

255 Route 17 South
Hackensack, NJ 07601



101 Ways to Use



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4th Edition

Olive Oil—A Gift from the Ages

Olive oil is almost as old as recorded time. Yet today's world is still discovering new reasons and new ways to use it to make life healthier and more pleasurable.

Just as wines vary from country to country and region to region, so do olive oils. The finest are made by the fourth generation Italian olive oil masters of Filippo Berio.

The FILIPPO BERIO brand of quality olive oil has been exported to the U.S. from Lucca in Western Tuscany for over 100 years, when it followed Italian emigrants to the New World. It remains the #1 olive oil in markets with a high concentration of Italian-Americans, who know and appreciate the best.

Higher in Monounsaturates

Olive oil is higher in monounsaturated fatty acids than any other cooking oil. Published studies confirm that monounsaturated olive oil lowers serum cholesterol and also has a positive effect on blood pressure and blood sugar. While both monounsaturated and polyunsaturated fats lower the harmful LDL cholesterol in the body, monounsaturated fats maintain levels of the helpful HDL cholesterol, but polyunsaturates reduce it.

Current U.S. government guidelines recommend that no more than 30% of daily calorie intake should come from fats, with one-third of less from saturated fats. A tablespoon of olive oil contains 120 calories.

Comparison of Dietary Fats

Olive Oil	77%	9%	14%
Peanut Oil	49%	33%	18%
Corn Oil	25%	62%	13%
Soybean Oil	24%	61%	15%
Sunflower Oil	20%	69%	11%
Safflower Oil	13%	77%	10%
Chunk Light Tuna, in Oil	29%	50%	21%
Rib Roast	51%	4%	45%
Fried Chicken (with Skin)	45%	25%	30%

 Monounsaturated Fat
  Polyunsaturated Fat
  Saturated Fat

A Filippo Berio Olive Oil for Every Taste

FILIPPO BERIO—Extra Light Tasting

With its mild taste, light bouquet and crystal clear pale gold color, it's perfect for cooking. Use it for everything from sautéing fish to baking muffins and cakes.

FILIPPO BERIO—100% Pure

Sold in the U.S. since the mid-1800s, this is an all purpose blend of pure and extra virgin olive oil with the subtle classic taste and golden color. It is ideal for grilling, sautéing and stir frying meat, poultry and vegetables, and is a fine choice for pasta and salads.

FILIPPO BERIO—Extra Virgin

Fine aromatic oil from the first pressing of the olives, with full flavor, low acidity and deep greenish-gold color. Extra virgin adds full-bodied taste to salad dressing, sauces, marinades, vegetable dishes, meats.

Try: Original Style—made in the tradition of fine Tuscan Extra Virgin.

Special Selection™—with acidity of less than 0.3% at packing, it is smoothly flavorful.

Organic—made from olives from trees certified organic by Italian authorities.

A Few Basic Tips

- 1 Keep a cruet of extra virgin olive oil on your dining table to drizzle on bread, baked potatoes, vegetables, salads, soups and pasta.
- 2 Use Filippo Berio Pure or Extra Light to baste meat before grilling to lock in juicy flavors.
- 3 Use Filippo Berio Extra Light olive oil in cakes and other dessert recipes calling for vegetable oil.
- 4 Use Filippo Berio to oil skillets, griddles, baking pans, and waffle irons.
- 5 Rub chopping boards with a few drops of Filippo Berio Extra Light to keep them from cracking; keeps foods from sticking, too.
- 6 Brush barbecue grill with Filippo Berio to prevent food from sticking.

Instead of Butter or Margarine...

- 7 Do as the Italians do: dip bread or rolls into a small pool of extra virgin olive oil instead of using butter or margarine. Wonderful flavor!
- 8 Pour olive oil into an empty plastic margarine container, cover and place in freezer. When very cold and thick, remove and serve as a spread for bread.
- 9 Brown French toast in Filippo Berio Extra Light olive oil; serve with yogurt and fresh fruit.
- 10 Fry or scramble eggs in a little olive oil – great for omelets, too.
- 11 Simplify garlic bread: brush Filippo Berio on halved or sliced French or Italian bread, sprinkle with minced or powdered garlic and oven-toast or broil until lightly browned.
- 12 Use Filippo Berio when popping corn.
- 13 Sprinkle olive oil over top of popcorn instead of butter.
- 14 Toast nuts in Filippo Berio for added flavor.
- 15 Sauté apple slices or banana halves in a teaspoon of Filippo Berio Extra Light olive oil; sprinkle with cinnamon and sugar.
- 16 Sauté onions and mushrooms in olive oil.
- 17 Drizzle Filippo Berio on corn on the cob.
- 18 “Dress” cooked vegetables with a little olive oil for superb flavor.
- 19 Sprinkle extra virgin olive oil on your “blossomed” baked potatoes rather than topping with butter or sour cream.
- 20 Use olive oil and lemon as a dip for cooked artichokes.
- 21 Baste the holiday turkey with olive oil for extra flavor.
- 22 Dip lobster into warmed/herbed olive oil.

23 Sauté fish filets in Filippo Berio Extra Light olive oil, add a squeeze of lemon.

24 Skillet broil scallops in a little olive oil and minced garlic.

25 Brush both sides of cheese sandwiches with Filippo Berio Extra Light olive oil before browning on a grill or in a skillet.

Breakfast Breakthroughs

26 Use Filippo Berio Extra Light olive oil instead of vegetable oil in your favorite muffin recipes.

27 Make your breakfast pancakes and waffles with Filippo Berio Extra Light olive oil.

28 Brunch Ricotta Frittata: Beat 1 pound of ricotta until fluffy; add salt and pepper to taste. In separate bowl beat 6 eggs with 3 tablespoons grated Parmesan cheese. Add eggs to the ricotta and mix. Heat 2 tablespoons olive oil in 10-inch skillet; add egg mixture and cook until eggs begin to set. Place under heated broiler until top is lightly browned. Cut into wedges and serve.

Adventurous Appetizers

29 Bagna Cauda Dip for Raw Vegetables: Heat 3/4 cup olive oil and 3 tablespoons butter until starting to foam; add 2 teaspoons finely chopped garlic, and 10 flat anchovy fillets, chopped. Cook over low heat, stirring frequently, until mixture becomes paste. Add salt to taste and serve hot.

30 Roasted Sweet Peppers: Bake 2 green and 2 red bell peppers in a 400° F oven for 20-30 minutes or until they begin to darken. Cut in half lengthwise, drain and cool slightly. Peel off skin and cut into strips. Place in bowl, sprinkle with salt; add 1/2 cup extra virgin olive oil, and let stand 5 hours at room temperature or overnight in refrigerator.

31 Marinated Artichoke Hearts: In saucepan simmer 1/4 cup white wine vinegar, 1/4 cup olive oil, 1/2 teaspoons each of oregano and basil, salt and pepper to taste. Split artichoke hearts from 2 15-oz. cans, drained, and add to mixture. Simmer 10 minutes, pour into dish and refrigerate. Drain before serving.

32 Hummus: In a bowl or food processor process two cloves garlic, add 1 can chick peas, drained, 2 dashes Tabasco pepper sauce, 2 tablespoons fresh orange juice, 2 tablespoons of peanut butter or tahini, juice of 1 lemon and 1/4 cup Filippo Berio olive oil. Process and serve with warmed pita bread or chips.

33 Eggplant Caviar: Preheat oven to 400° F. Cut 2 eggplants in half lengthwise, place on baking sheet cut-side down and bake for 20 minutes. Scoop out pulp and puree in food processor. Place in bowl and mix with 1/4 cup minced scallions, 1 clove garlic, minced, 2 teaspoons lemon juice, 1/2 teaspoon dried basil, 1/4 cup Filippo Berio Extra Virgin olive oil and 1/4 teaspoon black pepper. Chill.

34 Crab Cocktail: Combine 1 pound cooked crab-meat with 2 tablespoons minced parsley, 1/4 cup Filippo Berio Extra Virgin olive oil, juice of 1 lemon, and fresh ground pepper.

35 Pinzimonio: Grind generous amounts of coarse sea salt and black pepper into extra virgin olive oil; use as dip for blanched vegetables such as fennel root, artichokes, red peppers and asparagus.

36 Fresh Bruschetta: Blend 2 tablespoons Filippo Berio Extra Virgin olive oil with 1 cup of chopped fresh ripe tomatoes, 1 clove garlic, minced, and salt and pepper to taste. Toast 12 1/2-inch thick slices of Italian bread until lightly browned. Place a leaf of fresh basil on each slice, top with a heaping teaspoon of the tomato mixture and serve while the bread is warm.

37 Peel 1/4 pound carrots, cut in 2-inch lengths, and cook in boiling salted water for 10-12 minutes. Drain and cut lengthwise into small sticks. Put in small, deep serving dish. Peel and crush 1 clove garlic and bury in sticks. Add salt and pepper, 1/4 teaspoon oregano, 1 tablespoon red wine vinegar and olive oil to cover the carrots. Marinate in refrigerator overnight. Remove garlic and serve at room temperature.

38 Remove crusts from white bread slices; quarter and dip in olive oil. Coat with grated Parmesan cheese and minced onion. Broil for 2 minutes or until cheese is melted. Serve immediately.

Soup Savoy

39 Use Filippo Berio Extra Virgin olive oil in your recipe for gazpacho. Garnish with croutons made from 1 cup of 1/4-inch bread cubes browned in 1/4 cup extra virgin olive oil.

40 Pistou for Soup: Blend 3 cloves garlic, minced, 1/2 cup fresh basil leaves and 1/4 cup extra virgin olive oil in blender or processor until smooth. Add a spoonful per bowl to vegetable or bean soups.

41 Use olive oil to replace the salty meats often used to provide flavor in bean or pea soups.

42 To make croutons to garnish soup, heat 1/4 cup Filippo Berio olive oil in skillet over moderate heat. Add 1 cup of 1/4 inch bread cubes, crusts removed, and cook until crisp and lightly browned on all sides, turning frequently with a wide spatula.

Salads and Salad Dressings

43 Vinaigrette: In a small bowl combine 6 tablespoons Filippo Berio Extra Virgin with 2 tablespoons of wine vinegar, 2 tablespoons of lemon juice, 1/4 teaspoon black pepper, 1 clove garlic, minced, 1 tablespoon minced onion and 1 tablespoon minced parsley. Mix well and chill.

44 Mustard Vinaigrette: Omit lemon juice, onion and parsley in basic vinaigrette. Add 2 tablespoons wine vinegar and 1/2 teaspoon dry mustard.

45 Balsamic Vinaigrette: Use balsamic vinegar in place of wine vinegar in basic vinaigrette; add 1 tablespoon minced shallots and 1/4 teaspoon marjoram.

46 Peel and grate 5 to 6 carrots and place in bowl. When ready to serve, add 1 teaspoon salt, 1/4 cup olive oil and 1 tablespoon lemon juice. Toss thoroughly and serve.

47 Cauliflower Salad: Boil 1 head cauliflower. Before it cools, detach florets, dividing them into two or three parts. Put in salad bowl and season liberally with salt, Filippo Berio Extra Virgin olive oil and red wine vinegar. Toss carefully.

48 Tri-color Pepper Salad: Heat 1/4 cup Filippo Berio Extra Light olive oil in large skillet over medium heat. Add 1 *each* red, yellow and green bell pepper, cut into 2-inch strips, and 2 cloves garlic, minced, and sauté for 15 minutes until soft. Add 1 teaspoon dried basil, tablespoon chopped fresh parsley, 1/4 teaspoon salt and 1/4 teaspoon black pepper. Mix well and serve at room temperature or chilled.

49 Tomato Parsley Salad: In small bowl blend 1 clove garlic, minced, 1/2 cup Filippo Berio Extra Virgin olive oil, 3 tablespoons wine vinegar, 1/4 teaspoon *each* salt and black pepper. In glass bowl, put 4 cups of fresh parsley leaves. Add dressing and 1/2 cup grated Parmesan cheese and mix well. Add 4 thinly sliced medium tomatoes and toss.

50 White Bean Salad: Drain 2 15-oz. cans of white kidney or cannellini beans and put in large bowl. In small bowl, whisk together 1/4 cup Filippo Berio Extra Virgin olive oil, 1/4 cup lemon juice, 1 tablespoon wine vinegar, 1/4 teaspoon *each* salt and pepper. Pour over beans and add 1/4 teaspoon oregano, 1 red onion sliced, 1 ripe tomato sliced and 1 green bell pepper, seeded and sliced. Toss.

51 Marinate steamed green beans or asparagus in Filippo Berio olive oil vinaigrette dressing; sprinkle with fresh parsley and chill.

52 Tuna Bean Salad: Drain 1 19-oz. can of white kidney beans and put in bowl with 1/2 Bermuda onion, thinly sliced, and salt to taste. Add 1 6-oz. can tuna, drained, 1/3 cup Filippo Berio Extra Virgin olive oil, 2 teaspoons red wine vinegar, freshly ground black pepper.

53 Potato, Pepper and Chive Salad: Put 1 tablespoon Dijon mustard into a salad bowl. Peel 1 clove garlic and crush it into the mustard. Add 3 tablespoons balsamic vinegar, salt and pepper to taste. Gradually beat in 3/4 cup Filippo Berio Extra Virgin olive oil. Remove garlic and add 2 pounds cooked new potatoes, quartered, and 1 red pepper roasted, peeled and diced. Toss thoroughly. Add 1 bunch fresh chives, minced, and serve at room temperature.

Virtuous Vegetables

54 Boil spinach and Swiss chard in salted water until tender, drain and squeeze dry. Chop. In skillet, simmer 1 clove garlic, minced, in olive oil with small handful *each* of pine nuts and raisins. Add greens and sauté briefly. Serve with fresh ground pepper.

55 Coat peeled slices of eggplant with flour. Fry in olive oil and drain on paper towels. Layer eggplant, spaghetti sauce and grated Parmesan cheese in casserole dish, ending with layer of sauce and cheese. Bake at 350° F until hot and slightly browned on top.

56 Cut broccoli rabe into bite-size lengths and sauté it in Filippo Berio olive oil and minced garlic.

57 Pre-heat oven to 375° F. Cut baking potatoes into halves, brush all over with Filippo Berio olive oil mixed with minced garlic, salt and pepper. Place cut side down on cookie sheet and bake for 45 minutes or until cooked through and browned.

58 Pierce whole spaghetti squash. Microwave on high for 10-12 minutes. Open and scoop out pulp. Toss with Filippo Berio Extra Virgin olive oil, fresh ground pepper and Parmesan cheese.

59 Stir-fry vegetables in 1/4 cup Filippo Berio Extra Light-Tasting Olive Oil. Add 1/2 cup chicken broth and 1 tablespoon soy sauce, cover and simmer 2-3 minutes.

60 Deep fry flour-coated mushrooms or zucchini slices in Filippo Berio olive oil

61 Combine 1/4 cup olive oil with salt and pepper and 1/2 teaspoon dried rosemary. Coat 1 pound small new potatoes with oil/herb mixture. Place potatoes on a cookie sheet and bake in pre-heated 350° F oven for 30 minutes or until cooked through.

62 Marinated Tomatoes: Slice 3-6 tomatoes and arrange in glass dish. Blend 1/3 cup tarragon vinegar, 1/3 cup chopped onion, 1 teaspoon cilantro, 2/3 cup olive oil, 1 teaspoon salt, 1/2 teaspoon pepper, 1/2 teaspoon marjoram, 1/4 cup each chopped parsley and chopped chives. Pour over tomatoes and chill.

63 French fried potatoes take on special flavor when oven fried or deep fried in Filippo Berio olive oil.

64 Place 1-1/2 pounds of washed, trimmed asparagus well separated in a shallow baking pan. Drizzle with 4 tablespoons Filippo Berio olive oil and sprinkle with thinly sliced garlic, finely chopped parsley, salt and freshly ground pepper. Roast for about 8 minutes in a oven pre-heated to 400° F

Sunny Sauces

65 Tarragon Sauce: In food processor, mince 3 cloves garlic. Add 3 oz. (about 3/4 cup) fresh breadcrumbs, 1 tablespoon white wine vinegar, 1/2 teaspoon dried tarragon, and 5 tablespoons Filippo Berio Extra Virgin olive oil. Process. Add salt to taste. Serve sauce with boiled beef or veal.

66 Quick Tomato Sauce: In 3-quart microwave-safe bowl, combine 1/4 cup extra virgin olive oil, 1 clove garlic, chopped, 1 onion, chopped. Cover with plastic wrap; cook on high for 2 minutes. Add 1/4 cup white wine, 1 28-oz. can plum tomatoes, drained, 1 tablespoon tomato paste, 1 teaspoon dried basil and 1/4 teaspoon *each* salt and pepper. Cook on high 5 minutes. Uncover; cook on medium for 15 minutes. Let stand 7 minutes before serving.

67 Red Clam Sauce: In microwave-safe dish, heat 1/4 cup Filippo Berio olive oil on high for 1 minute. Add 3 cloves garlic, minced and 1 small onion, chopped and cook for 2 minutes. Add 1/2 cup chopped parsley, 1/4 cup white wine, 2 cups fresh or drained canned tomatoes, 1/4 teaspoon oregano and 1/8 teaspoon black pepper. Cover with plastic wrap and cook on high for 5 minutes. Add 2 6-oz. cans chopped clams and cook 3 minutes longer.

68 Herb Marinade: In small bowl, mix 2 tablespoons vinegar with 1 clove garlic, minced, 1 tablespoon Dijon mustard, and 1/4 teaspoon *each* dried parsley, thyme and marjoram. Whisk in 3/4 cup extra virgin olive oil and 1/4 teaspoon black pepper. Great with chicken, fish or meat. Use immediately, do not store.

69 Lemon Sauce: In blender process 1/2 cup extra virgin olive oil, 2 tablespoons lemon juice, 1/4 teaspoon black pepper and 1 tablespoon chopped parsley. Use on broiled fish, salads, or steamed vegetables.

70 Citrus Marinade: In large bowl, blend 1/2 cup orange juice, 2 tablespoons soy sauce, 1 teaspoon chopped fresh ginger root, 2 cloves garlic, minced, 1 teaspoon honey, 1 teaspoon Dijon mustard, 1/4 cup Filippo Berio Extra Virgin olive oil. Use as marinade for turkey or chicken before grilling.

Bold Breads

71 Apply thin coat of Filippo Berio olive oil to hands when working with sticky bread dough.

72 Focaccia: Preheat oven to 400° F Pour thin layer of Filippo Berio olive oil on large flat baking sheet. Roll out 8 to 10 ounces of risen bread dough to 1/2" thickness and place on baking sheet. Every 2-1/2 inches press finger into dough to make dimples. Pour 4-5 tablespoons of Filippo Berio pure olive oil over dough and sprinkle with salt. Bake for 20-25 minutes until deep golden and crusty.

73 Cheese Focaccia: Oil an 8x10-inch area in center of a cookie sheet. Stretch 1 loaf frozen bread dough, thawed, to fit oiled area. Dimple dough with fingertips, and coat it with 2 tablespoons Filippo Berio. Scatter 2-3 tablespoons of chopped fresh basil over dough. Cover with 3/4 cup grated mozzarella cheese and 1/4 cup grated Parmesan. Bake in oven preheated to 400° F for 30-40 minutes.

74 Brush pita bread halves with Filippo Berio Extra Virgin olive oil and broil or oven-toast until crispy.

75 Pizza Dough: Dissolve 1 package dry yeast in 1 cup warm water. Add 1 teaspoon each of sugar and salt, 2-1/2 cups sifted flour and 2 tablespoons Filippo Berio. Mix well. Let dough rest, covered, for 10 minutes. Brush pizza pan with olive oil. Put dough in pan and add toppings. Bake in oven preheated to 350° F until bottom is brown, about 20 to 30 minutes.

76 Sprinkle Filippo Berio Extra Virgin olive oil over frozen microwave pizza or on hero sandwiches to add extra taste and moisture.

Accompaniments

77 Enraged Oil: Slightly bruise two or three whole chili peppers. Place in jar or bottle with tight fitting lid. Fill jar with olive oil. Close tightly and store for at least a week. Use as table condiment to add to soups or stews.

78 Pair a hot loaf of baked bread with a cruet of Filippo Berio Extra Virgin olive oil instead of butter. Drizzle a teaspoon of oil over a slice of bread and enjoy as is or add a splash of red wine vinegar or freshly squeezed lemon juice.

79 Rouille: In food puree 1/2 green bell pepper, 1 teaspoon Tabasco pepper sauce, 1 tablespoon dried basil leaves, 3 cloves garlic, minced, 1 thick slice white bread, crust removed, dipped in water and squeezed dry, and 1/4 teaspoon black pepper. Scrape down sides. With machine running slowly add olive oil and process until smooth. Use as a condiment 1/2 teaspoon at a time to perk up soups and stews. Store in refrigerator.

80 Pesto: In food processor or blender, puree 2 cups fresh basil leaves, 2 cloves garlic, 1/2 cup Parmesan cheese, 2 tablespoons Romano cheese, and 1/4 cup pine nuts or walnuts. Turn machine off and scrape down sides. With machine running, slowly add 1/2 cup Filippo Berio Extra Virgin olive oil and process until smooth. Toss with hot cooked pasta.

Pasta Perfecto

81 Walnut Sauce: In food processor mince 2 cloves garlic, add 1-1/2 cups walnuts, 1/4 cup pine nuts, 3 or more leaves fresh basil, 2 tablespoons fresh bread crumbs, 1 cup milk, 3 tablespoons Filippo Berio Extra Virgin olive oil, salt and pepper. Process and serve with a flat pasta like tagliatelle.

82 Blanch handful of sun-dried tomatoes, chop up and place in bowl with 3 cloves garlic, minced, 1/3 cup Filippo Berio Extra Virgin olive oil and fresh ground pepper. Cook pasta, drain and toss with tomato mixture. Sprinkle with Parmesan cheese.

83 Put 1 tablespoon olive oil in water before boiling pasta. It will prevent its sticking together.

84 Marinated Noodles: Toss cooked noodles with a mixture of 2 cloves garlic, minced, 1/2 cup orange juice, 1/2 cup soy sauce, 1 teaspoon fresh grated ginger, 1/4 cup Filippo Berio olive oil, 1 teaspoon Tabasco pepper sauce and (optional) 2 tablespoons peanut butter or tihini. Garnish with chopped scallions. Refrigerate for at least an hour.

85 For superb spaghetti for two: in skillet over low heat cook 3 or 4 large garlic cloves, minced, in 1/4 cup olive oil. Add 1 2-oz. can anchovy fillets, drained and chopped. Cook for three minutes. Add 1 teaspoon fresh lemon juice and toss with 8 ounces of cooked and drained spaghetti. Serve with freshly ground pepper, minced parsley and Parmesan cheese.

Classic Chicken

86 Marinate cut up chicken for 1/2 hour in a blend of 1/4 cup Filippo Berio olive oil, 1/4 cup orange juice, 1/4 cup soy sauce, 1 teaspoon Tabasco pepper sauce, 1 teaspoon grated ginger, 1 tablespoon maple syrup or jelly, juice of 1 lime. Pre-heat oven to 350° F; bake chicken for 45 minutes to 1 hour.

87 Chicken and Peppers: Heat 1/4 cup Filippo Berio olive oil in uncovered microwave-safe baking dish for 2 minutes on high. Add 1 large onion, chopped, cover with plastic wrap and microwave for 2 minutes. Remove baking dish from oven; add 2 green peppers cut into strips, 4 tomatoes, quartered, and 1/4 teaspoon black pepper. Stir to coat the vegetables. Mound vegetables in center of dish, surround with 4 skinless, boneless chicken breast halves. Cover and cook on high for 10 minutes.

88 Chicken Cacciatore: In large skillet brown 1 large cut-up chicken in 1/4 cup Filippo Berio olive oil. Remove chicken. Add to skillet 2 onions, sliced, and 2 cloves garlic, sliced; cook until tender. Return chicken to skillet. In bowl combine 1 16-oz. can tomatoes, 1 8-oz. can tomato sauce, salt, pepper, 1 teaspoon oregano, 1/2 teaspoon celery seed. Pour over chicken. Add 2 bay leaves, cover and simmer 30 minutes. Stir in 1/4 cup dry white wine. Cook uncovered 15 minutes longer, turning occasionally.

89 Oven Fried Chicken: Preheat oven to 350° F. Pour 1/2 cup unbleached flour, 1/4 cup cornmeal, 1/4 teaspoon pepper, 1/2 teaspoon paprika into a paper bag. Place 1 pound skinless, boneless chicken breast halves in bag, shake until coated. Put chicken in baking dish and pour 1/4 cup Filippo Berio Extra Virgin olive oil over it. Bake for 1 hour until browned, turning several times.

Magnifico Meats

90 Use olive oil instead of an egg to bind ingredients in meat loaf—1/4 cup per pound of meat.

91 Rub leg of lamb with Filippo Berio, rosemary and oregano for extra juiciness and flavor.

92 Before roasting, coat leg of lamb with a creamy blend of 1/3 cup Dijon mustard, 2 tablespoons soy sauce, 1 clove garlic, minced, 1 teaspoon rosemary or thyme, 1 teaspoon grated ginger, and 2 tablespoons Filippo Berio olive oil.

93 Brush beef or lamb kebabs with Filippo Berio before broiling.

94 Italian meat balls aren't the real thing unless sauteed in flavorful Filippo Berio olive oil.

95 Teriyaki Kabobs: In glass bowl, marinate 1 pound lean sirloin steak cut in strips in 1/2 cup soy sauce, 1 teaspoon brown sugar, 1/4 cup olive oil, 1 tablespoon minced fresh ginger root, 1/4 teaspoon black pepper and 2 cloves garlic, minced, for 2 hours. Thread strips on steak on skewers with water chestnut at each end. Broil for 12 minutes, turning often.

96 Eggplant "Sandwiches": Make meatball mixture. Slice eggplant, dip in flour. Put 2 slices together with meatball mixture in center. Heat 1/4 cup Filippo Berio olive oil in skillet. Brown sandwiches on both sides. In baking pan, layer 1/3 jar of spaghetti sauce, eggplant sandwiches, a sprinkle of Parmesan cheese, shredded Mozzarella. Top with sauce and repeat layers. Bake in 350° F over 45 minutes to 1 hour.

Fish and Seafood

97 Brush peeled shrimp with Filippo Berio and sprinkle with garlic powder and oregano. Broil 5 minutes each side or until pink.

98 Sauté softshell crabs in Filippo Berio. Garnish with lemon wedges.

99 Dredge one pound fish fillets in pepper-seasoned flour. In large skillet heat 1 clove of garlic in 1/3 cup Filippo Berio Extra Virgin olive oil. Remove garlic and sauté fish until brown and crusty on both sides. Sprinkle with oregano and squeeze lemon juice over fillets before serving.

100 In a heavy skillet over medium heat, sauté 4 large cloves of garlic, minced, in 1/4 cup Filippo Berio olive oil. As soon as garlic starts to brown, stir in 1/2 teaspoon crushed dried red pepper and 1 pound large fresh shrimp, peeled and deveined. Stir fry for 3 minutes. Add 2 teaspoons fresh lime juice and continue to cook for 5 minutes.

101 Steam 3 cups of broccoli flowerets until just tender. In a large skillet, heat 1/4 cup olive oil and sauté 2 cloves garlic, minced and 2 tablespoons grated fresh ginger for 1 minute. Add 1 pound bay scallops and stir-fry for 3 minutes. Add broccoli and 1/8 teaspoon hot chili oil and simmer until heated through.

Bonus: Beauty and Household Tips

Use Filippo Berio as a massage oil for soft, silky skin.

Dip fingernails in olive oil before manicuring; rub oil into nails.

A little olive oil makes an excellent hair conditioner. Apply after shampoo and rinse well.

After polishing copper and brass, rubbing the item with olive oil will retard tarnish.

For homemade furniture polish, mix three parts olive oil with one part vinegar.

Rub Filippo Berio Extra Light olive oil into butcher block surfaces to give them a nice finish and help prevent unsightly marks.