

Sizzle and Drizzle

Eataly Magazine (April 05, 2018)



In Italy, nearly every kitchen is stocked with not just one set of extra virgin olive oil and balsamic vinegar — but two, or even three. Why? We like to use the Italian staples in different ways, from sizzling up spring onions to drizzling over roasted veggies. Discover our secrets to cooking with olive oil and balsamic, then get ready to sizzle and drizzle like a pro!

Discover our secrets to cooking with olive oil and balsamic, then get ready to sizzle and drizzle like a pro!

EXTRA VIRGIN OLIVE OIL

Extra virgin olive oil is your best friend in the kitchen. The versatile product can be used for cooking, dressing salads, or drizzled crudo, or "raw," on a finished dish. Indeed, it'd be hard to find an Italian dish that does not call for olive oil.



SIZZLE

Want to cook with your olive oil? Saute veggies, roast fish, braise meats, and even cook into cakes! But remember: olive oil is like wine: you should only cook with an olive oil you would happily enjoy in its raw state.

DRIZZLE

Almost every dish benefits from a final drizzle of extra virgin olive oil. Splurge on the best quality, and use it with a free hand. When you think you've added enough, drizzle on just a touch more.

BALSAMIC VINEGAR

Balsamic vinegar is native to Modena and Reggio Emilia, cities and comuni in the heart of Emilia-Romagna. Following centuries of traditions, it is made by slowly boiling the must from the highest quality Trebbiano and Lambrusco grapes, then aging the remainder in wooden casks. The result is a glossy and dark syrup that promises to accent flavor in a variety of dishes.

SIZZLE

While it makes the ultimate vinaigrette, balsamic vinegar goes way beyond salad dressing. Brush the rich condiment over grilled meat, toss with roasted vegetables, or stir into risotto!

DRIZZLE

Savor sweet balsamic vinegar drizzled raw over fresh greens, sliced strawberries, rich cheeses, savory pasta, or even creamy gelato. Trust us: the rich, deep flavors of the vinegar will bring out the best in whatever it is sprinkled upon.

Source URL: <http://www.iitaly.org/magazine/dining-in-out/eataly-magazine/article/sizzle-and-drizzle>

Links

[1] <http://www.iitaly.org/files/magazineimagevoobalsamicjpg>