



Olive Oil and the Plant-Forward Kitchen
Strategies and Techniques for Leveraging Flavor



health

Life, But Better

Fitness

Food

Sleep

Mindfulness

Relationships



Best diet for 2023 is the science-backed Mediterranean style of eating

By Sandee LaMotte, CNN

Updated 11:50 AM EST, Sat January 7, 2023

(CNN) – The gold medals are piling up. For the **sixth year in a row**, the Mediterranean style of eating earned the title of best overall diet, according to ratings announced Tuesday by *U.S. News & World Report*.



Discovery: Olive Oil and the Plant-Forward Kitchen



- The good news is that olive oil and the Mediterranean diet have never been more popular with chefs and our guests.
- But we (chefs and operators) are leaving a whole lot of opportunity on the table—for menu development and for enhancing the customer food experience.





One, please!



Elevating vegetables



“We don’t like vegetables any more than you (Americans) do. The reason we eat so many vegetables is because of how we prepare them, with olive oil.”

--Antonia Trichopoulou, MD, PhD
President, Hellenic Health Foundation
Athens, Greece







Opportunities for Discovery in the Olive Oil World



- Better understanding of olive oil standards, determinants of quality, and architecture of flavor categories, styles, diversity and food/ingredient pairing.
- Overcoming myths (e.g., you can't fry in olive oil).
- Overcoming biases in American professional kitchens that typically favor high-heat cooking.
- Exploration of a wider range of culinary techniques across the whole of professional cooking.

A close-up photograph of several green olives, showing their textured, slightly wrinkled skin and dark green color. The lighting is dramatic, highlighting the ridges and valleys of the olives' surface.

Culinary Strategy

How can we extend olive oil discovery beyond the limits of what we know, and what we're currently doing?



Olive Oil and the Plant-Forward Kitchen

The Culinary Institute of America

*With support by and in collaboration with the
International Olive Council*

*And in association with the
Menus of Change University Research Collaborative*

**OLIVE OIL AND
THE PLANT-FORWARD
KITCHEN**

**SAUCE-MAKING
DISCOVERY**


DIPS, SPREADS AND SAUCES



SAUCE-MAKING IN THE OLIVE OIL KITCHEN

- **Aromatic EVOO's:** as is, just perfect, but more to discover
- **Beyond pesto:** pounded/blended sauces, dips and spreads with olive oil, nuts, herbs, spices, vegetables and more
- **Salsa verde, romesco, tarator, muhummara, tzatziki, picada, ezme, harissa, chermoula, chimichurri, and more—sauces, dips and spreads**
- **Room temperatures sauces best preserve aromatics of EVOO**





MCURC Multi-site, University-Based Operational Research and Education Project

Participating Institutions

Columbia University

Cornell University

The Culinary Institute of America

Google Food Team*

Harvard University

Oregon State University

Rutgers University

Stanford University

University of California, Berkeley

University of California, Davis

University of California, Los Angeles

University of California, Riverside

University of California, San Diego

University of Michigan

University of North Texas

Yale University

*Google Food Team is an ex-officio member of the MCURC



Sauce List

Mediterranean and Mediterranean-inspired

Ajilimojili

All I Pebres

Almogrote

Anchoiade

Babaganoush

Bagna Cauda

Bessara/Bysarra

Buticha

Cacik/Tzatziki

Caponata

Cevizli Biber

Chermoula

Escabeche

Fava

EVOO with spice mixtures

Ful Medames / Foule

Guasacaca

Harissa

Harra

Ispanakhis Pkhali

Kani

Kaparokoumba

Ktipiti

Maidanosalata

Matbucha

Melitzanosalata

Mercimek ezmesi – Turkish Lentil Dip

Mitten Shouro / Shiro Wat

Mojo

Mojo de Ajo

Mojo de Menthe

Mojo Picón – red

Mojo Picón – green

Molho Apimentado

Molho Campanha

Molho de Cebolla

Molho Lambão

Muhammara

Patlican Ezmesi

Pebre

Pesto Trapanese

Picada

Pil Pil

Pipérade

Piri Piri

Romesco

Salsa Brava

Salsa Verde

Samfaina

Sauce Kerkannaise

Sauce Veracruzana

Skordalia

Sofrito

Spiced Tomato Saltsa

Taramasalata

Tarator (Turkish version)

Tonnato

Toum

Vegetable Coulis

Vizcaina

Wasakaka

Xató

Zaalouk

Zhoug (s'chug, Zhug)

Discovery of Selected Olive Oil-Based Sauces

From the Mediterranean and Beyond

#1

**Bessara/Bissara | North Africa | Dip/Spread/Sauce |
Legume-Based**



Bessara, a delicious soul-satisfying dip prepared from dried split fava beans, is a staple of the Moroccan table. Something magical occurs when dried split fava beans are cooked with garlic, lemon, and extra-virgin olive oil, seasoned with spices such as cumin, paprika, and cayenne, and finished with cilantro and parsley. Bessara can be served in a variety of consistencies: serve as a thick puree or hearty dip, or with a thinner soup-like consistency as a street food soup. Enjoy it with some crusty bread and a cup of mint tea. It can be served alone or as a rich side dish. Harissa and olive oil may be served with it or on the side as condiments. Traditionally served at breakfast or as part of a communal table, Bessara can also be enjoyed at any meal period. Serve Bessara as an alternative to hummus. Use as a spread on tartines, or underneath sauteed vegetables, or plant-based protein.

MCURC Multi-site, University-Based Operational Research Final Report

Participating Chef's perspectives



Daniel Donguines
Executive Chef
RBCD Starnford University

How did participating in the Olive Oil and the Plant-Forward Kitchen Program impact your operations?

The participation in this project was a great opportunity for the Stanford Dining Club chefs and our staff to learn from the many different dining operations across the Stanford community.

This program inspired us to rethink the use of locally sourced, in-season produce and the impact of olive oil as an ingredient in preparing dishes that are healthy and delicious. It also inspired us to explore new ways to use olive oil in our recipes, such as in dressings, marinades, and as a finishing oil. We also learned about the importance of sustainability and the impact of our choices on the environment.

What surprised you and your team regarding the process of creating, growing, and using the olive oil?

One of the most surprising aspects for us was to learn that the olive oil we used was not just a simple product, but a complex one. It was made from a specific variety of olives, and the process of creating it was a labor-intensive one. We were also surprised to learn that the olive oil we used was not just a simple product, but a complex one. It was made from a specific variety of olives, and the process of creating it was a labor-intensive one.

For the rest of the process, we focused on sustainability, the quality of the ingredients, and the impact of our choices on the environment. We also learned about the importance of sustainability and the impact of our choices on the environment.

Participating Chef's



James Director
Yale University

How participating in the project changed your operations?

Participating in the project changed our operations in several ways. First, it inspired us to use more locally sourced, in-season produce. Second, it inspired us to use olive oil in new ways, such as in dressings, marinades, and as a finishing oil. Third, it inspired us to explore new ways to use olive oil in our recipes, such as in dressings, marinades, and as a finishing oil.

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What surprised you about the process of creating, growing, and using the olive oil?

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Key Takeaways



Matthew Ward & the Plant-Forward Kitchen | May 2023 | Stanford University



Matthew Ward & the Plant-Forward Kitchen | May 2023 | Stanford University

Participating Chef's perspectives



Matthew Ward
Executive Chef of Residential Dining
University of North Texas

What surprised you about participating in this project?

The opportunity to participate in this project was a great one for me. It allowed me to learn from other chefs and to share my own experiences. I was also surprised to learn that the olive oil we used was not just a simple product, but a complex one.

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How has this project influenced your use of olive oil in your operations?

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Mediterranean Sauces

Selection, Making, and Tasting

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Participating Institutions

Olive Oil Training, Tasting, and Evaluation

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The Culinary Institute of America
with support by and in collaboration with the International Olive Council
and in association with the Menu of Change University Research Collaborative

Objectives of the Project

- Flesh out possibilities around the culinary heritage of Mediterranean olive oil-based sauce-making traditions.
- Leverage various ingredients in the plant-sourced market basket of the region, including vegetables, nuts and seeds, and herbs, spices and other aromatics.
- Research, within the campus dining operational environment, which of these healthy, Mediterranean sauce traditions hold the most promise.
- Identify the best, untapped strategies for sourcing and using olive oil in terms of quality, standards, varieties and budget constraints within campus dining.

Introduction

Today, as chefs and consumers are expanding their aspirations for change around food, health, sustainability, and food system innovation—together with a wider appetite for culinary discovery—a new vision of an American, plant-forward kitchen is capturing our attention.

Relying on both global flavors and seasonal, regional, and even hyper-local ingredients, chefs and home cooks alike are embracing plant-forward ideas in the kitchen that reflect human and planetary health imperatives and simultaneously embrace new pathways towards deliciousness.

Let's explore, then, the substantive ways that the plant-forward, olive oil kitchen—rooted in the Mediterranean but now being reimagined as well in America and beyond—can leverage flavor and expand our repertoire of culinary techniques as we craft the future of our food.

The Culinary Institute of America
Olive Oil and the Plant-Forward Kitchen—
Inspiration from the Mediterranean Diet
for Contemporary American Cooking



Matthew Ward & the Plant-Forward Kitchen | May 2023 | Stanford University



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Olive Oil and the Plant-Forward Kitchen

www.plantforwardkitchen.org



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