



The International Olive Council &
The Culinary Institute of America

present

Olive Oil and the Plant-Forward Kitchen

Inspiration from the Mediterranean
Diet for American Cooking



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JOSHUA MCFADDEN

WHIPPED OLIVE OIL RICOTTA

Yield: About 1 ½ Cups

Ingredients	Amounts
Ricotta cheese, whole-milk	1 ½ cups
Salt	½ tsp.
Ground black pepper	as needed
Extra-virgin olive oil (intense green fruitiness), plus more as needed	¼ cup

Method

1. Place ricotta, salt, and 20 twists of pepper in a food processor and start to process.
2. With motor running, add the olive oil in a thin stream. Pause and scrape down the side if needed. The mixture should get lovely and creamy.
3. Taste and adjust with more salt, pepper, or even a bit more olive oil - you should be able to taste the oil as well as the ricotta,
4. Store in the fridge for up to 1 week.

Note: Whipped ricotta is a spreadable flavor machine incredible with tomato salads and perfect on flatbreads, either naked or topped with some wilted, sautéed or roasted vegetables or greens. Or, could be used as a dip for grilled vegetables

Variation: This can be prepared with feta cheeses as well, simply add 2 tablespoon of lemon juice to the same recipe and process.

Source: Joshua McFadden, as presented at the 2019 Olive Oil and the Plant-Forward Kitchen Seminar.
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DRESSING A SALAD

Yield: 4 Portions

Ingredients	Amounts
Lettuces and Herbs	as needed
Sauvignon blanc vinegar	as needed
Salt	to taste
Ground black pepper	to taste
Extra-virgin olive oil (ripe fruitiness)	to taste

Method

1. Place the lettuces and herbs in a nice big bowl - you'll need room to toss. Give the greens a careful pick-through; nobody wants a bad leaf in their salad.
2. Add some vinegar to the lettuce and with one hand toss it around to coat the leaves - do not drench the leaves! Taste, it should be both green & acidic.
3. Season the greens with salt and several cranks of black pepper. Taste it again. You should now taste the greens, the vinegar and both the salt and the pepper. These seasonings should have flavor and almost a texture. Toss the greens around again with one hand so the oil coats everything evenly. Taste it one more time and eat it right away. And, please eat salads with your hands.

Note: Salads have to be fresh and crisp with texture. The greens must taste like greens and the whole salad should be colorful and beautiful. The statement I use most often is "there's no place to hide" meaning the greens, herbs, vinegar, and extra-virgin olive oil are all of equal importance. You want a beautiful leaf of lettuce or an herb to taste exactly like itself...only better.

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FREEKEH, MUSHROOMS, TURNIPS, ALMONDS, AND EXTRA-VIRGIN OLIVE OIL

Yield: 4 to 6 Portions

Ingredients	Amounts
Freekeh, cracked or whole (see note)	1 cup
Chile de arbol, dried	1 ea.
Bay leaf	1 ea.
Salt	to taste
Ground black pepper	to taste
Cremini mushrooms	1 lb.
Extra-virgin olive oil (medium green fruitiness)	to taste
Turnips, trimmed, peeled and thinly sliced (if large, halve or quarter)	1 lb.
Pickled Onions, store-bought or homemade (p 59 of cookbook)	½ cup
Scallions, trimmed (including ½-inch off the green tops), cut thinly on bias, soaked in ice water for 20 minutes and drained well	4 ea.
Red wine vinegar	3 Tbsp.
Dried chile flakes	to taste
Almonds, toasted, rough chopped	½ cup

Method

1. Put the freekeh in a medium saucepan and add water to cover by 2 inches. Add the chile, bay leaf and 1 teaspoon of salt. Bring to a boil, reduce the heat to simmer, cover and cook until the freekeh is tender, 15 to 20 minutes for cracked freekeh, longer for whole.
2. Drain the freekeh with a sieve (compost the chile and bay leaf). Spread the freekeh out on a plate or tray to cool.
3. Preheat oven to 450° F.
4. Trim off any dried ends of the mushrooms and brush of any soil or pine needles. Cut any large mushrooms in half. Toss them with a glug of extra-virgin olive oil, seasoning generously with salt and black pepper, and spread in a single layer on a rimmed baking sheet.
5. Roast the mushrooms until they are crisp around the edges and slightly dried out, 15 to 25 minutes depending on the moisture content of your mushrooms. You might want to stir them around one or twice during cooking. Set them aside to cool.
6. Put the turnip slices in a bowl of ice water to soak for at least 20 minutes, so they get crisp and a bit of the spiciness is tamed. Drain well and blot dry with paper towels.
7. To assemble the dish, put the freekeh in a big bowl. Add the mushrooms, pickled onions, scallions, and turnips. Add the vinegar and ¼ teaspoon of chile flakes, season generously with salt and black pepper and toss well.

8. Add $\frac{1}{4}$ cup of extra-virgin olive oil and toss again. Taste and adjust with more salt, black pepper, vinegar, or olive oil until the salad is nicely balanced and savory. Add the almonds and toss again. Serve at room temperature.

Note: Freekeh is an “emerging” grain, not quite mainstream, but worth seeking out. It’s a young wheat that’s been slightly smoked during the harvesting process, which adds a layer of complexity. The texture is chewy but not as dense as farro or barley.

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ANA SORTUN

CHICKPEA PANCAKES

Yield: Makes 2 9-inch Pancakes or 16 Portions

Ingredients	Amounts
Chickpea flour	1 ½ cups
Dried oregano, or rosemary, minced	1 Tbsp.
Salt	¾ tsp.
Ground black pepper	¾ tsp.
Milk	1 ¼ cups
Parmesan, grated	4 Tbsp.
Extra-virgin olive oil	1/3 cup
Pan spray	as needed

Method

1. Mix chickpea flour, oregano or rosemary, salt, and pepper in a medium bowl.
2. Whisk in the milk and parmesan, adding the olive oil last. Let the mixture rest at room temperature for 15 minutes. Re-season with salt if needed.
3. Pre-heat the oven to 400°F degrees.
4. Heat a cast iron skillet in the oven for 10 minutes.
5. Carefully remove the pan from the oven and spray it well with a pan spray. Pour the batter into the pan and return it to the oven.
6. Bake for 20 minutes or until the edges are golden brown and crispy.
7. Cut the pancakes into wedges and serve immediately.

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AGLAIA'S SKORDALIA

Yield: Makes 2 Cups

Ingredients	Amounts
Garlic cloves	4 ea.
Blanched almonds, soaked in water for 3 hours, drained	½ cup
Verjus, or lemon juice	3 Tbsp.
Salt	½ tsp.
Country bread, crusts removed, soaked in water, squeezed dry	½ cup
Mashed potatoes	½ cup
Extra-virgin olive oil	1/3 cup
Greek yogurt	½ cup
Lemon zest	1 Tbsp.
 Olive Oil Braised Greens (Horta) (recipe follows)	 as needed

Method

1. In the bowl of a food processor add the garlic, almonds, verjus, and salt; process to get a sand-like mixture.
2. Add the soaked and drained bread and mashed potatoes; process briefly. With the motor running slowly pour in the olive oil to get a thick creamy paste.
3. Transfer the mixture to a bowl, cover, and refrigerate for at least an hour, and up to 2 days.
4. Before serving, stir in the yogurt and lemon zest and adjust the seasoning.
5. Serve with Olive Oil Greens (Horta), or serve as a sauce for fish roasted in olive oil.

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OLIVE OIL BRAISED GREENS

HORTA

Yield: 4 Servings

Ingredients	Amounts
Spinach, broccoli rabe or baby chard	2 lbs.
Olive oil	to taste
Garlic, finely minced	2 tsp.
Lemon juice	1 Tbsp.
Salt	to taste
Mint leaves, chopped	½ cup
Dill, chopped	1 Tbsp.

Method

1. Sauté or blanch the greens. Allow to cool and squeeze as much of the water out as possible.
2. Warm the olive oil and garlic in a small sauté pan until you can smell the garlic.
3. Pour over the greens and add the lemon juice and salt to taste. Use your hands to incorporate the dressing.
4. Stir the mint and dill into the greens.
5. Serve the Horta as a cold salad or with chickpea pancakes.

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IMAM BAYALDI

Yield: 4 Portions

Ingredients	Amounts
Eggplants, large	2 ea.
Extra-virgin olive oil	6 Tbsp.
Onion, leek or shallot, finely chopped	2 cups
Green bell pepper, diced	1 cup
Summer squash or cauliflower, finely chopped	½ cup
Garlic, finely chopped	1 tbsp.
Parsley, finely chopped	½ cup
Oregano	to taste
Tomato, grated	3-4 cups
Aleppo pepper	to taste
Feta cheese, crumbled (optional)	to taste

Method

1. Pre-heat oven to 375°F.
2. Slice each eggplant in half lengthwise and season with salt and brush generously with olive oil.
3. Roast the eggplant skin side up in the oven until they are soft and start to collapse, about 15 minutes.
4. Meanwhile, sauté the onions in olive oil until they are soft, about 5 minutes.
5. Stir in the peppers, squash, garlic, and continue to cook for another 5 minutes and remove from the heat.
6. Stir in the grated tomato, herbs and season to taste with aleppo pepper and salt.
7. When the eggplants have cooled enough to handle, flip them over using a spatula and smother them in some of the “salsa.” Put as much salsa on them as you can, pushing it in with the back of a spoon.
8. Drizzle with the remaining olive oil and put them back in the oven for about 10 minutes until they are hot.
9. Sprinkle with some crumbled feta and serve warm or room temperature.

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