

BREAKFAST:

Olive oil poached eggs & aioli rolls

Makes 4 Prep 5 mins Cooking 10 mins

8 rashers short cut bacon

60ml (1/4 cup) Australian Extra Virgin Olive Oil (*Cape Schancks*)

4 eggs

4 brioche rolls, split, toasted

Baby spinach and barbecue sauce, to serve

Creamy instant aioli

1 egg

125ml (1/2 cup) Garlic Infused Australian Extra Virgin Olive Oil (*Cobram*)

125ml (1/2 cup) Australian Extra Virgin Olive Oil (*Devon Siding*)

1 To make the instant aioli, carefully crack the egg into a tall long jug, without breaking the yolk. Pour over the garlic olive oil and olive oil. Using a stick blender, position blender carefully over the whole egg yolk, so the blender's basket covers and encloses egg yolk. Blend for 1-2 seconds to emulsify mayonnaise. Pull blender up through mayo to incorporate all the ingredients until a thick mayonnaise forms. Season.

2 Heat a non-stick frying pan over medium-high heat. Add the bacon and cook, for 4-5 minutes or until golden. Set aside in the pan to keep warm.

3 Meanwhile, heat the olive oil in a small frying pan over medium-low heat until warm but not hot. Crack 2 eggs into the oil. Spoon over the hot oil until the whites of the egg are just set. Transfer to a plate lined with paper towel. Cover to keep warm. Repeat with the remaining eggs.

4 Spread the base of the buns with the aioli. Top with the spinach, egg and bacon. Drizzle with barbecue sauce and top with the remaining bun tops to serve.

OIL TASTING NOTES:

EGGS:

- Cape Schanck EVVO- This oil has the aroma profile of green grass, green apple, herbs, spicy, leafy green kale, sweet tomato to match with eggs. It has a balanced pepper with moderate bitterness.

AIOLI:

- Cobram Garlic Infused EVVO
- Devon Siding EVVO - This oil has medium intensity with a clear nose of intense fresh green fruitiness that combines leaves and fruits very well.

LUNCH:

Slow cooked tomato & whipped feta bruschetta

Serves 6 Prep 15 mins Cooking 1 hour 30 mins

150g feta

1 tbsp greek style yoghurt

2 tbsp Chilli infused Australian Extra Virgin Olive Oil (*Mount Zero*)

1 tsp finely grated lemon rind

Sliced sourdough, toasted, to serve

Fresh small oregano or basil leaves, to serve

Slow cooked tomato & garlic

3 x 250g punnets cherry tomatoes

10 peeled garlic cloves

2 sprigs fresh rosemary

1 tsp black peppercorns

1 tsp sea salt flakes

1/2 tsp caster sugar

500ml (2 cups) Australian Extra Virgin Olive Oil (*Cockatoo Grove*)

1 To make the slow cooked tomato & garlic, preheat oven to 110C/90C fan forced. Place the tomato, garlic, rosemary and peppercorns, in a single layer and fitting snugly, in a small roasting pan. Sprinkle with salt and sugar. Pour over oil. Roast for 1 hour 30 minutes or until the tomato starts to shrivel slightly. Set aside in the oil to cool.

2 Place the feta, yoghurt, chilli olive oil and lemon rind in a food processor and process until smooth and combined. Season with pepper.

3 Spread the whipped feta onto the toasted sourdough and top with the slow roasted tomatoes. Sprinkle with herbs, to serve.

OIL TASTING NOTES:

WHIPPED FETA:

- Mount Zero Chilli infused EVVO - Fresh fragrant capsicum nose with green chilli, red capsicum and paprika.

TOMATOES:

- Cockatoo Grove EVVO - Green style aromas with red lettuce leaf and sage, tomato, and parsley.

DINNER:

Swordfish with olive chimichurri sauce

Serves 4 Prep 20 mins Cooking 5 mins

2 tbsp Australian Extra Virgin Olive Oil (*Arthurs Grove*)

4 Swordfish steaks

Steamed greens, to serve

Olive Chimichurri sauce

85g (1/2 cup) Australian Green Olives, pitted (*Gamila*)

1 cup fresh continental parsley leaves

1/3 cup fresh coriander leaves

2 tbsp fresh oregano leaves

2 garlic cloves, chopped

1/2 tsp lightly dried chilli flakes or chopped fresh chilli

80ml (1/3 cup) Australian Extra Virgin Olive Oil (*Arkstone Olives - manzanilla*)

1 Season swordfish. Heat the olive oil in a large non-stick frying pan over medium heat. Cook swordfish for 2 minutes or until the flesh flakes easily when tested with a fork.

2 To make the olive chimichurri, process olives, parsley, coriander, oregano, garlic and chilli in a small food processor until finely chopped. With the motor running, add the oil in a steady stream until smooth and combined.

3 Place the swordfish on a serving platter and top with the chimichurri sauce and serve with steamed greens.

OIL TASTING NOTES

SWORDFISH:

- Arthurs Grove - Intense green grass, kale, green bean, blackberry, tobacco, and green tea aromas. A big green delicious oil.

CHIMICHURRI:

- Arkstone Olives EVVO - 100% manzanilla olive with the nose quite olive leafy, floral, and green. Medium pepper and bitterness.
- Gamila Australian Green Olives - Aroma wonderful with spice and floral notes.

SWEET TREATS:

Olive oil carrot cake & citrus oil cream cheese frosting

Serves 10 Prep 10 mins (+ cooling) Cooking 50 mins

300g (2 cups) self-raising flour
200g (1 cup) brown sugar
1 tsp ground ginger
2 medium carrots, peeled, coarsely grated
65g (1/2 cup) pecan halves, coarsely chopped
2 tbsps glaze ginger in syrup, coarsely chopped
185ml (3/4 cup) Australian Extra Virgin Olive Oil (*Lomondo*)
3 eggs, lightly whisked

Citrus olive oil frosting

250g pkt cream cheese, at room temperature
125g (3/4 cup) icing sugar mixture
2 tbs Citrus infused Australian Extra Virgin Olive Oil (*Pendleton*)

1 Preheat oven to 180°C/160°C fan-forced. Grease and line a 20cm cake pan with baking paper.

2 Combine the flour, brown sugar, ground ginger, carrot, pecans and glaze ginger in a bowl. Make a well in the centre. Add the oil and eggs. Stir to combine. Pour into the prepared pan. Bake for 1 hour or until a skewer inserted into the centre comes out clean. Set aside in the pan for 10 minutes to cool slightly before turning onto a wire rack to cool completely.

3 To make the olive oil frosting, use electric beaters to beat the cream cheese and icing sugar in a bowl until smooth. Beat in the olive oil until smooth.

4 Spread the frosting over the carrot cake.

OIL TASTING NOTES:

FOR CAKE:

- Lomondo EVVO - Delightful with an abundance of anis, tropical fruit, granny smith apple, fresh cut spring grass and herbaceous aromas.

FOR ICING:

- Pendleton Blood Orange infused EVVO - Wonderful fresh blood orange juice and zest aroma. So intense and pure.

EXTRAS TO HAVE ON DISPLAY

Olive oil lemon sugar cookies

Makes 15 Prep 10 mins Cooking 20 mins

150g (1 cup) plain flour

1/4 tsp baking powder

1/4 tsp bicarbonate of soda

100g (1/2 cup) caster sugar, plus extra to roll

1/2 lemon, rind finely grated

60ml (1/4 cup) Lemon infused Australian Extra Virgin Olive Oil (*Rio Vista*)

1 egg

1 Preheat oven to 180°C/160°C fan-forced. Line 2 baking trays with baking paper.

2 Combine the flour, baking powder, bicarb, sugar and lemon rind in a bowl. Make a well in the centre. Add the oil and egg. Stir until well combined.

3 Roll 3 teaspoons of mixture into balls. Roll in extra sugar. Place on prepared trays. Flatten slightly.

4 Bake for 15-20 minutes or until light golden. Set aside on trays for 5 minutes to cool slightly. Transfer to a wire rack to cool completely. Serve.

Note: for a softer chewy centre only bake for 15 and a crisp biscuit 20.

OIL TASTING NOTES:

Rio Vista Lemon infused EVVO - Authentic abundant lemon and zest that come alive on the palate. Fresh and abundant.

Olive oil banana bread

Serves 10 Prep 10 mins Cooking 50 mins

265g (13/4 cups) self raising flour
40g (1/4 cup) plain flour
140g (2/3 cup) brown sugar
1/2 tsp ground cinnamon
2 overripe bananas, peeled, mashed
2 eggs, lightly whisked
125ml (1/2 cup) milk
80ml (1/3 cup) Australian Extra Virgin Olive Oil (*Alto*)

1 Preheat oven to 180°C/160C fan forced. Line the base and sides of a 11 x 21cm (base measurement) loaf pan with baking paper, allowing the long sides to overhang.

2 Combine the self raising and plain flours, brown sugar and cinnamon in a large bowl.

3 Add the banana, eggs, milk and olive oil and stir until well combined. Add the mixture to the flour mixture and stir until combined. Spoon the mixture into the prepared pan and smooth the surface.

4 Bake for 45-50 minutes or until a skewer inserted into the centre comes out clean. Remove from oven and set aside in the pan for 10 minutes to cool slightly. Turn onto a wire rack to cool completely. Cut into slices to serve.

OIL TASTING NOTES:

- Alto EVVO - Good complex nose of peach leaf, ripe banana, artichoke and pine nut. Carries through a buttery nutty end.

Maple olive oil roasted strawberries

Serves 4 prep 5 mins cooking 15 mins

2 x 250g punnets strawberries, hulled

60ml (1/4 cup) Australian Extra Virgin Olive Oil (*Five Grove - cinnamon, strawberries, apple*)

2 tbsp maple syrup

Double cream, to serve

1 Preheat oven to 180C/160C fan forced. Place strawberries in a baking dish. Combine the olive oil and maple syrup in a jug and pour over the strawberries. Roast for 15 minutes or until just tender. Set aside to cool slightly.

2 Divide the strawberries among serving bowls. Serve with double cream.

OIL TASTING NOTES:

- Five Grove EVVO - flavours of red apple, cinnamon, confectionery, strawberry, pear, coconut, and salad greens.