineapple slices. Drizzle with the remaining olive oil and lemon juice. Season with salt and freshly ground black pepper and serve with ciabatta bread.

Serves 4
Prep 15 minutes
Cook 10 mins

2	medium pineapples
100ml	Filippo Berio Extra Virgin Olive Oil
600g	tiger or king prawns
2	cloves garlic, chopped
1	chilli, diced
2	tbsp fresh parsley
	Juice of 1 lemon
1	small packet of rocket





Tuscan Sausage & Fennel Ragu with Paccheri

Paccheri con salsiccia Toscana e finocchio

This sausage ragu has a rich taste and velvety texture. Good quality, fresh ingredients, cooked low and slow. No Italian sausage? Simply use quality pork sausage and add fennel. Although served here with paccheri, it also works beautifully with pappardelle.

- 1 In a large deep sided frying pan, add the olive oil and warm on a medium heat. Add the onion and garlic and cook for 5 minutes or until soft.
- 2 Remove the sausage meat from the casing and crumble into the onion and garlic. Cook for a further 5 minutes until the sausage meat is browned.
- 3 Add the fennel seeds, chilli and chopped rosemary. Stir for a minute, then add the wine and turn up the heat. Cook until the wine has completely evaporated.
- 4 Add the passata, bring to a simmer and cook for 15-20 minutes.
- 5 Cook the pasta in a large pan of boiling salted water for 8-10 minutes or until al dente. Drain, and reserve a ladle of pasta water. Return to the pan.
- 6 Add the ragu and the reserved pasta water to the pasta to loosen. Cook over a medium heat for a minute, stirring continuously.
- 7 Serve with Pecorino or Parmesan and a drizzle of Filippo Berio Extra Virgin Olive Oil.

Serves 4
Prep 15 minutes
Cook 30 mins

120ml	Filippo Berio Extra Virgin Olive Oil
1	red onion, diced
2	cloves garlic, chopped
500g	Italian or good quality pork sausage
1 tsp	fennel seeds
½ tsp	chilli flakes
1 tbsp	fresh rosemary, chopped
50ml	red wine
400ml	tomato passata
500g	paccheri
4 tbsp	grated pecorino or parmesan

Prosecco Risotto

Risotto di Prosecco

- 1 Add the diced onion to a wide, deep-sided frying pan. Add the olive oil and cook for 10 minutes or until the onion is soft but not coloured.
- 2 Stir in the risotto rice and cook for 2 minutes until the rice is coated with the oil and then add the Prosecco and thyme.
- 3 Cook until the Prosecco has completely evaporated and then add a ladle of hot stock. Stir continuously until the stock has evaporated, then add another ladle of stock to the pan. Repeat this for about 15 minutes or until the rice is al dente.
- 4 Stir in the butter, Parmesan, and the lemon juice and zest. Season with salt and black pepper and serve with Parmesan Crisps and a drizzle of Filippo Berio Extra Virgin Olive Oil.

Serves 4
Prep 10 minutes
Cook 27 minutes

400g	aborio or carnaroli rice
4 tbsp	Filippo Berio Extra Virgin Olive Oil
1	large onion, peeled and finely diced
120ml	Prosecco
2 litres	vegetable stock
1 tbsp	fresh thyme
	juice/zest of 1 lemon
50g	butter
50g	parmesan cheese

Parmesan Crisps

Pre-heat the grill and line a baking tray with baking paper. Grate a thin layer of Parmesan into a round metal ring or shape circles of cheese on the baking paper. Place the baking tray under the grill for 3-5 minutes until the cheese has melted and the crisp turns a light golden brown. Remove with a palette knife and cool on a cooling rack before serving.



Papardelle with Peas, Broad Beans & Mint

Pappardelle con fave, piselli e pecorino

Pappardelle is one of the best loved pasta shapes in Tuscany. Although traditionally chosen to soak up a thick rich ragu sauce, we've teamed ours with some spring greens and quality pancetta for extra flavour.

- 1 In a frying pan, heat 1 tbsp of olive oil, add the lardons of pancetta and cook for 5 minutes until they're golden and crisp. Tip onto kitchen paper to remove excess oil.
- 2 Roughly chop the mint and oregano and set aside.
- 3 Cook the pasta in a large pan of boiling salted water for 2 minutes less than the time specified on the packet.
- 4 In a separate pan, boil some water and then add the broad beans and peas, cooking for 2-3 minutes. Drain the pan and set aside.
- 5 Drain the pasta, reserving some of the pasta water in a jug to create a sauce. (The pasta water retains the starch from the pasta and helps give the sauce a thick, silky texture.)
- 6 Return the pasta to the pan. Add all ingredients and herbs to the pan, then add a ladle of the reserved pasta water and stir on a low heat for 1 minute.
- 7 Stir in the Pecorino cheese and the zest and juice of one lemon. Drizzle with the remaining olive oil and season with salt and pepper.

Serves 4
Prep 10 minutes
Cook 20 mins

500g	pappardelle
250g	broad beans, blanched and skins removed
250g	frozen peas
50ml	Filippo Berio Extra Virgin Oil
250g	lardons of pancetta
28g	pack fresh mint
2 tbsp	fresh oregano
4 tbsp	pecorino
	juice/zest of 1 lemon

Five tips for cooking the perfect pasta

Creating a delicious dish from dried pasta is easy – if you follow these simple tips...

1. Italians hate being served overcooked pasta. For the correct *al dente* finish, you should cook your pasta for 2 minutes less than it says on the packet. In most recipes, you'll be adding it back to the pan with the sauce anyway, which will allow that little extra time to achieve the perfect 'bite'.
2. Always add salt to the pasta water. Italians say, in order to make a good pasta, the water needs to be "saltier

than the sea" – and it's true! For every 100g of pasta, you'll need 1L of water and 10g of salt.

3. Reserve a little of your pasta water to add to your sauce. The pasta water retains the starch from the pasta and helps give the sauce a thick, silky texture.
4. Although we encourage adding olive oil to a lot of things, we don't advise adding it to your pasta water! The oil will simply sit on top of the water, and will not add any lubrication to the pasta. Save the oil, and always

drizzle it onto the finished pasta dish for extra flavour.

5. Choose the pasta shape to suit the sauce. For example, although many people enjoy a classic *spaghetti bolognese*, spaghetti actually lends itself better to a simpler dish like *spaghetti aglio olio e peperoncino*, which is simply finished with extra virgin olive oil, garlic and chilli.

And if you're a fan of tuna pasta, try opting for a *fusilli* rather than a *penne* – which will pick up the tuna in the spirals of the pasta.



Guinea Fowl with Vin Santo & Grapes

Farona con uvetta

Traditionally, you'd find this classic guinea fowl and grape recipe as the main attraction at festivities in Italy. However, you can easily swap guinea fowl for chicken, for a delicious weekday meal for all the family.

- 1 Pre-heat the oven to 180°C/160°C fan/gas mark 4.
- 2 Place the bird in a roasting tray and drizzle with the olive oil. Season with salt and pepper. Roast for 30 minutes.
- 3 Remove from the oven and add the garlic, grapes (in small bunches) and rosemary sprigs.

- 4 Pour in the wine and 100ml water and return to the oven for a further 30 minutes or until the bird is cooked through and juices run clear when a knife is inserted in between the thigh and the breast.
- 5 Remove the guinea fowl, garlic, grapes and rosemary and put onto a serving platter. Cover the bird with foil to rest.
- 6 Pour the juices from the tray into a pan, stir in the flour and cook over a low heat for 2 minutes.
- 7 Gradually stir in the stock and bring to the boil. Simmer for 3-5 minutes and season to taste. Serve with the guinea fowl, grapes, garlic and rosemary and a bowl of fresh cavolo nero.

Serves 4
Prep 10 minutes
Cook 1 hour 7 mins

1	3kg guinea fowl (or chicken)
	100ml Filippo Berio Olive Oil
20g	rosemary
3	garlic cloves
500g	seedless red grapes
200ml	vin santo
250ml	chicken stock
1 tbsp	plain flour



Courgette Frites

Zucchini fritte

Although guinea fowl is delicious by itself, we recommend a side of courgette frites to keep the family happy. A seasonal twist on the classic potato alternative, courgette frites provide a great crunch without turning soggy.

Serves 4-6
Prep 15 minutes
Cook 30 minutes

1L	Filippo Berio Mild & Light Olive Oil
3 tbsp	plain flour
3	eggs beaten
600g	courgettes

- 1 In a large deep sided pan, add enough oil to fill half the pan. Heat until the oil is hot and that a cube of bread sizzles when added to the oil. If the oil gets too hot and starts smoking, turn it down.
- 2 In a large bowl, mix together the flour and eggs and season with salt and freshly ground black pepper.
- 3 Cut the courgettes into batons, dip them into the batter and place carefully into the hot oil.
- 4 Deep fry in batches and cook for approx 3-4 minutes until crisp.
- 5 Drain on kitchen paper and serve immediately with a sprinkle of salt and black pepper.



Lentil & Rice Stuffed Vegetables

Verdure ripiene con riso e lenticchie

A classic 'cucina povera' style meal, this dish combines store cupboard essentials and fresh seasonal vegetables to create a budget-friendly, healthy dish.

- 1 Pre-heat the oven to 160°C/140°C fan/gas mark 3.
- 2 Slice off the tops of the tomatoes and reserve. Scoop out the flesh of the tomatoes, peppers and courgettes and reserve.
- 3 Place the red onions into a pan of boiling water and blanch for 5 minutes. Remove to cool then remove the centres. Add to the other vegetable reserves and chop finely.
- 4 In a large, deep-sided pan, warm 3 tbsp of olive oil and fry the onion and garlic for 5 minutes or until soft. Add the pasatta and the reserved vegetable pulp. Cook for 15 minutes on a medium heat.
- 5 Add the rice, lentils and 200ml of vegetable stock. Bring to a simmer and cook for 10 minutes, stirring frequently, then season with salt and pepper, chilli flakes and half of the parsley.
- 6 Place the vegetables in a roasting tray and fill each one with the rice and lentil mixture. Place the lids on the tomatoes and drizzle the remaining olive oil over the vegetables.
- 7 Pour the remaining stock in the tin and cover with foil. Bake for 45 minutes. Remove the foil and bake for a further 20 minutes or until the rice is cooked.
- 8 Sprinkle over the parsley and the Parmesan cheese to serve.

Serves 4
Prep 20 minutes
Cook 1 hour 30 minutes

- | | |
|-------|-----------------------------------|
| 2 | red peppers, halved and de-seeded |
| 2 | large tomatoes, top sliced |
| 2 | courgettes, halved lengthways |
| 4 | red onions, peeled |
| 6 | tbsp Filippo Berio Olive Oil |
| 1 | large onion, chopped |
| 2 | garlic cloves, chopped |
| 200g | long grain rice |
| 200g | cooked lentils |
| 300ml | vegetable stock |
| 20g | fresh parsley |
| ½ tsp | chilli flakes |
| 1 | tbsp Pecorino or Parmesan |

Know your olive oils

Classic 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.



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.



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.





Tuscan Grape Harvest Cake

Schiacciata con l'uva

Originating from Florence during the grape harvest, canaiolo grapes are baked into a traditional 'Schiacciata con l'uva'. Our recipe transforms this idea into a sweet, moist cake for a delicious after dinner treat.

- Grease and line a 23cm cake tin, and pre heat the oven to 200c/180 fan/gas mark 4.
- In a large bowl, add the eggs and sugar and beat until the mixture is thick and creamy and leaves a trail.
- Stir in the olive oil, wine, milk, lemon and orange zest and vanilla extract. Stir until well combined.
- Add the baking powder to the flour and sift into a separate bowl to make sure it is light and airy.
- Spoon a little of the flour into the egg mixture and gently fold in. Gently fold in the remaining flour until well combined.
- Stir in two thirds of the grapes and then pour the cake mixture into the tin. Place in the centre of the oven for 10 minutes.
- Remove the cake from the oven and push the remaining grapes onto the top of the cake. Don't worry about cracking the surface. Sprinkle with the sugar and return to the oven for 30-40 minutes or until a skewer comes out clean when inserted into the cake.
- Leave the cake to cool for 10 minutes in the tin and then turn out onto a wire rack and leave to cool completely. Serve the cake with a glass of sweet wine.

Serves 8-10
Prep 20 minutes
Cook 50 mins-1 hour

4	eggs
250g	caster sugar
300ml	Filippo Berio Mild & Light Olive Oil
80ml	sweet wine
75ml	milk
1 tsp	vanilla extract
	zest of one lemon
	zest of one orange
400g	plain flour
2 tsp	baking powder
600g	grapes
2 tbsps	demerara sugar

Olive Oil Panna Cotta

Panna cotta all olio d'oliva

A much loved indulgent dessert, although panna cotta originates in Piedmont, we've introduced 'a taste of Tuscany' with extra virgin olive oil. Olive oil is often used to compliment sweet desserts in Tuscany.

- Soak the gelatine in a bowl of cold water.
- Pour the cream and milk into a small pan and add the sugar. Bring to a simmer and stir until all the sugar has dissolved.
- Remove the gelatine from the bowl and squeeze out excess water. Add the gelatine to the warm cream and stir until dissolved.
- Pour the mixture through a sieve into a clean bowl. Add the vanilla, lemon zest and whisk in the olive oil to emulsify with the cream.
- Lightly oil each mould with olive oil. Divide the mixture between the moulds and leave to set in the fridge for 4 hours minimum.
- Turn out the panna cotta by dipping the bottom of the mould into a bowl of boiling water. Invert the mould onto a plate and serve sprinkled with crushed cantuccini, lemon zest and thyme leaves.

Serves 8-10 in espresso cups
or 6 in 125ml dariole moulds
Prep 20 minutes
Cook 5 mins

4	leaves gelatine
600ml	double cream
200g	caster sugar
100ml	whole milk
½ tsp	vanilla essence
	zest of 1 lemon
50ml	Filippo Berio Extra Virgin Olive Oil

