

## Olive Oil Recipes

### Horiatiki Salata Villager's Salad

This classic Greek Salad maintains the Mediterranean tradition of fresh vegetables, herbs, Kalamata olives, and a generous amount of *Kontoulis Family Olive Oil*. Perfect for lunch or served as a side dish. Serves 4 to 6. Preparation time: 1/2 hour

- 1/2 cup *Kontoulis Family Olive Oil*
- 3 to 4 firm vine-ripened farmer's market tomatoes
- 1 red onion, peeled
- 1 small cucumber, peeled
- 1 large green or yellow pepper
- 1/3 cup Kalamata Olives (black pitted)
- 2 to 3 pinches dried oregano
- 1/2 cup crumbled feta cheese

Wash and dry your vegetables. Cut the tomatoes into small wedges, slice the cucumbers, and thinly slice the onion and peppers. Add oregano, salt, and pepper to taste. Add the Kalamata olives and the crumbled feta cheese. Now add the *Kontoulis Family Olive Oil*, toss and serve.



### Briam |bree-AHM| Baked Farmer's Market Vegetables

An easy and delicious traditional Greek vegetarian dish. *Kontoulis Family Olive Oil* adds great flavor and substance to this dish, which is considered a 'main course' in Greece. Zucchini, eggplant and potatoes are commonly used, but feel free to use other vegetables in season from your local Farmer's Market. Variations of this vegetable combination can be found throughout the Mediterranean cuisine. It is also a perfect accompaniment to broiled fish or lamb chops. Serves 4 to 6. Preparation time: 1 to 1-1/2 hours

- 1 cup *Kontoulis Family Olive Oil*
- 1 lb. zucchini or yellow squash
- 1 lb. potatoes
- 1 lb. eggplant
- 2 onions halved lengthwise then thinly sliced
- 3 peppers - one green, red, and yellow
- 3 ripened tomatoes grated or cut into small cubes
- 1 small bunch chopped parsley
- 3 to 4 garlic cloves minced
- 2 to 3 pinches dried oregano
- Salt and pepper to taste

Clean and wash your vegetables and cut them into slices. Put all ingredients into a large baking pan, stir and coat vegetables with *Kontoulis Family Olive Oil*. Bake at 400° for approximately 1 to 1-1/2 hours. You may turn up the oven to 450° for the last 15 minutes to brown the tops of the vegetables. Serve with feta cheese.



# Extra Virgin Olive Oil

First Cold Press  
ALL NATURAL  
Acidity 0.2%



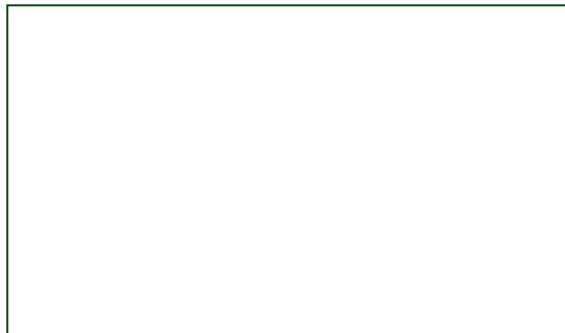
*Kontoulis Family  
Olive Grove*  
Messinia, Greece

[www.kontoulisfamily.com](http://www.kontoulisfamily.com)

### *Family History*

The Kontoulis family came to the United States in 1969. Demetra now lives in Larchmont, NY, and along with other family members, travels to her native village of Strefi annually. In the fertile plain of Messinia, Greece, she tends to the family's small olive groves. This area has a long tradition of producing high quality olive oil. The olive groves were planted by her grandfather and continue to be cultivated in a natural and traditional method.

For years Demetra supplied olive oil from her family's trees to friends and family members in the US. Encouraged by their enthusiastic response to the superb taste and quality of her oil, she became a part-time olive grove farmer and oil producer. Today, Demetra and her family return to Greece for the annual olive harvest and actively participate in the selection, and production of their olive oil.



### *Our Olive Oil*

Our family's Extra Virgin Olive Oil comes from the Koroneiki tree variety, which is known for its smooth flavor that is both rich and fruity. The olive oil is deep green in color, fragrant with the light aroma of fresh raw olives, and has a smooth, savory taste that enhances the flavor of every meal. Pour it on your favorite salads, vegetables, meats, seafood, soups and pastas. Olive oil tastes best fresh. To maintain premium taste and freshness we recommend storing the oil in a dark, cool place and keeping it no longer than three years. It is 100% natural olive juice with no additives, preservatives, or mixtures of lower grade olive oils. At the bottom of the bottle a slight sediment may be noticed, which is quite normal for unfiltered, cold pressed, unheated, raw olive oil. The acidity content in a typical harvest from our groves is approximately 0.2%. This is well below the extra virgin qualification standard of 0.8% established by the International Olive Oil Council (IOOC).



### *Kontoulis Family Olive Oil*

...is available in 1 Liter, 500 ml and 250 ml bottles, as well as 17 Liter containers. Production is limited. To purchase our olive oil, please contact a member of the Kontoulis family, or visit the website to place an order or to learn if it is sold at a market near you.

### *Kontoulis Family Olive Grove*

**Demetra Kontoulis Bouras** Larchmont, NY 914-834-1525

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**Christina Bouras** Portland, ME 603-866-6754

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### *The Production Process*

Our family is present for every step of the production process to ensure that our oil is of the highest quality, with an acidity level ranging from 0.2% to 0.3%. After we harvest the olives we deliver them to the oil mill in our native village. The olives are cold pressed within 24-48 hours of harvesting. Olive oil is unique in that it can be consumed without refinement, which preserves its vitamins and essential acids and nutrients. Our oil is produced only from the first pressing of the olives and is unfiltered. Generally, one kilogram of extra virgin olive oil is produced from five kilograms of olives.

### *Health Benefits*

Olive oil is a mono-unsaturated fat, that can lower your risk of heart disease by reducing the low-density lipoprotein (LDL, or "bad") cholesterol levels in your blood. According to the Food and Drug Administration (FDA), consuming 2 tablespoons of olive oil a day may reduce your risk of heart disease. Extra-Virgin Olive Oil is the least processed form and contains the highest levels of polyphenols, a powerful antioxidant that promotes heart health, discourages artery clogging and chronic diseases, including cancer, reduces cholesterol and blood pressure.

### *About Greece*

Messinia is located in the Peloponnese region of Greece, in the south western part of the mainland. Kalamata is the state capital. It's near the sea, and is filled with long, sun-drenched days; an ideal climate for the production of premium olive oil. The excellent growing conditions coupled with centuries of olive cultivation result in the production of our exceptionally fine extra virgin olive oil.

