

## FAMILY FEATURES

**O**live oil is a flavorful and versatile cooking oil that is often trusted in popular cooking methods such as sauteing, stir-frying, dressing, marinating and grilling. It can also earn your trust when it comes to baking.

With seven olive oil varieties to fit almost any need, each Filippo Berio olive oil has its own distinct color, aroma and flavor characteristics. Among those seven, the Extra Light Olive Oil offers a delicate aroma and subtle flavor that can complement your favorite baked goods. Its high smoke point helps keep those goodies moist, and with strong flavors like chocolate, it also lets the sweetness come through.

Additionally, it provides high levels of mono-unsaturated fat ("good" fat) and low levels of saturated fat ("bad" fat), making it a more nutritional choice when compared to butter or margarine. Because you need less olive oil than butter in baking, you'll save calories as well.

One easy way to incorporate olive oil in your baked goods is during the prep work: where recipes call for buttering or flouring pans, instead brush the pan with olive oil and dust with flour for the same effect as butter.

Explore more tips and recipes using olive oil at [filippoerio.com](http://filippoerio.com).

**Dark Chocolate Souffle**

Prep time: 10 minutes

Cook time: 18 minutes

Servings: 2

- 1/2 **tablespoon Filippo Berio Extra Light Olive Oil, plus additional for coating pan**
- 1/4 **cup granulated sugar, plus additional for coating pan**
- 4 **ounces 70 percent cocoa dark chocolate**
- 1 **ounce 30 percent heavy cream**
- 3 **egg whites**
- 2 **egg yolks**
- pinch of cream of tartar**

Heat oven to 375 F. Grease two 6-ounce ramekins with olive oil and dust with sugar.

In double boiler, melt chocolate, 1/2 tablespoon olive oil and cream; let cool. Using electric mixer, beat egg whites until soft peaks form.

Whisk egg yolks into cooled chocolate mixture; fold in egg whites, 1/4 cup sugar and cream of tartar. Pour into prepared ramekins; bake 15 minutes.

**Tips:** This recipe can be easily doubled. Garnish with fresh berries, if desired.



# Better, **Healthier** Baking

**Double-Chocolate Olive Oil Cake with Salted Chocolate Caramel Icing**

Recipe courtesy of Chef Sharon Sanders

Prep time: 15 minutes

Cook time: 35 minutes

Servings: 8-10

- 1/2 **cup, plus 2 tablespoons, Filippo Berio Extra Light Olive Oil, divided, plus additional for coating pan**
- 1 **cup all-purpose flour**
- 1 **cup granulated sugar**
- 1/4 **cup unsweetened cocoa**
- 1/2 **teaspoon baking powder**
- 1/4 **teaspoon baking soda**
- 1/4 **teaspoon table salt**
- 1/2 **cup half-and-half**
- 1 **teaspoon pure vanilla extract**
- 1 **large egg, lightly beaten**
- 1/4 **cup, plus 1/3 cup, mini dark chocolate chips, divided**
- 1 **cup canned dulce de leche flaky sea salt (optional)**

Position rack in center of oven and heat to 350 F. Lightly coat 9-inch round cake pan with olive oil and line bottom with parchment paper. Lightly coat parchment with olive oil.

In large mixing bowl, combine flour, sugar, cocoa, baking powder, baking soda and salt. Stir in half-and-half, 1/2 cup olive oil and vanilla. With electric mixer, beat in egg until well blended. Scrape batter into prepared cake pan and sprinkle top with 1/4 cup mini chips.

Bake cake 25-30 minutes, or until toothpick inserted into center comes out clean. Place cake on cooling rack 10 minutes then turn cake out onto rack and let cool completely.

In medium saucepan, heat dulce de leche over medium heat, stirring occasionally, until softened. Add remaining olive oil and chocolate chips and stir until chocolate has melted and mixture is smooth. Remove pan from heat.

Transfer cake to serving plate. Pour icing over cooled cake, sprinkle with flaky salt, if desired, and serve.

**Double-Chocolate Biscotti**

Prep time: 30 minutes

Cook time: 25 minutes

Servings: 40

- 3 **cups all-purpose flour**
- 1/2 **cup cocoa powder**
- 1 1/2 **teaspoons baking powder**
- 1/4 **teaspoon ground cinnamon**
- 1/4 **teaspoon salt**
- 1/2 **cup Filippo Berio Extra Light Olive Oil, plus 1 tablespoon for coating pans**
- 1 **cup packed light brown sugar**
- 2 **eggs, plus 1 egg yolk**
- 1/3 **cup milk**
- 1 **tablespoon balsamic vinegar**
- 1 **cup semisweet or bittersweet chocolate morsels**

On sheet of waxed paper, combine flour, cocoa powder, baking powder, cinnamon and salt; set aside.

Using electric mixer, beat olive oil with sugar until smooth and light. Add eggs and egg yolk, one at a time, beating until smooth. Add milk and vinegar; beat until

smooth. With mixer on low speed, gradually add flour mixture, beating until just combined. Stir in chocolate morsels with large spoon; cover with plastic wrap. Refrigerate at least 4 hours.

Heat oven to 325 F. Grease two large baking sheets with 1/2 tablespoon olive oil each. On lightly floured surface, divide dough into quarters. Roll each piece of dough into log, about 1 1/2 inches in diameter. Place logs on baking sheets, leaving space in between. Bake about 30 minutes, or until golden and set. Transfer to rack; let cool 10 minutes.

Reduce oven temperature to 300 F. On cutting board using serrated knife, cut each log into 3/4-inch-wide slices diagonally. Place slices, cut-side down, on baking sheets. Bake 15-18 minutes, or until toasted. Transfer to racks; let cool.

**Avoid Olive Oil Enemies**

Maintain olive oil's flavor and quality by avoiding exposure to heat, light and air.

Be sure to store olive oil in a cool, dark place and not over or near the oven.

