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**OLIVE OIL
VINEGAR & SPICES**



OLIVE OIL

Since Roman times, Spain has been the olive oil supplier of choice for all the Mediterranean. Nowadays Spain produces 50% of the olive oil in the world.

The greatest revolution in the past two decades in the olive oil industry has been that Spanish olive oil producers have focused on quality, not just quantity.



OMed Finca. Picual trees.



Extra Virgin Olive Oil and grated tomato.

ABOUT OLIVE OIL

Olive oil is a juice: the better the olives, and closer they are to the milling, the better the quality of the juice.

The earliest the harvest, the more concentrated the flavours are. But the yield is lower, hence the prices are higher.

We manage our stock in a way that we bring our **EXTRA VIRGIN OLIVE OIL** as soon as the new harvest is available. In December we have new season stock in all ranges.

Light and temperature are enemies of olive oil quality. All our olive oils are kept in steel tanks and **bottled on order**. The higher quality ones are kept under liquid nitrogen to prevent contact with oxygen.

Unfiltered olive oil: Straight after harvest unfiltered olive oil displays interesting flavours and aromas, with a thicker texture and colour. We recommend experimenting with unfiltered olive oils soon after harvest in December until Easter.

Bitterness is not considered a fault in olive oil. Furthermore it is usually linked to better stability and higher quality especially as the year progresses. Saying that, we pride ourselves in offering **very balanced** olive oils.

As every fruit, different variety of olives have **different flavours** and intensity, which show in the resulting oil.

TYPES OF OLIVE OIL

EXTRA VIRGIN OLIVE OIL EVOO

Juice extracted from the olive oils purely by mechanical means, and with acidity below 0.8%, a percentage that reflects the time between harvesting and milling.

VIRGIN OLIVE OIL VOO

As above, but acidity can be above 0.8% and with stronger, less delicate flavour.

REFINED OLIVE OIL

(Sometimes Referred Only As "Olive Oil")

The refining process removes colour, odour and flavour from the olive oil, and leaves behind a very pure form of olive oil that is tasteless, colourless and odourless and extremely low in free fatty acids. They are mixed with small percentages of pressed olive oil to add flavour.

POMACE

Is the oil obtained by treating olive pomace (the leftover paste after the pressing of olives or virgin olive oils) with chemical solvents and physical treatments. Again flavour is added by mixing it with pressed olive oil.

We only offer Extra Virgin and Virgin Olive Oil, but not any Refined or Pomace, as they do not possess the healthy characteristics and flavours of the Extra Virgin or even Virgin Olive Oils.

OUR OLIVE OILS



Our three ranges of olive oil, Omed (finishing oils, including yuzu oil and Smoked Olive Oil), Molino la Condesa (excellent every day Extra Virgin Olive Oils) and Oro de Granada (Virgin Olive Oil) come from a family owned company located in Ácula, Andalucía, Spain.

When we started to work with our friends Juan and Paula, nearly 7 years ago, they were starting to take over the business from their father. Working with the best worldwide experts in olive oil from Granada University and with a contagious passion for the land and the olive trees and attention to detail they are constantly getting a stream of awards. For example their Picual olive oil is consistently chosen as one of the 50 best extra virgin olive oils worldwide. From the foothills of Sierra Nevada in the Andalusian province of Granada, in Southern Spain, we are extremely proud of this range.

The entire production process is controlled by the family: the groves, the harvest of the olive trees and the milling. Sustainability is of foremost importance. They have installed an incinerator that burns the olive pits, producing 40% of the energy needs at the mill.

As geographical contrast, we bring as well an Arbequina (very fruity extra virgin olive oil) from the North of Spain, from Navarra. Martiniega family owned farm is irrigated solely with natural spring water. Their olive oil is full of aromas and flavours, and has not bitterness at all. Most of the packaging is done by grassroots local disabled people NGO's.

We would like to highlight the rich experience that you can get from pairing the right food with the right Extra Virgin Olive Oil. Please contact our sales team for tasting courses.

MOLINO LA CONDESA

Molino la Condesa is meant to perform for a wide variety of applications, and offers an extremely attractive price point while still being early harvest with spectacular flavour qualities. Molino is a versatile oil used to finish vegetables, salads, meats and fish. Molino is also a high quality, cost - effective option for sautéing and poaching.

EV00 5l	OL10050
EV00 UNFILTERED 5l	OL10151
EV00 2.5l. Tin.	OL10040
EV00 750 ml. Glass Bottle.	OL10170

ORO DE GRANADA

This oil is produced in the family's own mill, strictly from their own family groves. It is a Virgin Olive Oil obtained directly from olives and solely by mechanical means. Olives have been harvested later than the ones used for Molino. Chemical parameters are not too dissimilar to Molino, and they would be happily labelled as Extra Virgin elsewhere. It is an extremely good olive oil, which is even better quality than many of the Extra Virgin Olive Oils available in the market. Stronger flavour than Molino.

This oil is ideal for general cooking, frying and as part of salad dressings.

VIRGIN OLIVE OIL 5l	OL10010
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O-Med focuses clearly on the excellence of their olive juices that are considered amongst the best Extra Virgin Olive Oils worldwide. They will take your salads, aperitifs, carpaccios and desserts to higher level. Arbequina and Picual Extra Virgin Olive Oils are produced by olives harvested at the beginning of October, and processed immediately, the first day of harvest. Then they are preserved under liquid nitrogen to avoid oxidation and preserve all their qualities through the year.





OMed Finca, Arbequina trees.

ARBEQUINA

Arbequina variety produces Extra Virgin Olive Oil which has herbaceous green colour. This olive oil is soft, smooth and fresh on the palate with a balanced, fruity and sweet fragrances profile. Aromas of freshly cut grass, green apple and banana.

We recommend using it for finishing fish, salads, vegetables, and cheeses. With its soft flavour it is great for use on fish, in baking, desserts and ice cream. Try sautéing to add complexity without overwhelming delicate dishes.

EVOO 5l OL10140
MOLINO LA CONDESA

EVOO OMED 1l. Tin. OL10130

EVOO OMED OL10100
500ml. White Painted Square Glass bottle.

EVOO CONDADO DE MARTINEGA 3l OL10160

EVOO CONDADO DE MARTINEGA OL10105
500ml. Glass bottle.

PICUAL

Omed Picual Extra Virgin Olive Oil is definitely one of the best in the world, with many gold medals in 2016. Its aroma is categorized as medium fruitiness with tomato plant, green almond and hints of aromatic herbs. The palate gives a persistent taste of artichoke, and green walnut. The oil is balanced with a long peppery finish. Providing outstanding complexity and layers of flavour to your dish. We suggest pairing the intense aroma with any tomato dish, sauce or soup. Also match the robustness with bitter green salads containing rocket or radicchio. Or use it to finish grilled meats or octopus.

EVOO OMED PICUAL 1l Tin. OL10110

EVOO OMED PICUAL 500 ml Tin. White OL10090
Painted Square Glass Bottle. Limited stock.

EVOO OMED PICUAL 250 ml Tin. White OL10030
Painted Square Glass Bottle. Limited stock.

SPECIALITIES

OMED SMOKED OLIVE OIL OL10030F

WITH OLIVE PITS 250ml
Silver Painted Square Glass Bottle. The first olive oil smoked with olive pits. The result is harmonious, with sweet notes, providing O-Med Smoked oil with a delicate touch of vanilla and caramel. Very versatile, we love it on beef carpaccio.

O-MED YUZU 250ml OL10030A

Yellow Painted Square Glass Bottle Beautiful zingy flavour perfectly balance with the sweetness of the Arbequina Oil. Stimulating aroma of aromatic herbs. Great addition to ceviches and oriental dishes.

VINEGARS

CHARDONNAY VINEGAR 2l/ 250ml

VIC10000
VI10200

AGED FOR 12 MONTHS IN FRENCH OAK BARRELS.

Slightly sweet and the liquid has a beautiful clear, golden presentation. Unique smooth acidity and well-rounded fruity flavour with noticeable hints of fine oak. Ideal to marinate fish. It is also great for pickling and on vegetables and salads.

CABERNET SAUVIGNON VINEGAR 2l /250ml

VIC10010
VI10150

AGED FOR 12 MONTHS IN FRENCH OAK BARRELS.

Unique smooth acidity and well-rounded red fruity flavour with noticeable hints of fine oak, with intense deep purple colour. Smooth and aromatic to excite your taste buds. Perfect for drizzling and cooking. Perfect on red meat braises, sauce reductions, pickling and winter salads.

MOSCATEL VINEGAR 2l/ 250ml

VIC10030
VI10210

Made from traditional Mediterranean Moscatel grapes.

It has overtones of honey, peach, and other stone fruits.

Perfect for drizzling and cooking. Perfect to upgrade salads, roasted vegetables or white meat braises. Also extraordinary if you are following the new trend of using vinegars in cocktails.

CIDER VINEGAR 2l/ 250ml

VIC10040
VI10080

Made from Granny Smith and Golden apples varieties picked at the right ripeness in Northern Spain. Smooth and balanced sweet vinegar. Combines the best of the aroma of freshly cut apples with the tartness of a northern Spanish cider. The acidity is smoother than wine based vinegars with well-balanced sweet notes.

Ideal for marinades, sauces, and pastries. It pairs especially well with pork and winter vegetable dishes. You can also use this vinegar to elevate your garden vegetable pickles.

O-Med vinegars are produced in the Schützenbach method, a traditional method that dates back over 150 years. It is a slow method that accentuates the aroma and flavour traces of the vinegar vs. high production levels.

Our vinegars are very balanced, and not overwhelmed by acidity, so you can taste the wine and its original qualities to the point where the vinegars are almost drinkable. You will also notice the colour of the vinegars, from golden white to intense red rather than the mottled colours you find from rapid submersion methods.

OUR VINEGARS WILL MAKE A POSITIVE DIFFERENCE IN ANY PROFESSIONAL KITCHEN

They really do lend themselves to creativity and experimentation throughout the kitchen, and each can bring out, or add to, the flavours of such a wide range of recipes. We think this is one of the ranges that truly should be in the kitchen of all our customers!

ROSE VINEGAR 2l / 250ml

VIC10050
VI10060

Made from the Spanish red grape variety Trepal. It has a unique floral and berry flavour profile. This delicate blend of flavours creates a vinegar that is smooth and fresh, with bittersweet undertones and hints of red berries.

Perfect for summer vegetables and salads to pair with rosé wines. Or use it with seafood, oysters and ceviche.

CAVA VINEGAR 2l

VIC10060

Made from a blend of grapes: Macabeo, Xarello and Parellada. The mix produces a dry, delicate and fresh white vinegar that preserves the fruity bouquet characteristic of the wines used. This vinegar is especially good with oysters, in salad dressings and fish marinades.

VINEGARS

CRIADERAS AND SOLERA METHOD

Solera is a process for aging liquids such as wine, beer, vinegar, and brandy, by fractional blending in such a way that the finished product is a mixture of ages, with the average age gradually increasing as the process continues over many years. The purpose of this labour intensive process is the maintenance of a reliable style and quality of the beverage over time. This process was originated in the Iberian Peninsula.

TRADITIONAL SHERRY VINEGAR 5l/750ml/250 ml.

Palomina fina grape. 6 months aging process in American oak barrels. Especially recommended for use in traditional vinaigrette or dressings for salads, cold soups (gazpacho) or with certain fruits such as strawberries

VIC10020
VI10110
VI10100

AGED SHERRY VINEGAR 500ml

Palomina fina grape. 2 years aging process in American oak barrels. The extra aging process gives this vinegar a mellow brightness with additional complexity. Especially recommended for use in all types of dressings, cold soups (gazpacho) or with certain fruits such as strawberries. As well as being great for marinating and to glaze, or de-glaze, whilst cooking.

VI10120

PEDRO XIMENEZ VINEGAR 2l/250 ml

Produced from the sweet Pedro Ximenez grape variety. It is aged for 5 years in American oak barrels. The PX grape is left in the sun to dry giving a sweet aroma to this special Sherry Vinegar. It is extraordinarily aromatic and smooth. It perfectly enhances the taste of every dish, including desserts, and especially for game, duck and red meats.

VIC10070
VI10130



Salina, Cádiz.

SEA SALT



Our Flor de Sal comes from the Southern region of Cádiz and it is collected using artisanal sustainable methods. It has a high content in natural minerals like iodine, iron and calcium and less concentration of sodium chloride due to its natural harvesting process. It's less salty, but yet enhances all dishes, and it is excellent for cooking since it dissolves on food easily, making it the ultimate finishing salt.

NATURAL SEA SALT COARSE 1Kg

VI10220

NATURAL SEA SALT FINE 1 Kg

VI10225

FLOR DE SAL 0,20 Kg

VI10180

FLOR DE SAL 1 Kg

VI10190

PIMENTÓN DE LA VERA

75/800G

Our smoked paprika comes from carefully selected peppers, in Jaráiz de la Vera which are dried according to the traditional La Vera process which is different from those used in other paprika production areas.

A fire of evergreen oak or oak firewood provides the heat which is necessary for the perfect dehydration of the peppers. This slow process takes from ten to fifteen days. Over this period of time, expert hands turn over the peppers until they reach the ideal drying point.

This traditional drying system gives La Vera Paprika its three essential characteristics: aroma, taste, and colour stability. Finally, the dried peppers are transported to its own traditional stone mill for grinding and packaging.

We bring two varieties, the sweet variety presents a bright red colour with an aroma and smoky taste that recalls its traditional drying process, without any spiciness. The hot variety leaves a noticeable spiciness on the palate.



Smoking Paprika Peppers.
Jaráiz de la Vera, Extremadura.



Ñora Peppers.

DRIED PEPPERS ÑORAS & GUINDILLAS

Ñora peppers (also known as pimiento choricero) are round Peppers. Its sweet flesh is used to add flavour to stews, cocidos soups or rices, and it is the main ingredient of romesco sauce.

Guindilla peppers are always used dry to add a touch of hotness to any dish.

Both peppers are sold in small packs **70G** or on string (used as well for decoration purposes). We sell Ñora peppers as well as a paste **135G**, ready to be used.