



Colavita's Olio Novello: Oil at the Height of its Freshness and Fragrance

Natasha Lardera (December 09, 2013)



Contrary to what people may think, as it is the case with *Vino Novello* which should be consumed immediately as it becomes undrinkable if not drunk in a short time, *Novello* oil doesn't need to be enjoyed right away. You can taste its development, fully enjoy the slight softening of the aromas as it evolves, which is offset by the increasingly rounded flavor on the palate.

Italy is covered with olive trees, from the northern regions all the way down to Puglia and Sicily. The pressing of tree-ripened olives extracts a tasty, mono saturated oil that is good for cooking and for salads. The flavor, color and fragrance of olive oils can vary greatly depending on distinctions such as growing regions (oils from southern Italy tend to be more fruity) and the crop's condition.

Olive oils are graded according to the degree of acidity they contain. The best oils are cold-pressed, a chemical-free process that involves only pressure, which produces a natural level of acidity.

The Italian olive harvest occurs between the end of October and the beginning of November. At this time the olive mills reopen their doors and a celebration begins. The community gathers around the mill to rejoice and savor the aroma from the new pressing. *Novello* – which means “new” – is the name given to this first oil of the season. Just-pressed oil is at the height of its freshness and fragrance. Differently from what people may believe, as it is the case with *Vino Novello* which should



be consumed immediately as it becomes undrinkable if not drunk in a short time, Novello oil doesn't need to be enjoyed right away. What you taste when you first open a bottle will be slightly different from when you taste the same bottle a few days later. You can savor the oil's development, fully enjoy the slight softening of the aromas as it evolves, which is offset by the increasingly rounded flavor on the palate.

The early harvest, the instant pressing of the olives picked within a few hours, the time to decant the product, and to bottle it, make of Olio Novello a real special treat. [Colavita, America's best-selling Italian Extra Virgin Olive Oil, produces many delicious oils, and Novello from Molise Region is among them.](#) [2]

Colavita Novello Extra Virgin Olive Oil presents a unique brilliance in flavor, appearance and aroma. The olives crushed for Colavita Novello Extra Virgin Olive Oil have not reached their full maturity and carry with them all the fragrance and strength of the fruit. Its yellow/green color accompanies an intense aroma of freshly pressed olives. The taste, mildly spicy and slightly bitter, leaves a robust and lingering flavor in the mouth. The novello oil is unfiltered and is just as it appears when it is freshly pressed at the olive mill.

Use as a finishing oil to preserve the full flavor, aroma and immense personality of this oil. It is ideal as a dressing oil for fish, richly flavored salads, vegetable soups and bruschettas. The ritual of enjoying Novello oil drizzled over bruschetta (slices of bread lightly toasted over coals) is a moment not to be missed, and has been repeated annually at every Italian olive mill since the year 600!

Recipe provided by Colavita

Escarole and Bean Soup

Ingredients:

2 tablespoons COLAVITA Extra Virgin Olive Oil
2 cloves garlic, minced
1 1/2 teaspoons capers, rinsed and chopped
2 cups water
2 (15 - ounce) cans cannellini beans, drained and rinsed
1/2 teaspoon salt, or to taste
2 head escarole, washed, trimmed, chopped into large pieces
2 tablespoons COLAVITA Novello Extra Virgin Olive Oil, or as needed.

Preparation:

Heat olive oil in a saucepan set over medium heat. Add garlic and capers; saute 1 minute. Add water, cannellini beans and salt. Bring to a boil; boil 3 minutes. Add escarole. Reduce heat to low; simmer 15 minutes or until escarole is tender. Drizzle with Novello olive oil and serve. Makes 4 to 6 servings
Per Serving: 193 Calories (44.4% from fat); 10g Fat (1g Sat, 7g Mono, 1g Poly); 6g Protein; 22g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 485mg Sodium. Food Exchanges: 1 1/2 Grain (Starch); 1 Fat.

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