

Recipes with Aromatic Olive Oils Sparta Essences & Health Secrets

Contains
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SPARTA GREEK OREGANO



Sparta Essences Greek Oregano, with oregano essential oil of the Greek land, which offers its many positive properties to the extra virgin olive oil. For centuries, herbs have been widely used for various purposes, from treating infectious diseases to maintaining and enhancing the taste of food and producing aromas. These days, many researchers, based on the observations of Hippocrates and Paracelsus, after analyzing the oregano oil and finding that its main ingredients are carvacrol and thymol, have conducted assays on the biological actions of these ingredients. Carvacrol and thymol were the most beneficial effects of oregano oil, with the main antioxidant effect. A survey of Greek oregano samples found that levels of carvacrol in oregano oil ranged between 2.3-93.8%. Sparta Essences Greek Oregano contains oregano oil with 87.2% concentration of carvacrol! In 2020, it was awarded with the bronze medal at the Los Angeles International Extra Virgin Olive Oil Competition.



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RECIPE : CAKE WITH GRILLED PEPPERS

Preparation: 10' | Baking: 30' - 35'
Servings: 6

INGREDIENTS

2 yellow peppers, 2 red peppers, 2 green peppers, 300 gr. self raising flour, 3 medium eggs
100 ml SPARTA OREGANO olive oil, 100 ml milk
2 tbsp grated parmesan, 8 gr. dry yeast
1 tsp dried oregano, ¼ bunch of parsley, very finely chopped
Salt, freshly ground pepper

DIRECTIONS

Preheat the oven grill. Put the peppers in a pan and cook them for 10 minutes in the oven until they turn brown. Flip them over halfway to cook both sides. (If you do not have time you can use roasted peppers from a jar). Remove the peppers from the grill and set the temperature at 180 °C with air. Remove the dry skin from the peppers and cut them into thin strips. Sprinkle with a little parsley, salt and pepper and set aside. In a bowl, put the eggs, olive oil, milk, salt, pepper and chopped parsley and beat well with a whisk. Add the flour, yeast, parmesan, oregano and mix well until a fairly liquid mixture is created. Finally chop a few strips of peppers in the mixture, mix and pour it into a well oiled 22 cm diameter pan. Wrap the remaining strips of peppers in small rolls and "wedge" them alternately on the surface of the dough. Sprinkle with a little parsley and bake in the oven for 30-35 minutes. Remove from the oven, unmold the cake and leave it on the grill to cool.



SPARTA LEMON



Sparta Essences Lemon with Lemon essential oil, rich in citral (content >10%), which is well combined with Greek Extra Virgin Olive Oil. The cultivation of Lemon (Citrus Limon) has its roots in Antiquity, as well as Olive, while it needs a warm climate to grow up. Citrus extracts such as lemon are known sources of bio-function compounds with a significant effect on health protection. In particular, essential oils are known for their antioxidant and antibacterial effect due to their high content in a group of chemicals called terpenes, to which citral belongs. These effects had been observed from ancient times as lemon was used to treat infections from micro-organisms. Today, after numerous scientific studies on lemon essential oil, and in particular the ingredient citral, it deserves to be consumed not only for its organoleptic properties but also for its protective action against inflammation and oxidative stress!

Sparta Essences Lemon perfectly complements the taste of Sparta Gold olive oil and it enhances its antioxidant, anti-inflammatory and antimicrobial effects that it already has! Drizzle on fish, meat, on raw and grilled vegetables.



It deserves to be consumed not only for its organoleptic properties, but also for its protective action against inflammation & oxidative stress due to the presence of the ingredient citral !

RECIPE : PILAF WITH ASPARAGUS AND CITRUS ESSENCES

Preparation: 10' , Baking: 25'
Servings: 4

INGREDIENTS

400 gr. Carolina rice , 400 gr. asparagus , 1500 ml vegetable broth, 100 ml SPARTA LEMON olive oil
Juice of 1 orange, 1 orange zest (unwaxed)
1 lemon zest (unwaxed), 1 lemon lime zest (unwaxed)
50 gr. grated parmesan , Salt, freshly ground pepper

DIRECTIONS

In a large saucepan boil the vegetable broth. Add the rice and cook for 20 minutes. At the same time, clean the asparagus and chop the thick and hard stalks. Put half the lemon olive oil in a large wok or non-stick pan to heat. Add the asparagus and saute for 8-10 minutes until soft. Quench with orange juice and season with salt and pepper. Using a slotted spoon, transfer the rice directly from the pan to the wok. Add the zests, basil, salt and pepper. Stir the wok to mix well and pour the pilaf on a large plate. Sprinkle with the remaining olive oil with lemon and sprinkle with parmesan and freshly ground pepper. Serve immediately.



SPARTA GREEK BASIL



Sparta Essences Greek Basil with basil essential oil of the Greek land, which offers its many healthy properties and excellent taste in Greek extra virgin olive oil. Traditionally, basil (*Ocimum basilicum*) has been used for the treatment of kidney dysfunction, as a hemostatic during childbirth due to its antimicrobial properties, for ear pain, for menstrual abnormalities, arthritis, anorexia, for mild symptoms of colds, even for malaria! All these healthy protective indications of basil that had traditionally been observed led to the study of this plant by many researchers around the world. Therefore, basil has been shown to have significant effects against certain viruses, fungi, bacteria and certain infections they cause. Sparta Essences Greek Basil Olive Oil consists of basil essential oil containing mainly linalool, a sought-after ingredient for the food industry (due to pleasant taste) and cosmetics (due to pleasant aroma). Essential oils, such as basil, which are rich in linalool, exhibit various biological effects, such as antimicrobials, anti-inflammatory, anticancer, while several animal studies have confirmed the significant effects of this substance on the Central Nervous System. Another important ingredient is eucalyptol (1,8-kineol), which is mainly used for the treatment of the respiratory system's dysfunction.

Sparta Essences Greek Basil Olive Oil, containing ingredients such as linalool and eucalyptol, in addition to the rich taste it generously gives to cooking recipes, at the same time gives the consumer special health-protective properties (soothing action, faced with mild respiratory symptoms), which are necessary for this season!



Sparta Essences Greek Basil Olive Oil, containing ingredients such as linalool & eucalyptol, in addition to the rich taste it generously gives to cooking recipes, at the same time gives the consumer special health-protective properties (soothing action, faced with mild respiratory symptoms), which are necessary for this season!

RECIPE : ZUCCHINI MINI PIZZAS WITH MOZZARELLA, ALMONDS & BASIL OIL

Preparation: 30', Baking: 15'
Servings: 4

INGREDIENTS

4 large, round zucchini, 200 gr. Talagani (or halloumi) cheese, cut into sticks
50 gr. white almonds, 100 gr. cherry tomatoes, cut in half
1 tsp sweet paprika, 80 ml SPARTA BASIL olive oil
10-12 basil leaves, finely chopped, Leaves of 5-6 sprigs of parsley, finely chopped
Salt, freshly ground pepper

DIRECTIONS

Preheat the oven to 180 °C with air. Line the oven tray with parchment paper. Wash and wipe the zucchini and cut them into thick, round slices about 1 cm thick. Sprinkle them with a little of the olive oil and spread them in a single layer on the oven tray. Bake the zucchini for 30 minutes. Take the tray out of the oven and spread the cheese, the cherry tomatoes and the almonds. Sprinkle with paprika, salt and pepper and place again in the oven. Continue baking for 15 more minutes. Take the pizzas out of the oven, sprinkle with the rest of the olive oil and sprinkle with the herbs.



SPARTA CHILLI

Sparta Essences Chilli. Since ancient times, as well as in Traditional Medicine, chilli has been recognized for its wide range of therapeutic properties. It has several external and internal applications in various medical systems. Externally, it is used to treat rheumatism, neuralgia, varicose veins and as an anti-irritant. Internally, it is used to treat indigestion, flatulence, heart disease and muscle tension. However, its regular consumption is also believed to be beneficial for anorexia, hemorrhoids, liver congestion and cirrhosis veins. The therapeutic potential of chilli and capsaicin (the dominant substance it contains) has been well documented for many years and has been used against various gastrointestinal dysfunctions such as indigestion, anorexia, gastroesophageal reflux, gastric ulcer, etc. However, further studies have documented the limits of the dose of chilli, so that this brings only the desired results, as well as its fat soluble nature, so as not to disturb, but only to delight the palate and defend our health, such as Sparta Essences Chilli Extra Virgin Olive Oil! Add some for a touch of spice and aroma to your dishes! The new trend in cooking is to drizzle it on pizza. It also goes perfectly with eggs, meat, grilled vegetables, and, also, French fries.



The therapeutic potential of chilli & capsaicin (the dominant substance it contains) has been used against various gastrointestinal dysfunctions such as indigestion, anorexia, gastroesophageal reflux, gastric ulcer.

RECIPE : WARM SALAD WITH FENNELS, ORANGE & CHILLI

Preparation: 15' | Baking: 25'
Servings: 4

INGREDIENTS

3 fennels, 2 unwaxed, organic oranges
1 tsp fennel seeds, 3-4 sprigs of fresh oregano, 1-2 chilli peppers, finely chopped
100 ml SPARTA CHILLI olive oil
50 gr. grated Parmesan, 1 orange zest (unwaxed), Salt, freshly ground pepper

DIRECTIONS

Put the fennels in a saucepan with enough water and cook for 10-12 minutes. Take them out with a slotted spoon and cut them immediately vertically into thick slices 1 cm thick. Preheat the oven to 200 ° C. Wash and wipe the oranges with their peel and cut them into thick cloves. Spread the fennel and orange slices on a plate lined with parchment paper. Sprinkle with fennel seeds, chilli pepper, orange zest, salt and pepper. Sprinkle with orange juice and half the olive oil with chilli and bake in the oven for 20 minutes. Take the sheet out of the oven, turn the temperature on the grill and sprinkle with the rest of the olive oil. Put it back in the oven and bake for 5-6 minutes until the fennel is grilled. Serve the salad sprinkled with grated Parmesan and if desired with another chopped chilli pepper.



SPARTA GARLIC

Sparta Essences Garlic, with garlic extract in olive oil, which offers healthy properties, while having a balanced taste, without the usual aftertaste. Garlic has long been cultivated all over the world, from Mediterranean coast to Siberia! For thousands of years, it has been used for culinary, medical and spiritual purposes, while its medical and magical powers were described on the walls of ancient temples and in papyrus dating back to 1500 BC. During the Middle Ages it was used to ward off the evil eye. Ancient Greek doctors such as Hippocrates and Galen used garlic in their medical prescriptions, while today it is recommended for coughing and for the prevention of atherosclerosis by the European Medicine Agency. Garlic is believed to have expectorating, antispasmodic, antiseptic, bacteriostatic, anti-virus, anthelmintic and hypotensive effects. It is commonly used for the treatment of chronic bronchitis, recurrent infections of the upper respiratory system and against influenza. In combination with olive oil, it is a product with enhanced health protection properties including those of olive oil, while at the same time enriching the taste of dishes that combine it!

Sparta Essences Garlic, without the usual aftertaste.

Garlic is believed to have expectorating, antispasmodic, antiseptic, bacteriostatic, anti-virus, anthelmintic & hypotensive effects.

RECIPE : TOMATO SAUCE FOR PASTA WITH SPARTA GARLIC

Preparation: 25' - 30'

Servings: 3 - 4

INGREDIENTS

A packet of spaghetti
500 grams of ripe tomatoes very red or 1 can of diced tomatoes
1 small cup of Sparta Garlic olive oil
5-6 cherry tomatoes in slices
1 teaspoon sugar
1 bunch of basil
Salt and pepper

DIRECTIONS

Mash the tomatoes in a blender and cut the tomatoes into slices. Sauté the Sparta Garlic Olive Oil and add the tomatoes. Add salt and pepper and, finally, add the sugar. Cook until the tomatoes become tender. Also add most of the chopped basil. In another pot with salted water, boil the spaghetti and after you drain it, throw in the pan with the sauce. Mix them well and serve. You can optionally add 1-2 basil leaves. Sprinkle with a little grated parmesan or feta.



SPARTA WHITE TRUFFLE

Sparta White Truffle, with white truffle extract in olive oil, which offers positive healthy properties, while having a balanced taste. White truffles are increasingly used in Gastronomy due to their aroma and spicy taste (pleasant combination taste of garlic and cheese), as well as their high nutritional value, which is confirmed by studies demonstrating their antioxidant, anti-viral, antimicrobial, hepatoprotective, anti-mutagenic and anti-inflammatory effects. The use of truffle is known from the past and was considered a royal food, to which consumption was not accessible by ordinary people, while it was used as a traditional medicine even as an aphrodisiac! After scientific studies it was discovered that truffle is a rich source of proteins, amino acids, minerals, vitamins, fiber, carbohydrates and fatty acids. Sparta Essences with White Truffle is a quality olive oil enriched in nutrients (proteins, amino acids, vitamins, etc.) – which must be taken on a daily basis, while at the same time pleasing the palate, making its consumption a pleasant process! Ideal for pasta dishes, risotto, meat, salads and sauces. Add a few drops to enhance the flavor of any recipe. Enjoy this unique royal food on your dishes!



Studies demonstrating their antioxidant, anti-viral, antimicrobial, hepatoprotective, anti-mutagenic & anti-inflammatory effects while it was used as a traditional medicine even as an aphrodisiac !

RECIPE : TART WITH SWEET POTATOES & ONIONS

Preparation : 20' , Waiting : 30' , Baking : 40' - 45'
Servings : 6 - 8

INGREDIENTS

For the dough: 250 gr. all purpose flour, sifted, 100 gr. olive oil SPARTA WHITE TRUFFLE + 1 tsp. for the baking tray, 50 ml milk, 1 egg, preferably organic, lightly beaten, 1 tsp dried oregano or thyme, grated , 1/2 tsp salt
For the cream: 350 ml milk, 40 gr. Butter, 30 gr. all-purpose flour, 2 egg yolks, 1 small sweet potato, grated on a fine grater, 50 gr. sweet gruyere, grated, salt, freshly ground pepper, Some grated nutmeg
For the surface: 1 large sweet potato, peeled and cut into thin slices, 2 red onions cut into slices

DIRECTIONS

For the dough: Put the sifted flour in a large and deep bowl, add the olive oil and rub the ingredients with your fingers, until you make a mixture that looks like bread crumbs. Add the milk, the egg, oregano (or thyme) and salt and mix all the ingredients together by hand, without too much pressure, until you make a dough that is not necessarily uniform. Shape the dough into a ball, wrap it in a transparent film, and put it in the fridge for 30 minutes before using it. Unroll the dough. On a flat and slightly floured surface, spread it with the pin into a flat dough of 28cm diameter, ie slightly larger than the diameter of the baking tray. Grease the baking tray with 1 tbsp. tablespoon oil and lay the dough in the pan, covering the walls of the pan as well.
For the cream: Heat the milk in a saucepan, without letting it heat too much. In a medium saucepan, heat the butter over medium heat and, when it melts, sprinkle the flour and mix it immediately with the whisk. Cook for 2-3 minutes, until it acquires a dark golden color, constantly stirring with the whisk. Gradually and without stopping the stirring, add the milk. Heat this mixture for a few minutes, without stopping the stirring, until the cream sets. Remove from the heat, add the yolks, the grated sweet potato and the gruyere, season with salt, pepper and a little grated nutmeg and cover the pot with a transparent film, which should be applied on the surface of the cream, so that no crust forms. Leave aside.
For the tart: In a saucepan with boiling salted water, add the sweet potato slices and bake for 3 minutes. Take them out with a slotted spoon and leave them on a plate lined with kitchen paper to dry. Preheat the oven to 180 ° C with air. Pour the cream into the baking pan and flatten it with a spoon. Place the sweet potato and onion slices alternately and in a circle until you cover the entire surface of the cream. Spread with a little olive oil and bake in the oven for 40-45 minutes.





SPARTA BUTTER

With butter aroma for perfect taste without guilt!

It can be used as a butter substitute in confectionery, sauteing, or in any recipe that requires melted butter. It is a healthy and at the same time tasty choice, avoiding the unhealthy saturated fats of the butter. It is also suitable for vegetarians and vegans, but also for those who are fasting.

You can enjoy it in spaghetti, rice, meats, popcorn, cakes, pancakes and other sweet and savory recipes.

Sparta Butter is a healthy choice, without the unhealthy saturated butter fats. Suitable for vegetarians.

RECIPE : POPCORN WITH SPARTA BUTTER OLIVE OIL

Preparation: 1', Baking: 5' - 10'

Servings: 2

INGREDIENTS

1/4 cup of popcorn seeds
2 tbsp SPARTA BUTTER olive oil
Salt

DIRECTIONS

Pour the Sparta Butter olive oil into a saucepan. Gradually raise the cooker to a relatively high temperature and add 2-3 popcorn seeds. Once they burst, remove the pot from the heat and pour the remaining popcorn and place the lid. Once all the popcorn is popped, take it out of the pot and sprinkle with salt.

