



cookbook

**molino de
ZAFRA**

no es sólo aceite | **not just olive oil**



Molino de Zafra is a young and dynamic company focus on manufacturing and marketing organic and regular Extra Virgin Olive Oils (EVOO) from Morisca olive variety, one of the varieties which most level of Oleocanthal contain in the worldwide.



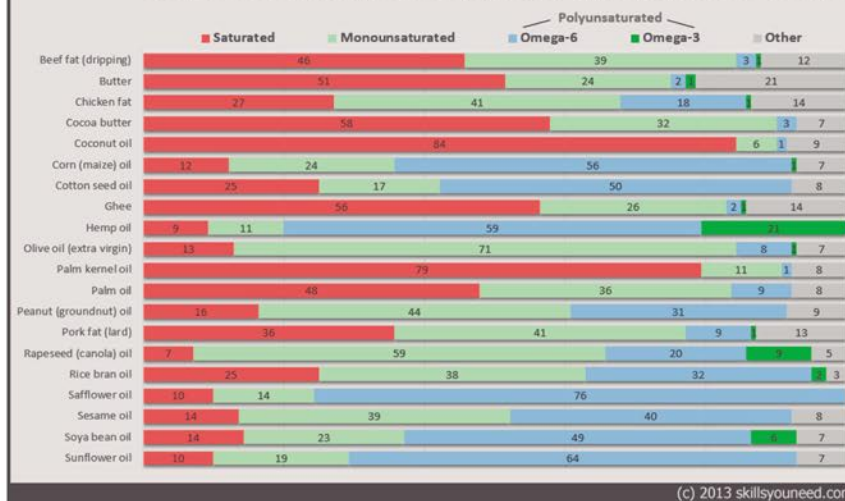
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SOME NUTRITIONAL AND COOKING DATA

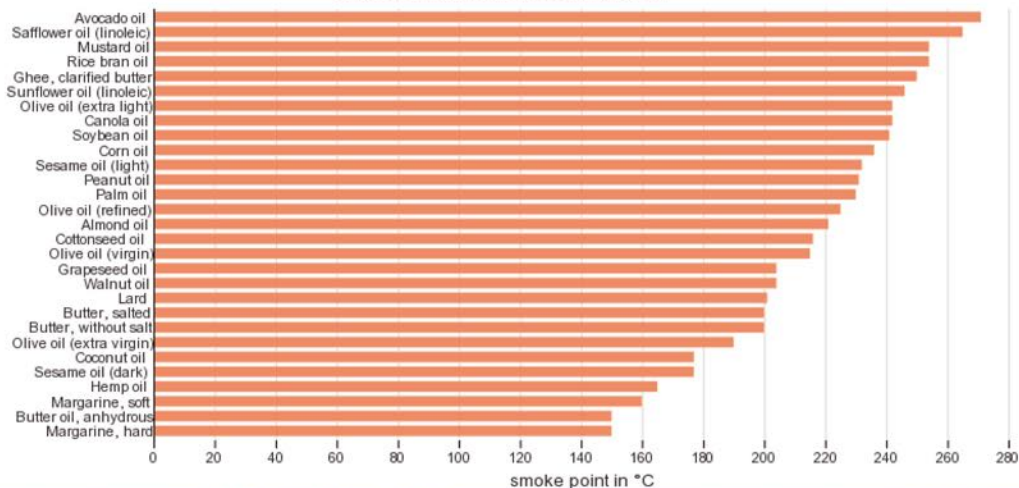
Common Cooking Oils and Fats - Type of Fat Content (Approx. %)

For health choose oils and fats with low saturated (red) fat and a good mix of unsaturated (green and blue) fats



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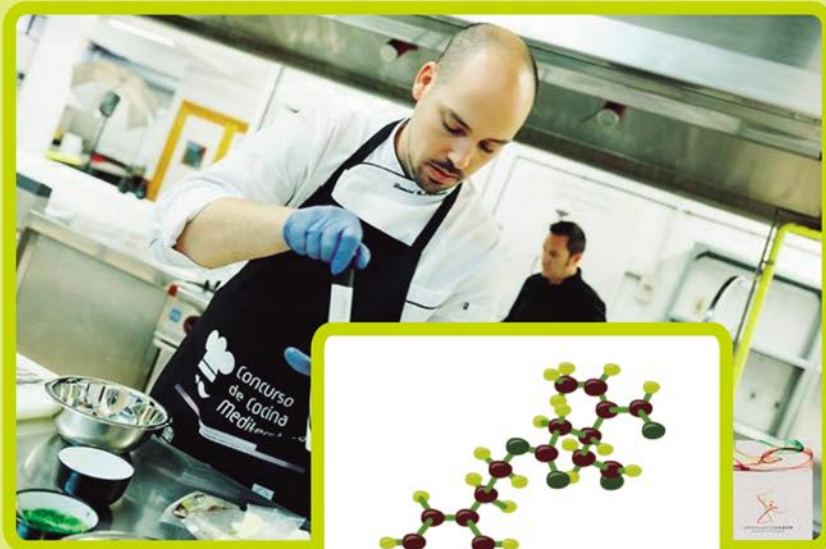
Smoke Point of different Cooking Oils



EXTRA VIRGIN OLIVE OIL

OLEOCANTHAL

Is a phenylethanoid, a type of natural phenolic compound found only in extra-virgin olive oil. It appears to be responsible for the burning sensation that occurs in the back of the throat when consuming such oil. OLEOCANTHAL is a tyrosol ester and its chemical structure is related to Oleuropein, also found in olive oil.



Similar to classical non-steroidal anti-inflammatory drugs, it is a non-selective inhibitor of cyclooxygenase (COX). 50 g (more than three and a half tablespoons) of a typical extra virgin olive oil per day contains an amount of OLEOCANTHAL with similar in vitro anti-inflammatory effect as 1/10 of the adult ibuprofen dose (2.500g).

It has same antiinflammatory effects as other NSAID in the market (Paracetamol, Diclofenaco, etc), and recently has been proof that has antiagregant platelet effects as the Aspirine.

It is easily detected in any EVOO, if itching when swallows, is because it has OLEOCANTHAL. And it

The Oleocanthal is a natural organic compound

can be measured in 45 minutes, using ARISTOLEO TEST KIT that gives a range in mg from 250 to 250 until 1 g.

OLEOCANTHAL and COOKING

EVOO are not only for dress salads or cold dishes, mainly is a Natural Fat excellent for Cooking if you know how to cook. The best oils for cooking are those which are more stable and less susceptible to becoming rancid.

OLEOCANTHAL gives to the EVOO:

- High stability
- Powerful Antioxidants
- High-Medium point of Smoke (enough for Cooking at home and at the restaurant- Except for Industrial purposes)
- Less rancidity time
- More times re-used for Cooking

RECÍPE

TAPENADE



20 min



Difficulty: easy



4 servings



molino de
ZAFRA

Ingredients:

- 100 g/3,5 oz black olives
- 35 g/1.2 oz of capers
- 45 g/1.6 oz of anchovies
- 150 g/5,2 oz of OLEOCANTHAL rich Molino de Zafra EVOO.

Preparation:

- 1 Blend all ingredients except Molino de Zafra EVOO with help of a blender
- 2 Then add Molino de Zafra EVOO o and mixed,
- 3 Serve cold.



Tapenade

RECIPE

MANGO GAZPACHO WITH LIME AND GINGER



20 min



Difficulty: easy



4 servings



molino de
ZAFRA

Ingredients:

- 1500 g/17 oz mango pulp
- 350 g/ 9 oz Molino de Zafra EVOO
- 1 litre of water
- 75 g /2,6 oz of ginger
- 50 g/ 1.7 oz of green pepper
- 80 g/2,8 oz of bread
- 3 units of Lima
- 5 g/0,17 oz of salt

Preparation:

- 1 Add to the Blender bread, Molino de Zafra EVOO lime, salt and 100 g/3,5 oz of pulp.
- 2 Leave the bread is moisturize and blend to create a s smooth paste.
- 3 Add: ginger, pepper and the rest of the pulp and pouring water to taste and texture.
- 4 Strain and refrigerate.



Mango gazpacho with lime and ginger

RECIPE

MANGO GAZPACHO WITH LIME AND GINGER



20 min



Difficulty: easy



4 servings



molino de
ZAFRA

Ingredients:

- 1500 g/17 oz mango pulp
- 350 g/ 9 oz Molino de Zafra EVOO
- 1 litre of water
- 75 g /2,6 oz of ginger
- 50 g/ 1.7 oz of green pepper
- 80 g/2,8 oz of bread
- 3 units of Lima
- 5 g/0,17 oz of salt

Preparation:

- 1 Add to the Blender bread, Molino de Zafra EVOO lime, salt and 100 g/3,5 oz of pulp.
- 2 Leave the bread is moisturize and blend to create a s smooth paste.
- 3 Add: ginger, pepper and the rest of the pulp and pouring water to taste and texture.
- 4 Strain and refrigerate.



Mango gazpacho with lime and ginger

RECIPE

GAZPACHUELO OF RED KING PRAWNS WITH CRUMBS



30 min

Difficulty: medium

4 servings



Ingredients:

For the crunchy crumbs

- 2 cloves of garlic
- 35 g/1,2 oz of compact spelt bread
- 25 g/0,9 oz of Molino de Zafra EVOO
- 1 sprig of thyme
- 2 units of Scarlet shrimp
- Salt

Preparation:

- 1 Fine brunoise cut garlic, crush the spelt bread and anchor in a non stick skillet,
- 2 When garlic begins to take color, add the prawns finely minced with thyme.
- 3 Pass through blender and saute over high heat until it catches the desired crunch

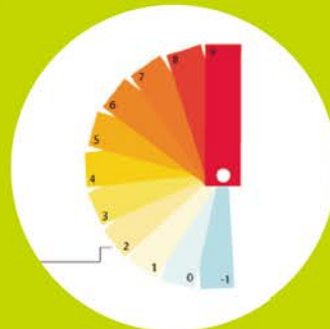
Ingredients:

For the mayonnaise of gazpachuelo:

- 20 g/0'7 oz pasteurized egg
- 125 g/4'4 oz Molino de Zafra EVOO
- 15 g/0'52 oz of fragrant wine
- salt
- 4 drops of lemon

Preparation:

- 1 Make a mayonnaise with all the ingredients in a blender.
- 2 Cold reserve



Ingredients:

For the stock of their heads

- 20 g/0'7 oz of Molino de Zafra extra virgin olive oil
- 8 heads of Red king Prawns
- ½ liter of plain water

Preparation:

- 1 Dry well heads and shells of prawns
- 2 Put Molino de Zafra Olive Oil in a saucepan, when it has reached a high temperature, incorporate it,
- 3 Let acquire color and add water, cook about 15 minutes,
- 4 Crushing and strain through a fine sieve



Ingredients:

For gazpachuelo:

- Mayonnaise
- Broth their heads
- Xanthan gum
- 1 trap 2 loads
- Oloroso Wine type

Preparation:

- 1 Have a little mayonnaise in a bowl, then add the broth tempered heads (pre-textured with a little xanthan gum)
- 2 Slowly, finally incorporate Oloroso wine until blended.
- 3 After that put a siphon with two loads, keep in a water bath (must not exceed 80 °C/200 F).



Gazpachuelo of red king prawns with crumbs



RECIPE

VEGETABLE TEMPURA



30 min



Difficulty: medium



4 servings



molino de
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Ingredients:

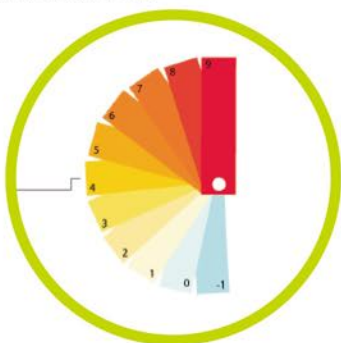
- 1 Eggplant
- 2 small carrots
- 1 green or red pepper
- 3 fine leeks
- Molino de Zafra Extra virgin olive oil

For the tempura

- 200 g/7 oz tempura flour
- 1 cup of very cold water
- 1 salt

Preparation:

- 1 Mix in a bowl the flour, water and salt.
- 2 Beat with a fork until a homogeneous mass without lumps.
- 3 Let stand for half an hour in cold. At this time we clean and cut vegetables into sticks.
- 4 When Molino de Zafra Olive Oil reach to 160° pass each piece of vegetable, one by one, by the tempura and Fry on both sides.
- 5 When vegetables are done, we passed them to a plate covered with a paper towel so that drain the olive oil.



Vegetable tempura

RECIPE

SEA BASS WITH CARAMELIZED CAULIFLOWER AND MUSHROOMS AOVE



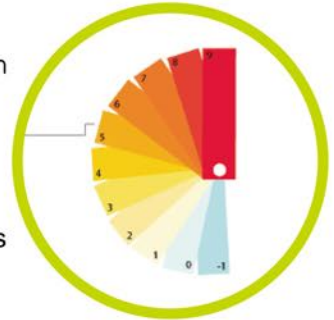
50 min



Difficulty: medium



4 servings



Ingredients:

- 140 g/5 oz Sea bass
- For Boletus pilpil
- 1 clove garlic
- 25 g/0'9 oz. of Molino de Zafra extra virgin olive oil
- 200 g/ 9 oz. fresh boletus
- 100 g/3,5 oz. Oyster sauce
- ½ liter of fish broth
- Xanthan gum
- ½ lime
- Salt and pepper

Preparation:

- 1 Put garlic with mushrooms in template Molino de Zafra EVOO, add the broth, let reduce by half and add the xanthan, mix in Thermomix.
- 2 Emulsify slowly with Molino de Zafra EVOO, put a pinch of salt and add the lime juice.

Ingredients:

- 1 large cauliflower
- 1 liter of milk
- 250 g/0 oz Cream
- 25 g/ 0'9 oz Molino de Zafra EVOO

Preparation:

- 1 Roasted cauliflower in the oven until it takes color, pass it to a saucepan with the milk and cook until done.
- 2 Grind in blender and emulsify with butter and cream.
- 3 Add salt and pepper to taste. In a plate put the puree base, above Sea Bass and pilpil.



Sea bass with caramelized cauliflower and mushrooms AOVE

RECIPE

LAMB SHOULDER WITH BLACK GARLIC BUTTER, CARAMELIZED PIQUILLO PEPPER AND STAR ANISE



60 min



Difficulty: medium/high



4 servings



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ZAFRA

Ingredients:

For the black garlic butter

- 450 g/16 oz. Molino de Zafra EVOO
- 65 g/2 oz. Glice
- 100 g/3,6 oz. Butter
- ½ head of black garlic
- ¼ lico rice
- 1 citro nella
- Chive

Preparation:

For the Shoulder

- 1 Heat the shoulder at 80 ° vacuum sealed with Molino de Zafra EVOO.
- 2 Takes the bone out and positionate between two Gastronorm and two sulfurized papers with some wheight on it to get a fine square piece of the lamb. Skin is very important that goes away

For the black garlic butter

- 1 Infuse all ingredients and preserve in Molino de Zafra EVOO vacuum for 24 hours, grinding, molds and reserve.



Ingredients:

For the caramel piquillo

- 170 g/6 oz. of sugar
- 355 g/.12,5 oz Green Piquillo (pepper)
- Plain Water

Preparation:

Make a blond caramel, add the piquillo green pepper and boiling, mash.

- 1 Paint the pasta,
- 2 Cut rectangular shape and brush with the egg to stick with spice and salt,
- 3 And let bake temper to keep the shape.

For black garlic juice and Molino de Zafra EVOO

- 1 Recover the excess cooking juice shoulder,
- 2 Add a little black garlic butter and emulsify, tempering.



Lamb shoulder with black garlic butter,
caramelized piquillo pepper and star anise



RECIPE

EVOO ICE CREAM, VANILLA AND COOKIES



20 min



Difficulty: easy



4 servings



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Ingredients:

- 300 ml of Molino de Zafra Extra Virgin Olive Oil
- 600g /21 oz eggs
- 300 g/10,5 of sugar
- 575 g/ 20 oz of cream 35%
- 1 vanilla pod
- 4 units of Oreo cookies

Preparation:

- 1 Separate the egg yolks. To these must be added yolks 100 g/ 3,5 oz of sugar. The remaining sugar is poured into the egg whites.
- 2 Beat all separately, then whip the cream with the vanilla pod.
- 3 Beat the yolks go mixing with the remaining ingredients. While paddling gradually add Molino de Zafra olive oil to the mix. Freeze.
- 4 Break the bis cuits base and put the dish, add the ice cream on top and add some Molino de Zafra EVOO.



EvoO ice cream, vanilla and cookies

RECIPE

EVOO YOGURT



20 min



Difficulty: easy



1 servings



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Ingredients:

For the Shoulder

- 75 g/2,6 oz. Greek yogurt
- 50 g/1,7 oz. Sugar
- 15 g/0,5 oz. Molino de Zafra EVOO

Preparation:

- 1 Blend all ingredients and put in the fridge.
- 2 Serve in a cold dish.



1



EvoO yogurt





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