# Dip into these delicious olive oil recipes

- 6 tablespoons extra virgin
- 2 tablespoons garlic, ground
- 1/4 teaspoon dry oregand 1/8 teaspoon crushed red pepper flakes
- Freshly grated Reggiano Parmesan cheese Freshly chopped Italian flat-leaf parsley

Mix all ingredients together. Use as a table condiment for dip-

Recipe compliments of Chef Bob Gascoigne of Ernesto's.

# STEEPED OLIVE OIL

- 1 quart extra virgin olive oil i tablespoon pink, green or black pepper corns
- 2 spries fresh rosemary
- 1 bay leaf
- 15 whole gartic cloves Mix all ingredients in a medium size saucepan. Bring to a slow sim mer for 10 minutes. Let cool, Grill

some swordfish or red snapper and drizzle with steeped olive oil just



before serving. This oil stores well. Simply place in a covered contain-er and store in a cool place.

Recipe compliments of Chef Bob Gascoigne of Ernesto's.

## SPACHETTI WITH ARUGULA, OLIVE OIL AND HOT PEPPERS

- 1 pound fresh, young arugula leaves, washed, large stems removed, then cut in half
- 1 pound top quality spaghetti, such as Martelli
- 1/4 cup full-flavored, extra virgin olive oil
- 4 cloves garlic, cut in half 1 small onlon, coarsely chopped
- Red pepper flakes to taste 1 tablespoon sea salt
- 1 tablespoon pine nuts, light-ly toasted
- Grated Pecarino Romano

Salt and pepper to taste

Bring a large pot of water to a boil. Add the salt and spaghetti, stir well and cook until the pasta





Call 519-256-6274 or visit www.kennz.com

is almost al dente. Meanwhile, slowly souté garlie in eil, taking care not to burn the eil. Add the onion and sauté until golden brown. Add the hot pepper flakes and cook for a minute or two. Remove the garlic.

When the pasta is almost al dente, drain it. Add the arrigula leaves and pine nuts to the saute pan and toss quickly so that the arrigula wilts slightly. Add the pasta. Add some grated cheese and toss well.

Serve in heated bowls, finished with an added ribbon of olive oil on top. Pass extra red pepper flakes for those who like the added heat.

Recipe from Zingerman's A Guide to Good Olive Oil, by Ari

## FETTUCINE WITH FRESH TUNA, LEMONS, CAPERS AND OLIVES

1 pound top-quality fettucine or other pasta

1/4 cup extra virgin olive oil 2 cloves fresh gartic, peeled and chopped fine

- 1 frosh lemon, quartered and thinly siliced (Use a Meyer lemon if you can. It's very thin-skinned, julcy and deli-cious )
- 24 black olives (not the canned California kind),
- pitted and coarsely chopped
- 2 tablespoons capers
- 2 anchovy filets, an optional addition that brings extra depth of flavor to the dish
- 1 pound fresh tune, cut into 1-inch cubes
- 3 tablespoons Italian parsley, coarsely chopped
- Sea sait and freshly ground black pepper to taste

Bring a large pot of water to a hoil. Add a tablespoon of salt and then the pasta. Stir gently and continue cooking until the pasta is

For the sauce: Heat the clive oil in a large sauté pan. Add the garlic and cook gently for a few minutes. Add the lemon, capers and clives and anchory and cook for a minute or two. Add the tuna and cook for another two to three minutes. Don't overcook the fish. It should be rare to medium-rare in should be rare to medium-rare in

When the pasta is nearly al

dente, drain and add it to the sauce. Add the parelay, toss well and served in hanted bowls. If you like, add an extra blessing of clive oil at the table. Italians normally wouldn't serve this dish with grated Parmigiano-Reggiano, but you can if you like.

Recipe courtery of Rolando Bere-nendi of Manicaretti Imports, as sublished in Zingerman's A Guide to Good Olive Oil.





