

# FATGOLDZINE

FALL 2018 HARVEST / ISSUE 1

Welcome to the first issue of Fat Gold's second year, made from hojiblanca olives harvested in November 2018!

## THE BASICS

It is winter, which means this tin might have sat chilling on your porch for a while before being scooped up. If that's the case, let it come to room temperature before pouring or tasting! And, just a reminder: never keep olive oil in the refrigerator. It belongs on a cool shelf in your kitchen. A short stint of cold won't hurt the oil, but that doesn't mean you should store it in the fridge, no matter what Dr. Oz says. The cycle of thickening and thawing over and over can degrade the composition of the oil and actually shorten its shelf life.

The plastic pouring spout pulls out from the tin. Don't be afraid to give it a good yank. (We've posted a video demonstration at [fat.gold/open-sesame](http://fat.gold/open-sesame).)

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. With this label, we wanted to evoke the wintry (and sometimes smoky) sunrises we saw on our long drives up and down California this harvest season.

## A WHOLE NEW WORLD

Last year's Fat Gold was all made from olives grown in our grove in Sunol, California. The varieties planted there produce oil with a particular flavor profile: peppery and robust with solid bitterness.

This year, the Fat Gold grove, like many in our part of California, didn't produce a crop. (For the full story, see Field Report #5, available at [fat.gold/files](http://fat.gold/files).) We had to go searching for olives; as a result, we have some new varieties to share. We're starting the year with one of these, and it has a lovely name: *hojiblanca*.

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This variety is most commonly grown in Spain, which is actually the largest producer of olive oil in the world by a pretty wide margin. These particular hojiblanca olives came from an idyllic grove in California's Capay Valley, about an hour's drive north of Fat Gold HQ. They were harvested early in the morning, after which we hauled them directly to a nearby mill, so sleek and calm it felt like a NASA lab. Kathryn oversaw the milling process, which was very cold and very short. All in all, you could say these olives were treated delicately, and that's reflected in the complex flavor and the phenol count, which came at a whopping 412—quite high for a hojiblanca. (For more info on phenols, see the Fat Gold Zine from February 2018, available at [fat.gold/super-secret/zine](http://fat.gold/super-secret/zine).)

Kathryn describes this oil as grassy and herbaceous. You might smell tomato vine or green almond. And, you won't find the biting bitterness of our previous oils, but you will get a little hit of pungency in your throat (phenols!).

## HOW TO USE YOUR FAT GOLD

A Greek woman once said to Kathryn: "Olive oil is the perfume of the kitchen." This hojiblanca is super aromatic, and its fruity, grassy qualities pair nicely with delicate foods, like seafood; use it to pan-fry a mild white fish. It will make a terrific mayonnaise or aioli. You could use it to sweeten up bitter greens like arugula. Because this oil is so fragrant, Kathryn thinks it really shines on foods served cold. For example:

### *Winter Citrus Salad*

Try segments of orange and grapefruit tossed with hojiblanca and sea salt, with or without thin slices of shallot or red onion. You might also mix in sliced avocado and herbs—tarragon would be lovely, or mint. Alternatively, toss in some sliced fennel and cured black olives and maybe a pinch of crushed red pepper. Bulk it up with arugula or shredded cabbage.

## YOUR OLIVE OIL JOURNAL

We're including something new in this shipment: an olive oil tasting journal from 33 Books Co., gilded with the Fat Gold logo! Kathryn encountered one of these journals that had been customized for cider and enjoyed using it to keep track of what she'd tasted, so she worked with Dave at 33 Books to develop this version for olive oil. It makes a handy reference for thinking and talking about your Fat Gold.

As always, if there are any problems whatsoever with your shipment, let us know. Just email [robin@fat.gold](mailto:robin@fat.gold) and we'll get things fixed.

We hope you enjoy this issue of Fat Gold. Remember: good olive oil is not for hoarding. Use it up!

—Kathryn and Robin

## 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.