



## Olive Oil: Sauces, Starters and Mains

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Olive oil is everyone's favourite cooking ingredient - it's delicious, versatile and healthy. Available in varieties from mild to peppery, there's a version for every dish. It's also a star when used alone for dipping or as a main ingredient in a classic sauce such as pesto or aioli. There are hundreds of different olive oils produced all around the world. A helpful introduction sorts the cold-pressed from the unfiltered and helps you decide what to buy. After that, it's time to get cooking. Simple starters include Olive Oil and Garlic Bruschetta and warm Bagna Cauda. For a main course, you could try Spanish Roasted Vegetable Salad or Chicken with Tomato, Garlic and Olives. The book also includes an invaluable section of dressings and sauces - the recipes for which olive oil is most famous. All the classics you need are here, from tangy Vinaigrette (including variations on the traditional recipe) to the Mayonnaise family and aromatic Pesto.

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