



Hello everybody, and how have you been getting on this past year? It's that time of the year again and as Autumn rolls in, shrouded in golden leaves and dreamy mists, we are getting ready for the big action – the harvest season is under way! Although we are sure that as long-time friends of ours, as well as olive oil lovers, you would never forget this all-important event, we are taking the occasion to say hello and thank all of you for following us

year after year. We do appreciate it and will strive to make the best olive oil ever this year – dedicated to all our friends out there! Just don't forget to order your supply of the new olive oil right now!



Pornanino's olive grove diary // Dear friends, we are happy to introduce to you Patrick, Marcia, Michelle and Anne from The Deliciouser who, starting this year, will help us get Pornanino Extra Virgin Olive Oil to your homes ... ▶▶



How much do you know about olive oil? Take our test and find out // We know you appreciate fine olive oil. But are you sure you really know the basics? Well, let's see how you handle our quiz. ... ▶▶



Chianti: from rags to riches // Chianti's is a success story not unlike Cinderella's. Beautiful but very poor, it was scorned by the Tuscan grandees and all but ignored for centuries. ... ▶▶



Grandma Lia's olive oil recipes // Something sweet to greet the holiday season, easy to bake and sure to promote lots of cheer and goodwill. Ho ho ho! ... ▶▶



Want to watch our olives grow? Look us up on Google Earth!
Search "Pornanino" or put our coordinates: N 43° 27.226', E 11° 20.658'

We'd love to hear from you! Here's our email address oliveoil@chiantionline.com

If you want to order Pornanino's products please click [here](#)

Editor, copy: Francesca Boggio Robutti © 2023 Az. Agricola Pornanino. All rights reserved. Reproduction without permission prohibited. While we make every effort to provide accurate information, we cannot be held responsible for any mistakes that may occur.
If you want to unsubscribe please click [here](#)



Pornanino's olive grove diary

Dear friends, we are happy to introduce to you Patrick, Marcia, Michelle and Anne from The Deliciouser who, starting this year, will help us get Pornanino Extra Virgin Olive Oil to your homes as punctually as ever.



Many of you in the USA know our friend Terry who in recent years has helped us get your orders of Pornanino Extra Virgin Olive Oil on time and always in perfect condition.

Terry will continue to support us for direct shipments to the States (thanks Terry!) but starting from this year he will be supported by friends from The Deliciouser thanks to whom we hope to further improve our service in the USA.

A warm welcome to Patrick, Marcia, Michelle and Anne then!

(The first "business meeting" at Pornanino, June 2022)

The Deliciouser, Chef curated, small batch spice blends.

We are very excited to be taking over the distribution of Pornanino Olive Oil in 2023! For the past 15 years, we have been purchasing Olive Oil from our friends Terry & Debra Hart.

Every year we have preordered bottles for ourselves and as gifts for friends and family. When the new shipment arrives each December, we always look forward to the pickup party, a festive gathering of like-minded foodies eager to sample the new harvest. We're honored and happy to continue the tradition.

Our story starts in the heart of the Midwest with these key ingredients: years of combined experience in the food industry; fostering relationships with community partners; and traveling the globe.

Our vision is to bring exceptional spices, herbs, and culinary products into every kitchen and to invite cooks from all walks of life to share in the joy of creating delicious food with Deliciouser blends.

We like to refer to ourselves as a blended family, not just because we are in the business of blending spices, but because we really are a family. The Deliciouser family is Patrick, Marcia, Michelle, and Anne.

Today, The Deliciouser is an emerging brand producing a full line of chef curated, small batch spice blends. In January 2023, we opened The Deliciouser Kitchen Studio to share our stories, recipes and techniques with cooks of all levels.

More at www.thedeliouseur.com ♦



Click to order now ►►

How much do you know about olive oil? Take our test and find out

We know you appreciate fine olive oil. But are you sure you really know the basics? Well, let's see how you handle our quiz.



It's best to use as little as possible or it makes you fat. Wrong. While it's true that olive oil is a source of calories, just like any other fat, our body can't function correctly on an entirely fat-free diet. So cutting out fats altogether is not a good idea. Compared to other cooking fats, however, olive oil is good for us in many other ways. Modern research has confirmed that it protects our heart by getting rid of "bad" cholesterol, helps digestion, contains several unique vitamins and acts as a powerful antioxidant, which means it promotes cell regeneration and might even ward off cancer. In short, it keeps our body healthy, fit and rejuvenated. Actually, it has been suggested that the very best way of looking after oneself is slurping a table spoon of straight extra virgin olive oil first thing in the morning, every day. Just don't make it three or four, though, or you'll get fat!

I always buy first cold pressed extra virgin olive oil. True. Good for you! If you want all the flavor plus the virtues we mentioned above, there's no other way to go. And please don't think we are biased if we point out that the advantages far outbalance the cost. A superior first cold pressed extra virgin olive oil is hard to get and worth every dollar it costs, just like a good bottle of wine. The problem here is that you won't be able to tell a quality product from an inferior one just by reading the label or the price tag. Terms like "first cold pressed" and "extra virgin" actually are no guarantee that the olive oil you're buying is free from chemicals and industrial processing, let alone telling you anything about the quality of the olives it is made from. A good rule of thumb when choosing, therefore, is to avoid brands that are sold in mass-retail outlets, as no company who produces hundreds of thousands of bottles can afford to do so the traditional way – even if they claim to. If you want quality you have to look at the smaller outfits. Shop around, taste and judge for yourself. But be wary – there are sharks out there, and that's one thing that doesn't mix well with olive oil.

I use my favourite olive oil sparingly, so it will last longer. Wrong. Apart from the fact that olive oil is good for you so you should use it every day, it is a natural product and as such it does have a shelf life. It is best consumed within 1 year of the production date, but it can keep for up to 2 years if it comes from slightly unripe olives – the way we make it. Just be sure to store your olive oil in a dark cupboard, and remember it doesn't like it when it's too cold. Don't let it freeze and don't expose it to sunlight (that's why good olive oil comes in dark colored glass bottles). Keep it corked when you're not using it.

Most people only use extra virgin olive oil on a salad. I don't agree. True. Full marks. If the olive oil you're using is good, it will have a very distinct personality that can enhance the flavor of any food it meets. It's actually a shame to only use it for salads! Italian cooking can be very elaborate and sophisticated, but it's often at its best when working with only a few very fresh ingredients, subtly underscored by a drizzle of good olive oil. Just think of the simple perfection of dishes such as bruschetta (grilled bread, fresh tomato, garlic, basil and olive oil) or caprese (sliced mozzarella cheese, fresh tomato, oregano or basil leaves and olive oil); true Italian style pizza couldn't do without, nor such essential masterpieces as spaghetti tossed with garlic, a little chili pepper and olive oil. Why, olive oil is the secret of Italian cuisine! To enjoy it, though, you must first get rid of the clutter to allow it space to breathe. Next time you have a steak try drizzling a little olive oil on it instead of dousing it with ketchup. Cook the simplest vegetable soup and finish it up with just a little olive oil poured on before serving – you won't need any other fat or shortening, and it will still taste great. With an olive oil bottle at hand you could even go on a diet with a smile. And if weight is not an issue (lucky you), then you might be interested to know that olive oil is actually your healthiest bet as a frying fat. So you're absolutely right. extra virgin olive oil is positively wasted if you only use it on a salad. ♦

[Click to order now](#) ▶▶



Chianti: from rags to riches

Chianti's is a success story not unlike Cinderella's. Beautiful but very poor, it was scorned by the Tuscan grandees and all but ignored for centuries. Until one day a prince turned up and nothing was ever the same anymore.



Why the obscure patch of hilly countryside stretching between Siena and Florence is known as Chianti is anyone's guess. Some say it echoes the name of a big Etruscan family, the Clante, who lived nearby in the first centuries before Christ; or it might have been derived from Clanis, as the Etruscans called a local creek. Be that as it may, there's no denying the role the Etruscans had in shaping the country. It was that mysterious people that introduced agriculture and, more importantly, the grape. When the Romans took over, with their usual efficiency they encouraged the cultivation of their best-loved cash crop – olives – which indeed thrived in the stony soil.

Everything ground to a halt when the barbarians invaded, plunging Italy in the darkness of the Middle Ages. Picturing what Chianti might have looked like at the time is not at all difficult, since most of the walled-in villages and fortified farms that still dot the wooded slopes date back to that period. There are several wonderfully preserved medieval hamlets around Radda, Gaiole and Castellina, such as Selvole, Collepetroso, Tregole, Adine, San Marcellino, among the others. Basically, though, what was carried on around there at the time was mere subsistence farming. And it didn't help the local economy that Chianti gradually became the favored battleground of the fiercely rival cities of Florence and Siena, who clashed several times over the centuries, having pledged allegiance to the great warring powers of the day – the Holy Roman Emperor and the Pope. Needless to say, on opposite sides. Chianti was awarded to Florence in 1203, but that didn't stop the violence. The marauding armies of sundry conquerors crashed through on a regular basis, on their way to richer preys, wreaking havoc and contributing in spreading the plague. Peace descended at last in 1555, when Siena lost its crucial, final battle to Florence.

Peasants could draw a breath of relief, and settle down to reorganize themselves. Family plots were bought up by city investors and consolidated into estates, which were then parceled up and leased to tenant farmers. In order to maximize yield, the steeper slopes were terraced and everywhere grape vines and olive trees were planted in alternating rows, with corn growing in-between.

Things were improving, yet our Cinderella was still waiting meekly by the fireside for her prince to come. When he arrived at last, one could legitimately wonder why it had taken him so long, since all he had to do was descend the stately staircase of his castle in Brolio (Chianti). His name was Baron Bettino Ricasoli, scion of a noble family that had owned the Brolio estate for centuries (he would go on to become Italy's first prime minister). Anyway, he tinkered with the local wine until he came up with such a remarkable blend of grape varieties that his own Chianti was highly acclaimed at the 1878 Grand Exposition in Paris. Following Ricasoli's recipe, by 1924 Chianti had been established as one of Italy's major wines and a Consortium of producers was created in order to protect it – the Classical Chianti Consortium, whose emblem is a black cock on a gold background. But the Prince Charming effect was soon gone, and after the Second World War people began to move out of a depressed, miserable countryside heading for the bright city lights.

Beautiful Cinderella languished among the weeds and ruins, but rescue was in sight. Come the 1970s, as the big estates became liabilities and came up for sale, enlightened foreigners seeking to go back to the simple rhythms of nature snatched them up, invested time, money and passion in them and turned humble Cinderella into a global celebrity. By the way, the wily Romans had been right after all. It's not just wine that makes Chianti proud. Its olive oil is just as prized. And if you don't want to be left out of the fairy tale, do remember to order your own little bit of magic straight away! ♦

[Click to order now](#) ▶▶



Grandma Lia's olive oil recipes

Something sweet to greet the holiday season, easy to bake and sure to promote lots of cheer and goodwill. Ho ho ho!

Grandma's bread cake (makes a 10 in round tin)

- ✓ 11 oz. stale bread – any kind
- ✓ 1 egg
- ✓ ½ cup sugar
- ✓ 3 oz chocolate chips
- ✓ ½ cup raisins
- ✓ ¼ cup Pornanino EVOO
- ✓ peel of half a lemon
- ✓ 2 tablespoons pine nuts



Make sure that the bread is stale. If it's not, let it stand for a couple of days until it's really hard, then soak it in warm water. Squeeze all of the liquid out, put the mashed bread in a bowl and beat in the egg, sugar, Pornanino Extra Virgin Olive Oil, raisins, chocolate chips and grated lemon peel. Put the mix into a greased baking tin, level it considering that it should be about 1 inch thick, scatter the pine nuts on top and drizzle with a little Pornanino extra virgin olive oil. Bake in a moderate oven (350° F) for about 70 minutes, or until it's brown and crispy. It's best

served straight away, either warm or cold.

Spongata cake (makes an 8-inch cake)

- ✓ 1 cup and a half all purpose flour
- ✓ 4 tablespoons sugar
- ✓ half a stick of butter (2 oz)
- ✓ 2 tablespoons Pornanino EVOO
- ✓ white wine
- ✓ pinch of salt
- ✓ 1/3 cup runny honey
- ✓ ½ cup crushed biscuit crumbs
- ✓ ½ cup ground almonds
- ✓ ½ cup ground hazelnuts
- ✓ ½ cup ground walnuts
- ✓ 3 tablespoons candied orange peel (zest)
- ✓ 1 tablespoon raisins
- ✓ 1 tablespoon pine nuts ground
- ✓ cinnamon, coriander, pepper and nutmeg
- ✓ 1 tablespoon brandy



Don't be put off by the long list of ingredients. It's really quick and easy to make, and will keep up to three weeks well wrapped in foil. You can bake several smaller cakes and give them to your friends for Christmas! Make the filling at least one day in advance: boil the honey together with 2 tablespoons of white wine over moderate heat for a couple of minutes. Remove the saucepan from the heat and incorporate the crushed biscuit crumbs, ground nuts, and spices (about 1 teaspoon in all). Cook for a few minutes over moderate heat, then remove and

add the chopped candied orange peel, raisins, pine nuts and a tablespoon of brandy. Mix thoroughly and let stand covered with cling-film for at least one day.

To make the pastry, combine all the ingredients in the food processor, adding a little white wine to loosen the mixture – mind that it should be quite firm. Work until smooth, then cut in two and roll out each half onto a floured surface to form two 8-inch rounds. Put the first round onto a baking tray, pile the filling on top of it and cover with the second round. Pinch the edges to seal in the filling, brush with a little Pornanino Extra Virgin Olive Oil and bake in a moderate oven (350° F) for about 30 minutes or until slightly golden. Dust with icing sugar when cold.

Don't risk running out of your secret ingredient, Pornanino Extra Virgin Olive Oil: [Click to order](#) ►►

Tell us if you like our recipes! Is there a recipe you'd like Grandma Lia to work out for you? [Let us know](#)