

OLIVE HARMONY



FAMILY- FRIENDLY RECIPES WITH EXTRA VIRGIN OLIVE OIL

“Good food is very often, even most
often, simple food.”

Anthony Bourdain

“You don’t have to cook fancy or
complicated masterpieces, just good food
from fresh ingredients.”

Julia Child

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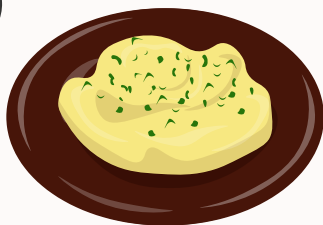
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Creamy mashed potatoes

With Reinos de Taifas extra virgin olive oil



2-3 servings



40 minutes

INGREDIENTS

3 large potatoes

50 ml milk

Salt

Reinos de Taifas extra virgin
olive oil

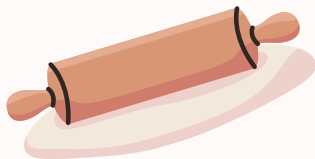
Paprika powder (optional)

DIRECTIONS

1. Bring water to boil in a large saucepan. Add 2 tsp of salt and cook the potatoes until tender, about 20-30 minutes, depending on the size. (Cut the potatoes into half if too large) Pierce through potatoes using a knife to check if they're cooked.
2. Drain potatoes. Remove the skin. Mash the potatoes using a potato masher or fork.
3. Heat milk in a saucepan until warm. Add in the mashed potatoes and mix well. Add more milk if you prefer a creamier texture. (Substitute milk: use water from boiling potatoes)
4. Remove the saucepan from the heat. Add salt and olive oil to your liking, mix well and serve.
5. Drizzle more olive oil and sprinkle some paprika powder on the mashed potatoes.

Naan bread

With Reinos de Taifas extra virgin olive oil



2-3 servings



40 minutes

+ 1 hour resting time

INGREDIENTS

570g plain flour

1 and 1/2 tsp baking powder

1 tsp sugar

150 ml - 200 ml water

2 tbsp Reinos de Taifas extra
virgin olive oil

8 tbsp natural yoghurt

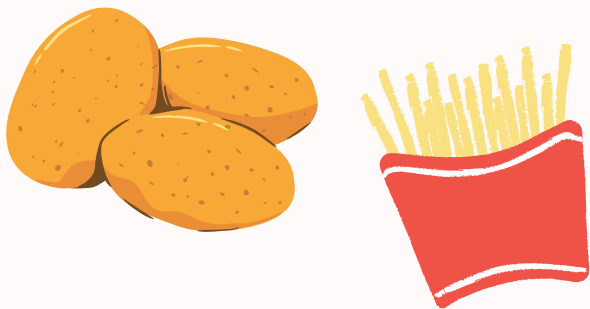
2 clove garlic minced (optional)

DIRECTIONS

1. Put the flour, baking powder, and sugar in a large bowl. Mix the ingredients evenly.
2. Add the olive oil and natural yoghurt to the mixture. Mix with your hands. Add 150ml - 200ml water gradually, 50ml at a time, until it begins to come together. Depending on the yoghurt you use, stop adding water when a dough is formed.
3. Knead the dough for about 5 minutes until it becomes smooth and elastic. Cover the dough and leave it to rest for at least 1 hour. This helps to make the naan fluffier.
4. Divide the dough into 6-8 pieces. Roll them into balls and cover them with a tea towel. Roll one of the dough balls on a lightly floured surface into an oval shape and repeat with the remaining dough balls.
5. Heat a nonstick pan over medium-high heat and place the naan dough without oil. Cook until they puff up and brown. Flip over and repeat.
6. For garlic olive oil: Put minced garlic and olive oil in a microwave-safe bowl and microwave for about 30 seconds. Spoon a little over the naan bread.

Healthy chips

With Reinos de Taifas extra virgin olive oil



2-3 servings



40 minutes

INGREDIENTS

2-3 medium-large potatoes

Salt (optional)

Reinos de Taifas extra virgin
olive oil

DIRECTIONS

1. Heat oven at 200C/fan 180C. Cut the potatoes into 1cm slices, then into sticks at 1cm thick. (Cooking time depends on the thickness)
2. Drizzle the potatoes with olive oil, ensuring each stick is coated.
3. Place the potatoes on a chip mesh oven baking tray/baking tray with a cooking rack (for crispier texture) for 25-40 minutes until golden brown.
4. Sprinkle salt and serve.

Garlic fried rice

With Reinos de Taifas extra virgin olive oil



2-3 servings



15 minutes

INGREDIENTS

5-10 cloves garlic minced

Salt (optional)

Reinos de Taifas extra virgin
olive oil

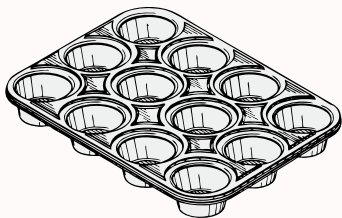
2 cups of cooked and cooled
rice/leftover rice

DIRECTIONS

1. Heat a nonstick pan over medium-high heat. Once hot, add in about 2 tbsp of oil.
2. Add in the garlic and 1/2-1 tsp of salt. Cook until almost golden brown.
3. Add in the rice and mix it with the garlic and oil. Leave to cook for about 3-4 minutes.
4. Turn off the heat. Add more salt / drizzle olive oil to your liking.

Yorkshire pudding

With Reinos de Taifas extra virgin olive oil



3-4 servings



40 minutes

INGREDIENTS

70g plain flour

2 eggs

100ml milk

Reinos de Taifas extra

virgin olive oil

1/2 tsp salt

DIRECTIONS

1. Preheat oven to 220C/200C fan.
2. Add about 1/2 tsp olive oil to each hole in the muffin tin and place in the hot oven for about 20 minutes.
3. Add plain flour, salt and eggs to a large bowl and mix thoroughly.
4. Gradually add 100ml milk into the mixture and mix until fully incorporated.
5. Leave the mixture to rest until ready to cook.
6. Remove the muffin tin from the oven and pour the batter evenly into the 6 holes.
7. Cook for 20-25 minutes until the Yorkshire puddings are puffed up.

Flavourful garlic bread

With Reinos de Taifas extra virgin olive oil



2-3 servings



50 minutes

INGREDIENTS

2-3 whole garlic

salt

Parmesan cheese grated

Reinos de Taifas extra virgin

olive oil

1 French loaf

DIRECTIONS

1. Preheat oven to 200C/180C fan.
2. Cut the garlic head in half and drizzle them with olive oil and some salt.
3. Wrap them with aluminium foil. Roast them for 30-40 minutes, depending on the size (you can do this the night before). The garlic should be brown and soft.
4. Once cool, squeeze the garlic out into a bowl. Add parmesan cheese, 2 tbsp olive oil and salt to your liking.
5. Cut the bread into slices. Put the garlic paste on each slice. Pop them in the oven at 180C/160C fan for 10 minutes.

No knead focaccia

With Reinos de Taifas extra virgin olive oil



 5-6 servings  17 hours

INGREDIENTS

512g plain flour/bread flour

2 tsp salt

2 tsp instant yeast

Reinos de Taifas extra virgin
olive oil

455g lukewarm water

Rosemary (optional)

Sea salt

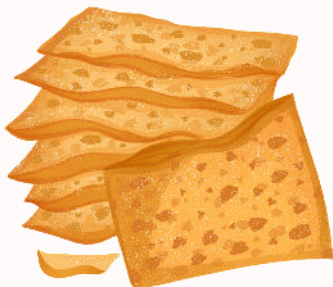
Please feel free to add any
toppings to your liking.

DIRECTIONS

1. Whisk the flour, salt, and yeast in a large bowl. Add water and mix until a sticky dough is formed.
2. Cover the dough with olive oil. Cover the bowl with cling film/cloth. Keep the dough in the fridge for at least 12 hours/overnight.
3. Deflate the dough and pull the ends to the centre of the dough a few times to make it into a ball. Make sure the dough is covered with olive oil.
4. Grease the baking tray with olive oil. Transfer the dough to the tray and rest for 3-4 hours.
5. Preheat the oven to 200C/180C fan. Add sea salt and rosemary to the dough and drizzle more oil.
6. Cover your hands with oil and pull the dough to cover the tray if necessary. Use your fingers to press the dough down by forming dimples. Proof for another 20 minutes.
7. Bake for 25-30 minutes until golden brown.

Mini crackers

With Reinos de Taifas extra virgin olive oil



6-8 servings



50 minutes

INGREDIENTS

400g plain flour

75g water

50g white wine (substitute
with water)

1 tsp salt

100g Reinos de Taifas extra
virgin olive oil

1 tbsp sesame seeds (optional)

DIRECTIONS

1. Preheat oven to 180C/160C fan.
2. Mix all the ingredients with your hands until a dough is formed.
3. Divide the dough into 2 parts. Roll out one of the dough in a rectangular shape and as thin as possible on a lightly floured surface.
4. Using a knife/pizza cutter, cut the dough into mini crackers - rectangles of 5cm x 8cm approx.
5. Place the mini crackers on baking paper and bake them for 25-30 minutes or until golden brown.
6. Repeat steps 3-6 for the other dough.

Easy hummus

With Reinos de Taifas extra virgin olive oil



2-3 servings



10 minutes

INGREDIENTS

250g cooked/canned chickpeas
1 small garlic clove
2 tbsp Reinos de Taifas extra virgin olive oil
2-3 tbsp water
Salt
Paprika (optional)

DIRECTIONS

1. Put chickpeas, garlic clove, olive oil, and water in a blender and blend until smooth.
2. First, taste the hummus and add salt to your liking.
3. Serve the hummus with olive oil and sprinkle paprika on top.

Garlic confit

With Reinos de Taifas extra virgin olive oil



4-6 servings



2 hours

INGREDIENTS

A handful of rosemary
10 garlic whole
Reinos de Taifas extra
virgin olive oil

DIRECTIONS

1. Separate the cloves and peel the skin.
2. Place the peeled garlic cloves and rosemary into a small, deep baking tray/dish. Pour olive oil until the garlic cloves are fully covered.
3. Roast the garlic confit in the oven for about 2 hours at 110C/90C fan until the garlic confit turns golden and soft when mashed.
4. You can check the garlic confit from 1 hour onwards.

Mayonnaise

With Reinos de Taifas extra virgin olive oil



4-5 servings



5 minutes

INGREDIENTS

100ml Reinos de Taifas extra
virgin olive oil

1 egg

1 tbsp lemon juice

Salt

DIRECTIONS

1. Add the egg, lemon juice, and a pinch of salt in a large bowl.
2. At the same time, turn on the hand mixer and slowly pour in the olive oil until mayonnaise is formed.
3. Once the mixture is emulsified, transfer it to a jar in the refrigerator for up to 3 days.

Alioli

With Reinos de Taifas extra virgin olive oil



4-5 servings



5 minutes

INGREDIENTS

100ml Reinos de Taifas extra
virgin olive oil

1 egg

1 tbsp lemon juice

Salt

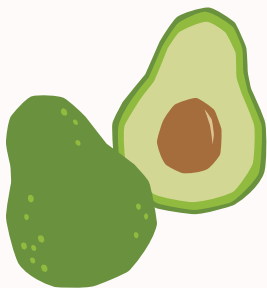
1 garlic clove

DIRECTIONS

1. Add the egg, garlic, lemon juice, and a pinch of salt in a large bowl.
2. At the same time, turn on the hand mixer and slowly pour in the olive oil until mayonnaise is formed.
3. Once the mixture is emulsified, transfer it to a jar in the refrigerator for up to 3 days.

Avocado dip

With Reinos de Taifas extra virgin olive oil



 2-3 servings  10 minutes

INGREDIENTS

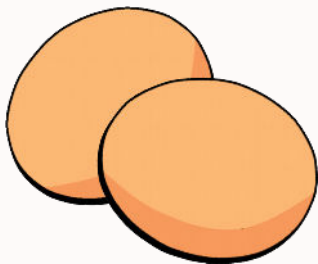
1-2 medium-large avocado
1 small garlic clove
3 tbsp Reinos de Taifas extra
virgin olive oil
Salt
3 tbsp cream cheese

DIRECTIONS

1. In a large bowl, add all the ingredients.
2. Blend them with a hand mixer.
3. If the mixture is too thick, you can adjust the consistency by adding some water.

Hollandaise sauce

With Reinos de Taifas extra virgin olive oil



2-3 servings



10 minutes

INGREDIENTS

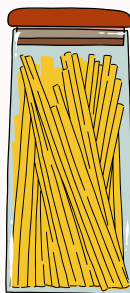
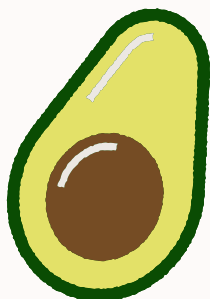
3 large egg yolks
100ml Reinos de Taifas
extra virgin olive oil
1-2 tbsp warm water
2 tbsp lemon juice
Salt

DIRECTIONS

1. Add the egg yolks, warm water and lemon juice in a glass bowl. Use a hand mixer to blend well.
2. Pour half of the olive oil and blend well. Repeat with remaining olive oil.
3. Pop in the microwave for 5 seconds. Add more water if needed to achieve your desired consistency.
4. Put it back in the microwave and heat until warm. Add salt to your liking.

Creamy avocado pasta

With Reinos de Taifas extra virgin olive oil



2 servings



20 minutes

INGREDIENTS

1-2 medium-large avocado

1 small garlic clove

3 tbsp Reinos de Taifas extra
virgin olive oil

3 tbsp cream cheese

8-10 tbsp pasta water

A handful of parmesan cheese

Salt

A handful of pine nuts
(optional)

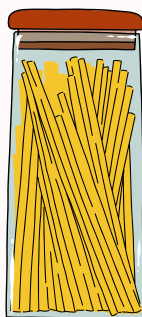
Pasta

DIRECTIONS

1. Cook pasta of your choice. (100g dried pasta per person)
2. Except for salt, add all ingredients to a large bowl (start with 5 tbsp pasta water) and blend with a hand mixer.
3. If needed, add more pasta water to achieve your desired consistency. Taste the mixture first before adding salt to your liking.
4. Once you are happy, mix the avocado sauce with the pasta. Add more grated parmesan cheese and serve.

Courgette pasta

With Reinos de Taifas extra virgin olive oil



2 servings



20 minutes

INGREDIENTS

1 large courgette

Salt

2-3 cloves garlic minced

Parmesan cheese grated

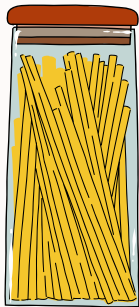
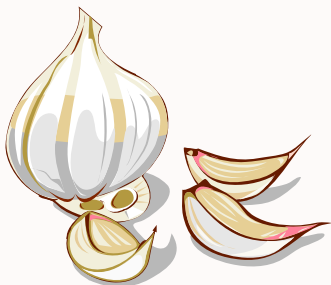
Reinos de Taifas extra
virgin olive oil

DIRECTIONS

1. Cut the courgette into slices. Add some salt and leave them for 5 minutes to remove bitterness. After 5 minutes, wash the salt off.
2. Pan-fry the sliced courgettes until soft and brown and remove from the pan.
3. Cook pasta of your choice. (100g dried pasta per person)
4. Heat the pan with olive oil and stir-fry the minced garlic. Add $\frac{1}{2}$ -1 tsp salt. Once the garlic is slightly brown, add the courgettes and pasta. You can add a few tbsp of pasta water if it's too dry. Stir-fry the pasta for about 4-5 minutes and remove from heat.
5. Drizzle more olive oil and grated parmesan cheese to your liking and serve.

Garlic-ky pasta

With Reinos de Taifas extra virgin olive oil



2 servings



20 minutes

INGREDIENTS

5 cloves garlic minced

Parmesan cheese grated

Reinos de Taifas extra virgin
olive oil

Salt

Chilli flakes (optional)

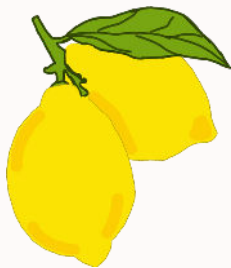
Please feel free to add any
other toppings/condiments.

DIRECTIONS

1. Cook pasta of your choice. (100g dried pasta per person)
2. Heat the oil in the pan and add the minced garlic and 1 tsp salt. Stir fry until they turn golden brown and remove from heat.
3. Add the pasta in and mix well.
4. Drizzle more olive oil, parmesan cheese, salt to your liking and chilli flakes for some 'kick'.

Olive oil and lemon drink

With Reinos de Taifas extra virgin olive oil



 2-3 servings  10 minutes

INGREDIENTS

3 cups water
1 whole lemon
2 tbsp Reinos de Taifas
extra virgin olive oil
2 tbsp honey
1 small piece of ginger
(optional)

DIRECTIONS

1. Cut the lemon into four pieces.
2. Add all the ingredients into the blender and blend well for a few minutes.
3. Use a strainer, pour the juice into glasses and serve.

Pistachio ice cream

with Reinos de Taifas extra virgin olive oil



2 pints



20 minutes

+ freezing time

INGREDIENTS

100g toasted pistachio
crushed
480ml whole milk
240ml heavy whipping cream
3 large egg yolks, whisked
3/4 tsp salt
1/2 tsp vanilla extract
170g sugar
50ml Reinos de Taifas extra
virgin olive oil

DIRECTIONS

1. Heat milk, whipping cream, sugar, and salt in a saucepan over low heat until the mixture becomes hot but not boiling.
2. Put the whisked egg yolks in a large bowl.
3. Gradually pour the mixture into the large bowl and whisk constantly.
4. Pour all the mixture back into the saucepan and cook over low heat, whisking constantly, until the mixture has thickened (thickened enough to coat the back of the spoon).
5. Remove from heat. Add in olive oil and vanilla extract and whisk constantly.
6. Stir in the pistachios and cool the mixture at room temperature.
7. Put the mixture in the freezer and stir it every half an hour until it all begins to freeze.

Home made churros

With Reinos de Taifas extra virgin olive oil



about 20
churros



30 minutes

INGREDIENTS

250ml boiling water
1 tbsp Reinos de Taifas extra
virgin olive oil + more for
frying
1 tsp baking powder
150g plain flour
3/4 tsp salt
Sugar (optional)

DIRECTIONS

1. Put plain flour, baking powder, and salt in a large bowl. Mix well.
2. Add boiling water and olive oil and mix until well combined - the gummy sticky dough is formed. Transfer the dough to a piping bag. **If you do not have a piping bag**, roll it into balls.
3. Heat a frying pan with olive oil (enough for shallow frying) at medium heat.
4. Pipe about 12-15cm and cut it off with scissors. Cook until golden brown, and turn the churros over occasionally. When done, drain the churros with a paper towel.
5. You can roll the churros in sugar with a pinch of cinnamon powder or eat them with your favourite chocolate sauce.