

# EUROPE at your table

WITH  
FROM olives  
SPAIN

## THE EUROPEAN TABLE OLIVE, THE MEDITERRANEAN JOY THAT ENHANCES THE VIBRANT INDIAN GASTRONOMY

**The pillar of the Mediterranean diet connects Europe with India through exciting and succulent recipes**

**Table olives offer a world of possibilities in Indian cuisine through countless culinary formats (whole, sliced, pitted olives...) and varieties (Manzanilla, Queen, stuffed with Pimiento...)**

The European olive has everything necessary to shine and enhance any elaboration: from the simplest to the most complex. They are tasty and sophisticated and have more than ninety preparations: Its quality and flavour make it a universal product that transcends gastronomy and borders.

A delicious snack without geographical limits that transforms elaborations into integrating experiences. An all “around” food that is capable of bringing the essence of European cuisine to the Indian table thanks to its versatility, to enrich, even more if possible, one of the most exciting and varied cuisines in the world.

In this sense, the European olive fits perfectly into the universe of aromas and flavours that makes up Indian gastronomy. It is extremely versatile when it comes to introducing it into your daily diet. The diversity of flavours it offers and the interesting links it establishes with other foods make it a perfect ally for any meal due to its ability to pair perfectly with all kinds of ingredients, resulting in countless dishes and dressings.

It can be found in a multitude of formats (whole, chopped, sliced, boneless...) and is perfect with biryani rice, chutney, mint lassi, vegetable samosas, modak or machher jhol. With so much variety, European table olives are ideal for all kinds of flavours and no table should be without these Mediterranean wonders that never disappoint.

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IT'S FROM  
EUROPE**





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In this context, Interaceituna introduces one of the most emblematic foods of Europe to the table of Indian consumers through three irresistible recipes, demonstrating that when you put olives on a plate, you are putting origin, history and a way of understanding and enjoying life. This Gastronomic fusion becomes a source of cultural integration and shows the charisma and versatility of this ancient fruit.

## Sweet Modak With Hojiblanca Olives

<https://olivesatyourtable.in/sweet-modak-with-hojiblanca-olives/>



### INGREDIENTS:

- 150 g chopped Hojiblanca olives
- 50 g ground almonds
- 20 g coconut zest
- 3 tbsp of honey
- 1 tbsp Jaggery chopped sugar
- 300 g rice flour
- 100 ml hot water
- Salt

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## PREPARATION:

1. In a bowl, mix the rice flour and salt. Add water until making a homogeneous dough
2. In another bowl mix the chopped olives, almonds, coconut zest, honey and Jaggery sugar until well mixed. Reserve.
3. Make balls with the dough and in the centre put a little of the filling, close as a Modak.
4. Cook in steamer for 20 minutes.
5. Serve in plates and add Hojiblanca whole olives on top of the Modak.

## Mint Lassi with Queen Olives

<https://olivesatyourtable.in/mint-lassi-with-queen-olives/>



## INGREDIENTS:

- 2 tbsp chopped Queen olives
- 500 g plain yogurt natural
- 1 tbsp chopped mint
- 1 tsp whole roasted cumin
- Salt

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## PREPARATION:

1. In a mixing glass put the yogurt, chopped olives, mint, cumin and pinch of salt. Crush with hand robot until it mixes well.
2. Serve in a glass and put some Queen olives and chopped mint as topping.

## Biryani rice with olives stuffed with pimienta



## INGREDIENTS:

- 200 g of olives stuffed with Pimiento
- 300 g basmati rice
- 600 ml water
- 1 onion cut julienne style
- 1 tbsp garlic paste
- 1 tbsp ginger paste
- Chopped vegetables for sauce (ripe tomato, peas, cauliflower, carrots, green beans, potatoes)
- Ground spices (coriander, cumin, chili, turmeric)
- Whole spices (green cardamom, black cardamom, cloves, cinnamon, star anise, bay leaf)
- 100 g plain yogurt

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- 1 tsp fresh chopped cilantro
- 2 tsp minced fresh mint
- 1 diced tomato
- Food colouring
- 60 ml milk
- Vegetable oil
- Salt

## PREPARATION:

1. Wash the rice in a pot with water until starch is removed. Let it rest in its cooking water for 1 hour. Cook over medium heat until the grain is still a bit raw, strain the rice removing the water and reserve for the next step.

2. In a frying pan make the sofrito starting with the onion until it is tender and golden. Add the garlic and ginger paste and the potatoes, fry for a few minutes to soften. Add the rest of the chopped vegetables and all the spices (whole and ground). When they are tender, add the yogurt, mix and remove from the heat and finally add half of the olives. Add salt to taste.

3. In a saucepan put a base of sofrito and on top the rice. Finish by sprinkling, fresh chopped cilantro, mint, a few cubes of tomato, the rest of the olives and a few drops of milk with the dissolved food colouring so that it stains in dots. Cook over low heat for 10 minutes. Remove to serve.

4. When serving take the rice with a ladle from the bottom so that you can see "the layers" on the plate.

5. Decorate the rice with some olives on top.

## About INTERACEITUNA and Olives from Spain

INTERACEITUNA is the Interprofessional Organisation of the Table Olive recognised by the Ministry of Agriculture, Fisheries and Food that represents the entire sector of production, processing and marketing of table olives. Created to implement different programmes and activities of general interest INTERACEITUNA promotes knowledge of Spanish table olives and carries out research, promotion and development activities in the sector. INTERACEITUNA and the European Union have joined forces to promote this product.

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