

Sacher-Torte? With extra virgin olive oil of course....

What is there to do after school on a rainy afternoon? Or what do you do to lift your spirits and make your stomach happy as you long for vacation? Well ...you can make our favorite cake “The Sacher Torte”!

My little boy tasted the Sacher Torte for the first time this summer in [Vienna](#) and he immediately fell in love with it! Over the holiday we tried many versions of the Sacher Torte even the original recipe from the Sacher Hotel.

The question is, **“What is the best Sacher Torte?”**

The answer depends on the situation in which you taste this delicious cake. For example, imagine yourself after having skied for three hours. Your cheeks are rosy and cold and your mind starts to dream of a delicious piece of cake. The Sacher Torte can surely be your tasty reward.



Can you believe that this great delicacy was modestly simply invented by a young chef named [Franz Sacher](#)? One evening in 1832 the famous Prince Metternich of Vienna had planned a grand gala and his head chef became ill. So it was up to Franz Sacher to prepare dessert for the evening. He decided to create a chocolate cake filled with apricot jam and covered with a thin glaze of chocolate. The dessert was a grand success and in Franz's honor the cake was named after him. From this date forward the Sacher Torte became an indispensable dessert for upper class European Society.

However, why can't it be our recipe too?

The original recipe is closely guarded by the Sacher family, but many versions of the Sacher Torte have been created. So I along with my little chef created **our own version** too. In our

version don't be surprised by changes such as the addition of **yogurt**, [extra virgin olive oil](#) instead of butter , only 200 grams of chocolate and **strawberry jam** which is my little chef's favorite. Franz Sacher didn't endorse this recipe but it is **our original creation of the Sacher Torte...**

You'll need:

- 3 jars (small yogurt jar) of flour
- 2 jars of sugar
- 3 jars of flour
- 1 package of baking powder
- $\frac{1}{2}$ jar of extra virgin olive oil
- 100 gr of dark chocolate
- 150 gr of strawberry jam

for the glaze

- 1 spoon of Honey
- 100 gr of 100 dark chocolate

The only measuring cup is a yogurt jar.

How to make it:

First in a medium sized bowl, beat the eggs with the sugar and yogurt until foamy. Melt the chocolate in a separate pan. Whisk in the flour and when it is incorporated add the oil , then the melted chocolate and finally the baking powder. Mix gently after each addition to ensure a smooth batter.



Difficile resistere alla tentazione di mangiare la marmellata a cucchiariate!!!

Pour the batter into a pan and bake for 30 minutes at 180 degrees or until the top of the cake is golden brown and an inserted knife comes out clean. Another sign is when the cake starts to pull away from the sides of the pan. Transfer to a cooling rack and let it rest for 5 minutes. Now slice the cake into two parts and cover each part with jam. Reassemble the cake placing one layer on top of the other. Next make the glaze by melting the chocolate and adding the honey. Cover the cake with the glaze.

Now your Sacher Torte is ready! Take a delicious slice and savor it slowly!



How do you choose fresh extra virgin olive oil?

Did you know that in Italy more than 90% of basic products such as pasta, coffee, wine etc.. are purchased in mass-market stores? That means that out of 10 packets of coffee sold in Italy, 9 are sold in supermarkets and only 1 in a local shop.

This said, let's move on to ask: **Where are you** exactly, when

you decide to purchase a bottle of extra virgin olive oil?

Ok. You're in a supermarket. There's NO WAY YOU CAN SMELL OR TASTE THE OIL you're thinking of buying and in front of you is whole shelf full of possibilities. The upper shelves are taken up by major BRANDS that invest in advertising. Their products are the most expensive. A lot of money and time has been invested just to convince you that their products are the best. Towards the middle, instead, you'll find brands that are not currently being advertised, but that are still echoing in your brain. The supermarket's brand is also positioned at this height but you know, of course, that the supermarket doesn't happen to own any olive groves, so their oil must come from consortiums or great olive oil bottlers that buy olives in bulk. Here we're talking about an AVERAGE PRICED olive oil. Lower down, almost at floor level are items that are usually selected because of their RIDICULOUSLY LOW PRICE. In most cases the brands are fake, it's a two-for-one-sale or some other gimmick.

Now just think about this:

Someone, certainly not alone, must have spread a net under the olive tree, then climbed the tree and picked the olives one by one or handcombed them or used a pneumatic harvester, then gone on to select the olives, place them in crates, onto a truck and within 48 hours to the oil mill, where the olives underwent washing, cleaning and crushing with machinery that can easily cost thousands of euros and in the final stage, the oil was bottled, labeled and shipped.

HOW CAN THIS KIND OF PRODUCT COST THE SAME PRICE AS WATER?

Now you can come to two conclusions:

Either the people employed in this production chain are considered slaves and do not get paid at all OR the oil we are talking about, comes from *far away* lands where wages are minimum. Now since a mass-market store doesn't do charity (why

should they?) but is aiming for a profit, at the end of your survey of the shelves, this is what you should do: DON'T GO FOR THE LOWEST PRICE.

If, in order to buy your oil, you've gone directly to the producer (be it a farm, an olive mill, a farmer, an agritourism, etc...), you have obviously decided that you trust the person in front of you. You have mentally resolved to buy and use in your home good olive oil, a health elixir, not just a dressing. Don't rush, take your time to evaluate the characteristics of the oil, therefore TASTE it:

- Trust your senses, SMELL. In order to be extra virgin, olive oil must have no organoleptic defects. It must have a pleasant aroma, recalling green or ripe olives, a fruitiness with hints of apple, citrus fruits or almond and a faint scent of grass and artichoke.
- If the TASTE is slightly bitter and pungent, you're on the right track because it's a sure sign of the oil's content of phenols and therefore of its quality. In about a year's time this bitterness will slowly go away.
- Don't worry about the COLOR. If you can't taste the oil before buying it, don't think that color will tell you much.
- a DARK COLORED BOTTLE is best for protecting oil from light.
- FILTERED or non filtered? Filtering means the producer has eliminated the residue from olive paste and water particles that can ferment with time. If you select a NON filtered oil, at home you'll have to decant the oil more than once...but, of course, if you 'can't wait' to taste that oil on a slice of bread or on bruschetta (heavenly!), go ahead and take a small amount of non filtered oil, to be used up as soon as possible.
- To know how to select EXTRAVIRGIN QUALITY OIL is not always an easy feat. That's why, if you can't taste the oil and you're not an expert, it's essential to know the producer of

extravirgin quality olive oil you are dealing with. Everything the producer can tell you about the oil-making process and the product's characteristics, will make communication very clear all the way from the olive on the tree to the oil in the bottle and that's all the certification you need, along with, of course all the institutional and ...burocratic information.

– Last but not least: don't trust a price that is too affordable. This applies to mass-market stores as well as to small or even very small producers. Prices reflect the whole production process. Higher the quality of the product and of the process, higher the price will be, inevitably. Extravirgin quality oil is a staple of our diet and is used daily: we deserve to invest on our health.

Halloween: terrific cookies with honey.....

Celebrate Halloween is easy: a savory recipe, terrific jokes! And if someone exaggerates we smear him with the honey!

October. Halloween is coming. Celebrate halloween in not in our tradition, but we are happy to make a party... so we'll make the **trick** or **treat** at home. I'll prepare the trick and kids the treat. What does Edo do? Usually at the end of October the

harvest is going to start, so he is busy in making olive oil. But when he comes back at home he eats the sweeties and pretends to be scared about jokes! For the occasion I have decided to cook a savory recipe, to make happy my little monsters.

Terrific cookies!

There are some habits that make you feel at home wherever you are, that give you tranquillity, a sense of affinity to the place in which you live. I has given my children one of these habits. So if they fall from the slide or they quarrel with their brother, all calm down with a cup of warm milk with cookies. I like baking **cookies** on special occasion.

I have followed my recipe of the short pastry, but I have replaced the sugar with the honey, because healthier. I didn't have time to buy special form for cookies, so kids have cut a cardboard into the shape of bats and pumpkins, and then have they put on the short pastry and cut out with the knife.



On Sunday morning Saltapoggio kitchen had two small busy chefs. What about the stuffing? It could be only Dark!!!

You'll need:

- 300gr flour
- 3 egg yolks
- 170gr butter
- 1 pinch of salt
- 75 gr honey

- some vanilla
- 200 gr of hazelnut cream

How to make it:

Prepare the short crust pastry: sift the flour on the pastry board, make a big hole in the middle and add the pinch of salt, sugar, cold butter into small pieces and the egg yolks.

Knead everything until mixture is homogeneous and smooth. Wrap it up in plastic and let rest in refrigerator for 3 hours.

Then preheat the oven at 190°C. Stretch the pastry and cut it into the shape of bats and pumpkins using the form done. Put the biscuits on a baking sheet covered with wax paper and bake for 15 minutes. Then stuff them with the cream and overlap a biscuit on the other to close.

Now your **Terrific cookies** are ready....Taste them slow!



This beautiful picture is made by my two little monsters.
Don't look it for a long time, you will be scared!

**Pumpkin true or not? I'll
cook it for you with the
extra virgin olive oil.**

Take a pumpkin, the memory of

a beautiful vacation, a great recipe that I've made more healthy. What comes out of it?

And then it happens, the weather is going to change, and we adapt at the new pace, at the appointment fixed, at the good intentions for the new season...So now after school the kids go home to play, and I feel like drinking a good tea, talking with my friends or sister.

Zucchini and tomatoes have left place in the vegetable garden to cabbage, spinach and fennels. Pumpkins triumph. Kids sowed some pumpkin seed in the vegetable garden with their grandpa. Now, after the summer cares, pumpkins are ready. One of them is really beautiful, ready to turn into the carriage of Cinderella! Too much grandiose to become a Halloween face, we have to choose another pumpkin for that!



I want to share with you a savoury autumn dish **“Lasagne with pumpkin, speck and provola”**.

We have eaten them for the first time when we were in Trentino on holiday. For not Italian people, Trentino is a wonderful region, where Dolomites mountains are. This recipe is so good that when I cook it, that it never exceed anything! In comparison to the original recipe, I have replaced the butter with the extra virgin olive oil, because healthier.

You'll need:

- 12 sfoglies of fresh lasagna
- 300 g. of pumpkin already cleaning
- 250 g. of milk
- 200 g. of scamorza
- 30 g. of speck
- 3 spoons of extra virgin olive oil
- 50 g. of Parmesan cheese
- 1 small shallot
- salt as required

How to make it:

Put the oil and the slices shallot in a saucepan and cook them over low heat. Add the pumpkin and cook it with the lid. Work the pumpkin with the mixer and then put again the cream in the saucepan. Now add the milk, salty and cook the cream for 5 minutes.

Cut the speck into strips and the cheese into slices. Take a baking pan and cover the fund with some part of cream. Cover with the fresh pasta and cover them with cream of pumpkin using a spoon. Add some pieces of speck and provola cheese slices. Cover with a second layer of pasta and continue again with cream of pumpkin, speck and cheese. Go ahead until you finish your ingredients. Finish off with a single layer of pumpkin cream, abundant grated Parmigiano. Cover the pan with aluminium foil, and bake in a preheated oven at 190° (static) for about 20 minutes. Remove aluminium and put the lasagna under the grill for 5 minutes.

Now your **Lasagne with pumpkin, speck and provola** are ready....Taste it slow!



As Francesca has put down the dish, two little kids have eaten everything!

Three easy rules to use honey in baking!

Would you like to make your cakes with honey? It's a more natural, beneficial and nutritious sweetener than sugar. Let's try, there are just three simple rules to follow.

Cook with **honey**.... I'd never thought to use this precious food instead of sugar, since my family has a honey maker! Then I've changed my habits. The **first jar** brought at home. The pleasure of eating honey from our bees. Little fingers dipped in the jar. Sticky fingerprints on the glass...

Besides just being **good**, honey is full in **ownership**: it's less caloric than the sugar, it is more energetic and it has precious emollients and depurative qualities. Are these reason enough?

All we have to do is follow three simple **rules**:

1. **Which variety to choose?** The flavor of honey depends on the type of flower the bees worked to produce the honey. Multiflower or Acacia are the best, otherwise the flavor honey aroma will be too much present in your cake.
2. **My Honey Hardened: What to Do?** It's easy to re-liquefy crystallized honey by removing the container's lid, and heating it in very hot water.
3. **How much Honey?** Because honey is technically sweeter than sugar, less is needed to achieve the same results. A very general rule of thumb for replacing sugar with honey is to decrease the honey by half. If your recipe

calls for 1 cup of sugar, try it with 1/2 cup of honey.



Apple cake with honey an extra virgin olive oil

Today I'm going to share the apple cake, one of my favourite dessert. It's an autumn cake, and the flavour of lemon remind me the one that my grandmother was used to bake for Sunday lunch. Memories of a sweet past. Now I'm going to share it with you.

You'll need:

- 300 gr flour 00
- 100 gr of cornflour
- 4 eggs
- 120 gr honey multiflower
- 1 pinch of salt
- 1/2 glass of extra virgin olive oil
- 1/2 glass of milk

- 4 apples. Any kind of apples can be used for this recipe
- 1 little envelope of yeast for sweets
- the bark of a biological lemon

How to do:

Peel the apples, cut them in half and remove the cores. Cut the apples into 1 – to 2-inch chunks.

In a medium bowl, beat the eggs with honey and the salt until they're foamy. Whisk in the flour and when it is incorporated, add half the milk followed by the oil, the lemon, and the yeast mixing gently after each addition so that you have a smooth, rather thick batter. Switch to a rubber spatula and fold in the apples, turning the fruit so that it's coated with batter. Scrape the mix into the pan and poke it around a little with the spatula so that it's evenish.

Slide the pan into the oven and bake for 40 minutes at 180 degree, until the top of the cake is golden brown and a knife inserted deep into the center comes out clean; the cake may pull away from the sides of the pan. Transfer to a cooling rack and let rest for 5 minutes.

Now your **Apple cake with honey and extra virgin olive oil** is ready....Taste the pie slow!



This is a natural family blog...

What does a **natural family blog** deal in? For example if it were a music group, Edo could play in the field with the instruments to take care and cultivate the olives and make **extra virgin olive oil** (evoo). Sometimes he could harmonize his life with some bees, to make **honey**. Edo is the expert of the group. Then there's Francesca. She is interested in cooking, using most of the time ingredients coming from the field, following special and natural **recipe**. She's also passionate about **remedies** for health care, coming from the Tuscan tradition. Furthermore there are two kids. They are interested in **inventions** and **games** of course, made with paper

or wood, that the family can do together at home or in the garden.

This blog talk about all these things, how you can do this and that, with a point of view in what is happening in the **moment**. For example about the seasons, and about what quality of our oil is going to be. Which prevision for 2015 oil? It should be a very good year, of quality more than quantity. I hope that everything turns out for the best!

All these tasks are done by the blog family in the **nature**, looking around their fields, their garden, and vegetable garden. The position is on the hill of **Fiesole** and if you don't live around, It's a wonderful hill that looks Florence. Fiesole was an Etruscan settlement, hundreds of years before the Roman's appear to set up Florentia, now Firenze.

This blog is written **to share** the passion for natural foods, for tasty and health diet, for natural remedies coming from Tuscan tradition, for games to do with the all family.

Anchovies, how can I cook you?

Anchovies fry, with **Saltaoggio extravirgin olive oil**.

Yesterday my wife, Francesca, has bought some **anchovies**. We really like this blu fisch. It's really good, is not expensive, and is full of **Omega 3**! Are these reasons enough to cook them?

There are several recipes of anchovies, but this time we have

chosen the fried version.

As you can imagine, Saltapoggio family is used to frying with our extravirgin olive oil [white label](#).

What a waste? Depends on the point of view...if you have appassionate about health and good food, come on! The **extravirgin olive oil** stand up to high temperatures better than the others oils. That means that it does not trasmit toxic substance to your food.

How to procede.

You'll need:

400 g. of fresch anchovies

flour or breadcrumbs

evoo to fry

How to make it:

Remove fish heads and innards. It is easy to remove innards by running your thumb along the belly. Rinse anchovies. Pat dry and set aside.

Pour extravirgin olive oil in a medium frying pan, spread flour onto a large dinner plate and mix in approximately 1 tsp salt.

Roll anchovies individually in the flour, coating them on all sides and place each in frying pan of hot oil. [Fry](#) just until golden, cooking on both sides. Depending on the size of the anchovies, it may only take 1 minute on each side to cook.

Remove from pan with a slotted spoon or spatula and serve with lemon.

They are really good!!!

And you, how do you cook anchovies???



Waiting for the rain...

September is arrived and these days before olive harvest are really important for the olive oil quality and quantity.

What we have to check?

First of all we need to watch out for olive fly. A fly attack could damage the performance and the organoleptic quality of olive oil. The sensor of fly in the oil is really not pleasant, of course. Moreover this oil would have lost important nourishing quality.

The "Inolizione" is going to start in these days. This natural process permits oil to be concentrated in the olive. Climatic conditions are so important to make sure everything's going all right. What do we need? We simply need of light and water!

That's why I hope that it's going to rain during this weekend, sorry for the one who wants the sun!

But pay attention! The olive trees need equilibrium...You can irrigate olive trees in this period, that's right, but not too much. Too water decreases the presence of phenols, and we have to prevent this. A low phenols content reduce oil qualitative profile. In addition to this the fly will be more attracted from your olives.

Honey time!!!

Here we are!!! I'm going to packaging my honey. I'm really proud of my bees, they have done a wonderful product. It's a multiflower honey, in which you can recognize the flower of Acacia, Linden and Chestnut. Since we have the new honey, bread and honey is the preferred snack of my children... and mine, of course!!! I'm looking forward to let you taste it!! You can book it! write info@saltapoggio.it or phone +39 349 2184916. Let me know how much you like my honey! Edo Bichi

Extravergin Olive Oil: A Health Food – Not Just a

Dressing

So many things can be said about olive oil. During my oil tasting courses, people are often surprised at how a product so often underrated, can be so rich in nutrients and so healthy. High quality extra virgin olive oil is a main staple in the Mediterranean diet and can be used at all times, not only as a dressing.

Extra virgin olive oil is rich in vitamin E and provitamin A (beta-carotene), with a high content of polyphenols, that are strong antioxidants that fight the negative effect of free radicals, responsible for cellular damage and degeneration.

All these precious elements, along with unsaturated fatty acids, are essential to a healthy diet and are effective in lowering LDL levels and reducing risk of atherosclerosis, cardiovascular disease and high blood pressure.

THE FIVE GOLDEN RULES FOR RECOGNIZING QUALITY EXTRA VIRGIN OLIVE OIL

The following information does not cover everything, but can be used as a guideline for those who wish to learn how to appreciate and select a quality extra virgin olive oil.

1. KNOWING WHAT AN EXTRA VIRGIN OLIVE OIL IS

Extra virgin olive oil is the result of a simple mechanical extraction process of oil from olives. The olives do not undergo any kind of treatment except washing, decanting, a spinning cycle and filtration.

By law, extra virgin olive oil must have a free fatty acid content, expressed as oleic acid of not more than 0,8 grams per 100 grams of oil and be free from defects.

Free acidity is one of the main indicators of the quality of an oil. The higher the level of acidity, the poorer the quality.

Tasting is not an indicator of the free acidity of an oil; this parameter can only be determined by laboratory analyses,

so if you associate pungency with acidity, you're wrong!

Actually, pungency is the sensorial proof of the presence of a very important category of substances called polyphenols, that are, as we have already said, potent antioxidants and a precious characteristic of this type of oil. It is polyphenols that make extra virgin olive oil a superior oil to be preferred to all other kinds of fat.

We therefore suggest you select an oil with a very low acid content.

2. GETTING TO KNOW THE CHARACTERISTICS OF OIL

Sensory analysis

We have already mentioned that in order to be considered extra virgin, the oil must be organoleptically defect-free. The aroma should be pleasant, with notes of green or mature olive, but can also carry notes of other fruits like apple, citrus fruit or almond, along with hints of grass and artichoke.

A high quality oil will also present an intense, harmonic pungent and bitter flavor that is due to the presence of phenols.

These flavors will diminish in time and the taste will become less intense, less fruity and bear only a slight bitterness and pungency.

Contrary to popular belief, the color of oil is not an indicator of quality which depends, instead, on the variety of olives, their ripening and the presence of chlorophyll and carotenes.

Therefore, if you can't taste the oil before buying it, don't judge it by its color.

Oil is delicate

Oil cannot stand exposure to very cold or hot temperatures; thus it is important to store it properly in order to maintain its properties and duration. The ideal storage temperature for oil is 15°C, protected from light and air, in a dry place that is clean and odorless, allowing all its nutritional benefits and aromatic freshness to be preserved.

Avoid purchasing oil sold in plastic bottles or in transparent glass bottles. Once you have opened a bottle of oil, it is always a good idea to seal it well and make sure you keep it in a cool, dark place, away from all sources of heat. Get ready to discover a product that will delight you with its taste and aroma enhancing any kind of food you choose to use it with!

To filter or not to filter?

If you are looking for a long shelf-life, it's advisable to select an oil that has been filtered. What does this mean? It doesn't mean that the oil has been depleted in any way but that right from the beginning, the producer eliminated all olive paste and water residue, that combined, would ferment. If the oil has not undergone this treatment, it can be clarified by decanting it various times, but this will also expose the oil to oxidation, therefore causing loss of precious characteristics.

At any rate, if you wish to enjoy a delicious 'bruschetta' with freshly crushed olive oil, consider buying a non-filtered oil, that you will then have to use up in a short time in order to use it at its best.

3. UNDERSTANDING THE LABEL

The origin

For extra virgin olive oil to be traceable, it is mandatory for the label to specify the EU member state or third country that corresponds to the geographical area where the olives were harvested and the extraction at the oil mill took place. Most of the oils on the shelves of large retailers are a blend of Italian, European and non-European oils. If we are looking for a 100% Italian product, let's remember to check the label to see where the olives are from.

Designation of origin at regional level is reserved for products that have a DOP (Registered Designation of Origin) or an IGP (Protected Geographical Indication).

Expiration date

According to the law, the specific properties of extra virgin olive oils are maintained, in appropriate preservation conditions, up to 18 months from bottling date, not from the production date.

The label must specify «best by ...», followed by the date.

Only in the case of IGP and DOP oils, is it mandatory to specify the year or the agricultural year of harvest and transformation of the olives. The producer of other oils may wish to be transparent and voluntarily state as much.

Let's therefore select a bottle of oil with a label that states the year of production.

Cold pressed extraction

If the label reads "cold drawn", it means that our extra virgin olive oil was processed at a controlled temperature lower than 27°C.

This is certified by the oil mill and guarantees that the extraction process was quality-conscious, allowing a better preservation of the distinctive properties of the oil.

4. KNOWING THE PRODUCER AND THE QUALITY OF THE PRODUCT

Extra virgin olive oil, A MATTER OF TRUST

It is not easy to find one's way when selecting an extra virgin olive oil, especially when there is no way to taste the oil and you are not an expert. It therefore can be useful to know more about the producer. To provide the customer with transparency, the information the producer gives us (the production process, i.e. the characteristics of the oil from the olive fruit on the tree all the way to the oil in the bottle) is the most important form of certification we can have, along with, naturally, the official paperwork.

5. RETAIL PRICE

Last but not least, : don't trust a bargain price. Price reflects the whole supply chain: the higher the quality of the product and of the process, the higher the cost of production will be, determining the end price. Extra virgin olive oil is,

or should be, a staple of our diet and since we use it daily, we deserve a proper investment on our health.