

The World of Spanish EVOO

Quality, Variety, Sustainability
西班牙特级初榨橄榄油世界

#SpainFoodNation



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Among the products that make up unique Spanish gastronomy—the tradition born based on the geographical and cultural characteristics of the country and transmitting Spain's passion for life and delicious food—Spanish olive oil is one of the fundamentals. From the mountainous Asturias to busy Madrid and all the way to the breezy Spanish Mediterranean coast and the paradise Spanish Islands, olive oil is present almost in every dish and is the right hand of every chef, professional or "home-based."

With Spanish olive oil offering countless gastronomic possibilities and varied application methods, it is getting increasingly popular among Chinese consumers and professionals that appreciate its beneficial properties, vitamin and mineral content and complex flavors and aromas.

To explore this gastronomic treasure that Spain generously shares with the world, let's discover what makes Spanish EVOOs unique and what culinary horizons can be reached when bringing them to the kitchen.

在独特西班牙美食的产品中，有许多基于西班牙地域、文化和历史特征而诞生的多样又广泛的传统，传递着西班牙人对生活和美食的热情，西班牙橄榄油就是其中之一。从多山的阿斯图里亚斯到繁忙的马德里，再到微风吹拂的西班牙地中海沿岸和天堂般的群岛，几乎每一道西班牙菜中都含有橄榄油，是每一位专业厨师或“家厨”的必备之选。

西班牙橄榄油创造了无数美食可能性和多样的使用方法，越来越受到中国消费者的欢迎，人们对橄榄油的有益特性、维生素和矿物质含量以及复杂的风味和香气大为赞赏。

为了探索这一西班牙慷慨地与世界分享的美食宝藏，让我们了解下是什么使西班牙特级初榨橄榄油如此独特，并将烹饪领域带到了何种境界。

Excellence in Every Step of Production 卓越源自生产各环节

EVOO—extra virgin olive oil—is an unrefined oil and is the highest quality olive oil that can be purchased. Spanish olive oil classification requires each product to meet specific criteria to be granted the EVOO grade. Choosing Spanish olive oil guarantees that the product is of premium quality and will surpass even the boldest of expectations.

Spain, the global leader in EVOO production, is also one of the best olive oil producers. The companies and olive oil makers follow strict quality control systems that ensure a high level of the final product. By applying cutting-edge technology and incorporating knowledge based on the latest scientific research, the quality-ensuring systems in the Spanish olive oil sector are continuously optimizing: the transparency of the production processes is increasing, enabling the consumers to get comprehensive information about the products they buy. As a result, premium quality, outstanding flavor and aroma as well as other attributes bring Spanish EVOOs to the top of olive oil production: in one of the most important extra virgin olive oil rankings in the world, the World Ranking of Extra Virgin Olive Oil 2021, Spain occupied 8 of the top-10 positions.

With olive groves covering vast areas of Spain, sustainability is one of the primary focuses of the olive oil production sector: creating quality products without causing a negative impact on the environment is paramount. Initiatives implemented by the sector work towards continuously aiding the fauna and increasing the biodiversity of the olive groves. Projects like Olivares Vivos bring great results in restoring the fauna species that find homes in olive trees.

特级初榨橄榄油未经精炼，是市场上最高品质的橄榄油。西班牙橄榄油的分类标准要求产品需满足特定标准才能获得特级初榨等级，选择西班牙橄榄油能确保产品质量上乘，乃至超越最大胆的期望。

西班牙的特级初榨橄榄油的生产全球领先，也是最优质的橄榄油生产国之一。橄榄油制造商遵循严格的质量控制系统，以确保最终产品的水平。随着技术发展和最新科学研究的采用，西班牙橄榄油行业的质量保证体系持续优化，生产过程透明度不断提高，使消费者能全面了解他们所买到的产品。因此造就的优质、出色风味和香气以及其他属性，使得西班



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牙特级初榨橄榄油成为橄榄油生产的佼佼者，在2021年的“世界特级初榨橄榄油排名”，这一全球最重要特级初榨橄榄油排名之一，西班牙产品占据了前10名中的8名。

橄榄树覆盖了西班牙的广大地区，因此可持续性成为了橄榄油生产领域的主要关注点之一，在不对环境造成负面影响的情况下创造优质产品至关重要。此领域中实施的举措旨在不断帮助橄榄林中的动物群并增加生物多样性，比如其中“盎然生机橄榄林”项目在恢复以橄榄林为家的动物种群方面取得了巨大成果。

Olive Varieties at the Heart of Spanish EVOO

生产西班牙特级初榨橄榄油的橄榄品种



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Spain is the land of olive groves. Country's geography and climate—mild winters and long hot summers, extensive mountainous slopes, fields and just the right amount of moisture—make Spain the perfect place for majestic olive trees.

Olive oil is in fact a fruit juice—derived from one of the 268 olive varieties growing in various Spanish regions, with each of them bringing its unique flavors and aromas. The primary olive varieties used for the production of olive oil are Picual, Arbequina and Hojiblanca. Just like the wines, the tasting notes and attributes of each olive oil vary from the DO it was produced. Andalusia—the heart of olive production—is the biggest olive region in Spain, with Jaén being world-renowned for their Picual olive oils such as Sierra Mágina PDO or Sierra de Cazorla PDO. Picual olive variety is the king of olive oils and is the greenest and the most robust one. With slightly bitter and pungent notes, it is an excellent companion for grilled meats, vegetables and Spanish stews.

The region of Córdoba—producing Priego de Cordoba PDO oils, among others—uses Hojiblanca olives that offer the notes of leaves



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and freshly cut grass, with a sweetness and spice that is reminiscent of green peppercorn. Delicate Hojiblanca olive oils are great for leafy salads and fish-based mains.

Catalonia, well-known for the Arbequina variety, produces fine olive oils such as Siurana PDO. Arbequina, mild and fruity, displays the notes of bananas, apples and garden tomato, making it perfect for tomato-based salads, pan tumaca, gazpacho and many other dishes.

西班牙是橄榄树之国。这里的地理和气候使西班牙成为壮美橄榄林的理想生长之地，这里冬季温和夏季漫长炎热，有广阔的山坡和田野以及恰到好处的水分。

橄榄油实际上是橄榄果实的汁液，源自生长在西班牙各地区的 268 个橄榄品种之一，所出产的每种橄榄油都具有独特的风味和香气。用于生产橄榄油的主要橄榄品种是皮夸尔、阿尔贝吉纳和欧西布兰卡。橄榄油的风味与其产出的地域相关，这点同葡萄酒的出产很像。安达卢西亚作为橄榄生产的中心，是西班牙最大的橄榄产区，哈恩以其皮夸尔品种橄榄油而闻名于世，例如原产地名称保护马吉那山脉、原产地名称保护卡索尔拉山区橄榄油。皮夸尔品种是橄榄油的王者，是最绿、最健硕的一个品种。它稍带苦和辛辣味，是烤肉、蔬菜和西班牙炖菜的绝佳搭配。

科尔多瓦地区出产的原产地名称保护布列高科尔多瓦橄榄油，使用的是欧西布兰卡品种橄榄，这种橄榄有叶子和新割青草的气息，其甜味和香料气息让人联想到青椒。精致的欧西布兰卡橄榄油非常适合做绿叶沙拉和以鱼为主的菜肴。

加泰罗尼亚以阿尔贝吉纳品种而闻名，能生产优质橄榄油，如原产地名称保护西乌拉纳橄榄油。阿尔贝吉纳品种口感温和，果味浓郁，带有香蕉、苹果和番茄香气，非常适合搭配番茄为主的沙拉、番茄烤面包、西班牙冷菜汤和许多其他菜肴。

Gastronomy with Spanish Liquid Gold

西班牙液体黄金创造美食



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EVOO is an essential ingredient of Spanish gastronomy: almost every dish in the country uses at least a drop or two of this luxurious olive juice. Spanish mains, appetizers, tapas, soups and stews... and even desserts and drinks can be prepared with olive oil!

To choose a perfect Spanish EVOO for each of the cooking techniques—either for cooking dishes or dressing them—it is important to consider the characteristics of each of the olive oil varieties. Picual is truly universal: it makes a great dressing as well as maintains the flavor

well at high temperatures. Arbequina—aromatic and elegant—doesn't stand the high temperatures well but elevates the dishes as a dressing and ingredient in sauces. Hojiblanca olive oils, due to the piquant spicy notes, are recommended to be used as dressing for fish-based mains and salads. As there can be no "all-purpose" olive oil—each dish asks for different aromas and textures—having 2–3 different Spanish EVOOs in the pantry is essential.

With the innovation bringing in new possibilities for EVOO lovers and chefs across the world, new formats of Spanish olive oil become available. Products such as Caviaroli (olive oil caviar) and Verdeo (solid olive oil) broaden the culinary horizons and offer new ways of applying this iconic Spanish product in cooking. The creativity of Spanish bartenders brings them to incorporate the elegant flavors and aromas of EVOO into their creations too! Signature cocktails, combining the taste of fine Spanish spirits and wines with the magic of liquid gold, are a must-try for a real gourmand.

特级初榨橄榄油是西班牙美食中必不可少的成分，几乎每道菜都会用到这种奢华的橄榄汁，至少也会滴上几滴。无论西班牙的主菜、开胃菜、小吃、汤和炖菜，甚至甜点和饮料都会用到橄榄油！

无论是烹制菜肴还是调味用，要为每种烹饪方式选择完美西班牙特级初榨橄榄油，重要的是要考虑品种特性。皮夸尔品种堪称真正的通用型，是很好的调味用油，在高温下也能很好地保持风味。阿尔贝吉纳芳香而优雅但不耐高温，可以用以丰富菜肴及酱汁的风味。欧西布兰卡橄榄油具有辛辣味，适用于鱼类主菜和沙拉的调味汁。每道菜都需要不同的香气和质地，一种橄榄油满足全部需要不太可能，所以在橱柜里放上两三种不同的西班牙特级初榨橄榄油是必须的。

创新为世界各地的特级初榨橄榄油食客和厨师带来新的可能性，新形式的西班牙橄榄油已经面世。橄榄油鱼子酱和固体橄榄油等产品拓宽了烹饪视野，并提供了将这种西班牙标志性产品用于菜肴的新方法。独具匠心的西班牙调酒师们将特级初榨橄榄油的优雅风味和香气融入招牌鸡尾酒中，将西班牙烈酒、葡萄酒的风味与液体黄金的魔力相结合，这样的杰作值得真正的美食家一试。

Spanish olive oil, the core element of Spanish gastronomy and an irreplaceable product in the kitchens worldwide, is now available on Chinese market, with a great range of olive varieties presented. To bring in the flavors derived from the ancient olive trees and aromas found under the Spanish sun to your culinary creations, generously add in some Spanish liquid gold...and enjoy!

西班牙橄榄油作为西班牙美食的核心元素，是世界各地厨房不可替代的产品，同样在中国市场上的品种也是琳琅满目。要将源自西班牙阳光下的古老橄榄树和香气的风味带入您的烹饪大作中，就请慷慨地挥洒这些西班牙液体黄金吧，尽情享受美食乐趣！



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To learn more about Spanish cuisine and discover another gem of Spanish gastronomic tradition, Jamón Ibérico, explore the next feature on SpainFoodNation portal by scanning the QR code.

如您想了解另一样西班牙美食传统的瑰宝——伊比利亚火腿，请扫描下方二维码阅读 SpainFoodNation 中的相关文章，那里也有更多西班牙美食美酒的信息。



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