OLIO NUOVO

In central Italy, Olio Nuovo is highly prized and ends up on restaurant tables to accompany almost every imaginable dish!

Olio nuovo has a very special character when it is very young. The color is intensely green and the aroma and taste are like fresh olives. Green, young olives (with high polyphenol antioxidant content) produces oil with greater longevity—and greater health benefits.

It is not unusual to cough or feel a tingling in your throat after tasting an extra virgin olive oil. It’s quite common, as is the spicy bitter flavor that usually accompanies a high-quality extra virgin olive oil. This sensation comes from a type of antioxidant called polyphenols.

Polyphenols are one type of numerous health-protective antioxidants that are found in extra virgin olive oil. Like other antioxidants, polyphenols fight oxidative stress and may fight against aging-related diseases like heart disease, high blood pressure and cholesterol, and certain types of cancer. In addition to the anti-aging properties of polyphenols, they also contain strong anti-inflammatory properties. A recent study showed that a certain phenol compound called oleocanthal, acts similar to ibuprofen in the body. This shows the potential for olive oil’s ability to help reduce the risk of strokes as explored in an article on WebMD. It is thought that two tablespoons of extra virgin olive oil a day is enough to provide these anti-inflammatory benefits.

Enjoying Olio Nuovo

Ultra-fresh Capracopia Olio Nuovo makes an excellent finishing oil. Try it on steamed greens, lentil salad, pasta (of course), polenta, goat cheese, grilled or seared fish, herb salad, or your favorite soup. In Tuscany, where the tradition originates, people grill crusty bread over an open flame and douse it with olio nuovo for a simple, delicious lunch.

Caring for Your Olive Oil

Care for you oil to insure that it retains its optimum freshness and taste. The two evils against preserving freshness of olive oil are sunlight and heat.

Keep your oil in a cool, dark place, right along with your wine but do not store in temperatures lower than 40 degrees.