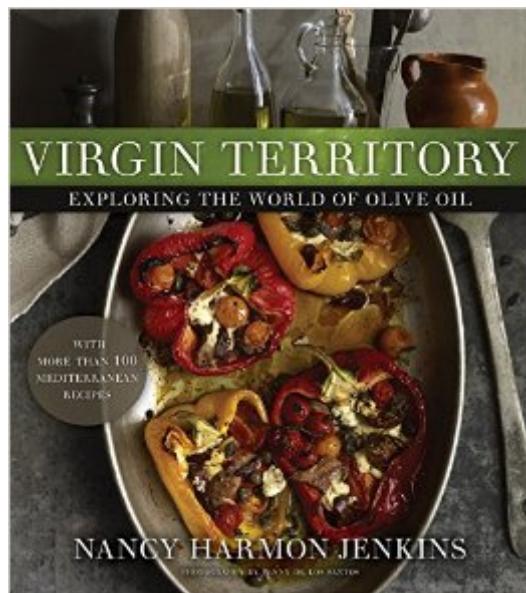


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Virgin Territory: Exploring The World Of Olive Oil



Synopsis

An illuminating look at olive oil with 100 recipes from the countryâ™s leading authority on the subject. Olive oil is more popular than ever, thanks to its therapeutic and preventative effects in treating different diseases, as well as the growing variety of brands and imports available. Nancy Harmon Jenkins, arguably the leading authority on olive oil and the healthy Mediterranean diet, presents more than 100 dishes that showcase olive oil, ranging from soups to seafood to sauces to sweets. Along with favorites like tapenade and pesto, youâ™ll find other exciting dishes like North African Seafood Tagine, Oven-Braised Artichokes with Potatoes and Onions, and Quince and Ginger Olive Oil Cake. But this book isnâ™t just a collection of hearty and healthful recipes; Jenkins also covers the history and culture of olive oil as well as how to buy it and cook with it. A thing of beauty with the stunning photographs of exquisite dishes as well as Jenkinâ™s own Tuscan olive tree grove, Virgin Territory captures the delights of making and cooking with olive oil.

Book Information

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Customer Reviews

Marinated Feta and Tomato Salad from Virgin Territory Feta is best for this treatment because its rough texture readily absorbs flavors from the marinade. Itâ¢â™s often quite salty, so donâ¢â™t add any salt at all until you've tasted the final product. Other cheeses to consider are ricotta salata from southern Italy, a firm-textured chÃƒÂ¢vre from Provence, or Montenebro from Catalonia, in Spain. Crack the peppercorns in a mortar if you have one; otherwise, put them in a paper bag, set the bag on a bread board or wooden counter, and pound them gently

with a rolling pin. The idea is to have roughly cracked but not crushed or ground peppercorns. Makes 4 servings Directions Break the cheese into small, irregular clumps if you can; otherwise, dice it not more than 1 inch to a side. Add the cheese pieces to a mason jar large enough to hold the cheese with the marinade. Combine in a small bowl the oil, vinegar, crumbled chile, green herbs, and pepper- corns. Pour this mixture over the cheese in the jar, cover, and set aside in a cool place (not the refrigerator) for several hours or overnight. When ready to serve, taste the cheese mix and adjust the seasoning, adding salt if it seems necessary. Halve the little tomatoes and toss them in a salad bowl with the onion slivers. Pour the cheese and its marinade over the top. Bring the bowl to the table and toss just before serving. Ingredients 1/2 pound Greek barrel-aged feta cheese (1/2 to 2/3 cup when broken up, as in the recipe) 1/3 cup olive oil, preferably very fruity Greek oil from Kalamata olives 1 to 2 tablespoons red wine vinegar 1 small dried red chile pepper, seeded and crumbled Handful of coarsely chopped fresh basil, cilantro, or dill 1 tablespoon coarsely cracked black peppercorns Sea salt (optional) 1 pound small ripe tomatoes (cherry, grape, or currant) 1 small red onion, halved and very thinly sliced

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