

To all my Olive Oil Connoisseur friends:

Wishing all of our EVOO coop members a wonderful upcoming Independence and Canada Day weekend! For those preparing your BBQ for some serious grilling...don't forget to drizzle some of your EVOO on the vegetables and meats.

We send our very best wishes to the following family-friends-coop members who are celebrating their upcoming birthdays. **Tanti Aguri Per Cento Anni Di Questi Giorni!** To: Dominic Zappia, Stein Svendsen and my nephew... Matthew Castaldo.

Per the last newsletter, I will be taking pre-orders for next years 'Olio Nuovo' new harvest until mid August, 2006. We anticipate that it's going to be a great year...So please contact me if you wish to place your order.

In this newsletter we'll be spotlighting coop member and singer-songwriter Joe D'Urso. In 1996, D'Urso left his job at the legendary Premier Talent Agency in New York City to pursue his career as a singer-songwriter. Since then, D'Urso's music has earned glowing praise from the media. The BBC's Gary Price says, "Joe D'Urso sings like an angel and writes songs like a demon" and New York Times writer Karen DeMasters calls D'Urso "one of the most original and versatile of the current artists writing music based in good, old-fashioned rock and roll". Joe has several solo gigs this up-coming weekend down at the Jersey Shore (Asbury Park)and in Milwaukee, WI on July 4<sup>th</sup>. To find out more about Joe's music, CD's and upcoming tours please visit <http://www.jdcaravan.com/>

Please let us know what interests you for future newsletters. (Please feel free to forward this newsletter to your friends and family).

**If you wish to co-sponsor the next newsletter or sponsor a fun and educational EVOO Tasting Workshop please contact me.**

Cheers,

micheal CASTALDO  
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To read past newsletters please visit...[www.NewYorkCityOliveOilCoop.com/](http://www.NewYorkCityOliveOilCoop.com/)

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## 1- EVOO Clever Tip – BYOEVOO (Bring your own extra virgin olive oil)

We have all seen casual invitations to parties where BYOB (Bring Your Own Booze) was written at the bottom of the paper. Well I'd like to see a new acronym arise - BYOEVOO (Bring your own extra virgin olive oil). We always keep a few small sampling bottles of EVOO with us when visiting friends or going to a dinner party. I give small sample bottles of EVOO. I suggest you do the same. Since you never know when you will be invited to an impromptu party or when an occasion may call for a special gift, you will be prepared - armed with your very own bottle of EVOO.

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## 2- EVOO Factoid – How to judge an Olive Oil?

The sensory characteristics of a food are essential to its acceptance. Even if no one ever invites a friend home to have a drink of EVOO, the quality of the small amount used to season a salad or to prepare a pesto sauce is fundamental to the enjoyment of such foods.

Safety and nutritional value counsel the use of EVOO. That is why the EVOO selected must have the best possible sensory characteristics and acidity, best if below 0.3%.

It is foolish and uneconomical to buy the finest and most expensive ingredients and then season them with rancid or otherwise poor-tasting EVOO!

EVOO is judged by its bouquet and taste alone. For example, EVOO is termed fruity when its flavor and aroma are similar to that of a mature olive.

High quality EVOO colors range from light to deep green, depending on the location of the estate and the particular olives with which the oil is made. FYI...Golden color EVOO is usually very light in taste, towards the end of its shelf life and comes from olives that are extremely ripe and or picked late in the harvest season. In the end it's all subjective to your personal tastes. BTW...Professional tasters even use blue glass containers so that their judgment will not be affected by the color.

Good flavor is the result of picking healthy fresh olive fruit at the optimum stage of maturity. All EVOO after pressing seem fruity, but in most cases, this characteristic disappears after a few months. Authentically fruity oil maintains this characteristic aroma through time. Overall however, clouded deep green, unfiltered oils are prized by many for their fuller robust flavor.

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### 3-Recipe – Seared Tuna with Warm White Beans

#### Ingredients:

1 cup dried beans, (great northern, cannellini or similar bean)  
 4 cups chicken stock or water  
 1 yellow onion  
 1 head garlic  
 sprig thyme  
 4 tuna steaks, about 6 oz. each  
 sprig rosemary and parsley  
 kosher salt and fresh ground pepper  
 EVOO  
 lemon



Soak beans overnight with water to cover plus a couple inches at room temperature. Drain the water and put beans in a heavy-bottomed pot. Cover with water or stock or combination thereof bringing the level a couple of inches above the beans. Quarter the onion, halve the garlic and add to the pot. Bring up to a boil and immediately reduce heat to a simmer. Stir occasionally. Cook until tender, about 40 minutes. Beans should be soft but not falling apart. Remove the onion and garlic. Add a good pinch of salt, some freshly chopped thyme and let the beans cool. Adjust seasoning and drain excess liquid. You want enough liquid that the beans remain moist but not swimming. Sometimes I add a touch of lemon juice or balsamic vinegar to the beans.

Trim any blood line from the tuna steaks. Brush with some EVOO, chopped rosemary and parsley, and some salt and pepper. Heat a heavy-bottomed skillet and add a splash of EVOO. When EVOO is almost smoking carefully add steaks. Sear on each side about 1 minute or until desired doneness. Remove from heat.

Ladle the warm beans onto a plate. Drizzle some EVOO over the beans. Place the tuna on the beans and top with aioli or tapenade. Enjoy...Mangia!

## 4- Quote of the Month

“Olive oil has always been placed somewhere between food and medicine. Hippocrates, the father of modern medicine, recommended the juices of fresh olives as a cure for mental illness and poultices of macerated olives for ulcers. In the Middle Ages, it was used to treat gynecological complaints and in the Mediterranean country side, it was used as a treatment for ear aches, as a purgative, especially for children, as a treatment for stomach aches, gastritis, gastro duodenal ulcers and to soften calluses. Olive oil was thought to have a very positive effect on atrophy of the gallbladder and to inhibit hepatobiliary secretion during gallbladder emptying time.”

A.A. Rivellese, G. Riccardi, M. Mancini Institute of Internal Medicine and Metabolism Disease University of Federico II, Naples, Italy

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Villetta Mimma Vittoria Private Reserve Estate EVOO...

Founded in 1920's by Michelangelo Pellegrino & Maria Antonia Frisina. The Pellegrino's produce Organic Olive Oils in Italy along the Tyrrhenian coast of Calabria in the foothills of Aspromonte. Proprietors of a vast amount of olive trees some from 20 to over 300 years old. Pellegrino farming methods comply with European certification bodies. Pellegrino Certified Organic Oil has a brilliant dark green hue, scent of green olive, a wonderful buttery texture and subtle peppery finish. Through traditional farming methods the Pellegrino's maintain a special relationship with: Mother Earth and her resources.



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Other Castaldo Projects:

[www.michealCASTALDO.com/](http://www.michealCASTALDO.com/) (la Dolce Vita musical ambiance at your next event)

[www.VillettaMimmaVittoria.com/](http://www.VillettaMimmaVittoria.com/) Villetta Mimma Vittoria – Villa Rental In Calabria, Italy

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