

FAT GOLD ZINE

FALL 2017 HARVEST / ISSUE 1

Here it is: our First Crush! This is **100% leccino olives**, the very first ones we harvested on October 28, 2017. Let's go step by step.

Notice that **the label on the tin is a magnet**, for you to keep and save if you wish. Every shipment's label/magnet will be different, just like a magazine's cover.

The plastic pouring spout pulls out from the tin. Don't be afraid to **give it a good yank**. (If you're still stymied, we have video instructions at fat.gold/open-sesame)

Pour a little out and taste it. If you're not... exactly... sure how to taste olive oil: we've got you covered. Check out the sidebar →

Notice that this olive oil is cloudy, greenish gold. We're following an old tradition here, in which you deliver the very first oil you produce—your *olio nuovo*, or new oil—**unsettled and unfiltered**, which means it's still full of tiny little olive-y particles.

The cloudiness also means this olive oil won't keep as long as settled and filtered oil. It shouldn't sit on your shelf for more than a few months. **Use it up!**

USING YOUR FAT GOLD

Here are some wintertime suggestions:

- **Paint a stripe of Fat Gold** across the top of your favorite soup.
- Toss cauliflower florets or chunks of sweet potato with Fat Gold, then salt and roast them at 350 degrees for 30-40 minutes, or until you can pierce them easily with a fork. **This is a can't-lose situation**; no vegetable has ever been slathered in olive oil and roasted and emerged anything but delicious.
- Our **number one recommendation**: make a big pot of beans! Start with any kind of dried bean—cannellini or cranberry beans are easy to find; soak 'em or don't, your choice—and toss in a handful of whole, peeled garlic cloves. Cover them in water and simmer until the beans are soft. Then, dress them simply with salt and Fat Gold. (This is, in fact, Kathryn's favorite thing to do with olive oil.)

STORING YOUR FAT GOLD

Protect it from heat, which is to say: don't keep it next to your stove. Always put the cap back on. Olive oil is better when it's fresher—all oil, even the very best, degrades over time—so use it liberally and often. **Don't hoard your Fat Gold.**

There's more olive oil to come—more First Crushes from future harvests—but there will never be another *first* first of all time. It was only after we harvested these leccino olives and hauled them to the mill and watched this oil emerge—the very oil you're holding now—that we knew this thing might actually work.

We're grateful to have the chance to share it with you.

—Robin and Kathryn

HOW TO TASTE OLIVE OIL

Grab a spoon or a tiny cup and pour out a little bit.

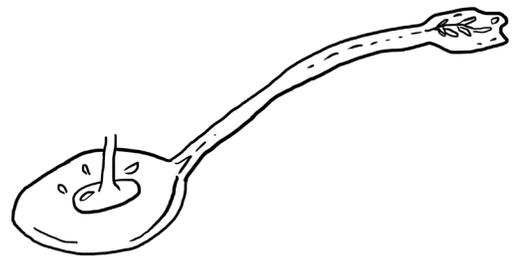
Smell it! Olive oil has tons of aroma.

Take a sip. Slurp in a little bit of air at the same time.

Now: swallow it. There are three things you're looking for in an extra virgin olive oil, all in balance:

- **Fruitiness.** Think of words like this: grassy, tomato-y, herbaceous. You might taste green banana, artichoke, or something almost flowery.
- **Bitterness.** If you ever eat an olive straight off the tree, you will discover that they are very, very bitter. Some of that bitterness makes it way into the oil.
- **Pungency.** This is a fancy word for the spicy sensation that you might feel at the back of your throat. It's not spicy like a chile pepper; more like ginger or radish. If you've never experienced it in olive oil, it can be a bit alarming! What you're feeling is caused by the antioxidants that are abundant in fresh olive oil. (Some people even describe olive oil in terms of one, two, or three coughs.)

Along the way, you might experience an extra wave of "retronasal" flavor as aromas rise into your nose after you swallow and exhale.



KATHRYN'S TASTING NOTES

The First Crush has notes of artichoke and herbs, with a pleasant bitterness and medium pungency. It would pair nicely with other bold flavors: garlic, tomato sauce, or roasted meats. The lingering bitterness also makes this oil pair well with sweeter vegetables, such as winter squash.

This is our first time shipping tins of olive oil across the country. If yours didn't reach you in perfect condition, or if you spot any problems at all, please snap a photo and send a note to robin@fat.gold and we'll get it fixed.