

FATGOLDZINE

FALL 2019 HARVEST / ISSUE 1

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 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 antioxidants that are abundant in fresh olive oil. (Some people even describe olive oil in terms of one, two, or three coughs.)

Welcome to the first issue of Fat Gold's third year, made from arbequina olives harvested in October 2019!

THE BASICS

The plastic top pulls *out* from the tin to form a pouring spout. Don't be afraid to give it a good yank. (This can be puzzling, so we've posted a video demonstration at fat.gold/open-sesame.)

The label is a magnet for you to keep and save, if you wish! This shipment's magnet is intended to suggest the sky that blazed above the mill on the first night of our 2019 harvest—the night we made this oil.

This shipment is an opportunity to taste the exact same olives—harvested on the same day, from the same grove—milled two different ways. That's quite rare!

But, before you can appreciate the difference between these two oils, you need to understand...

THE HAZE

Olive oil comes out of the mill cloudy; the haze is a mix of tiny bits of olive and droplets of water. As an olive oil maker, you can either wait for that haze to settle and then pull the clear oil off the top—a process known as racking—or you can send the oil through a filter to get it crystal-clear immediately.

Racking takes time, but customers want fresh oil immediately! So, olive oil makers have traditionally sold some of their oil still hazy. Italian producers call this offering *olio nuovo*, new oil, a term that's now commonly used by producers in California, too. *Olio nuovo* tends to feel a little heavier in the mouth. (For you beer nerds: it's like a hazy IPA.) And, because those tiny olive and water particles want to spoil, it's much more perishable than racked or filtered oil. So, you've got to use *olio nuovo* quickly!

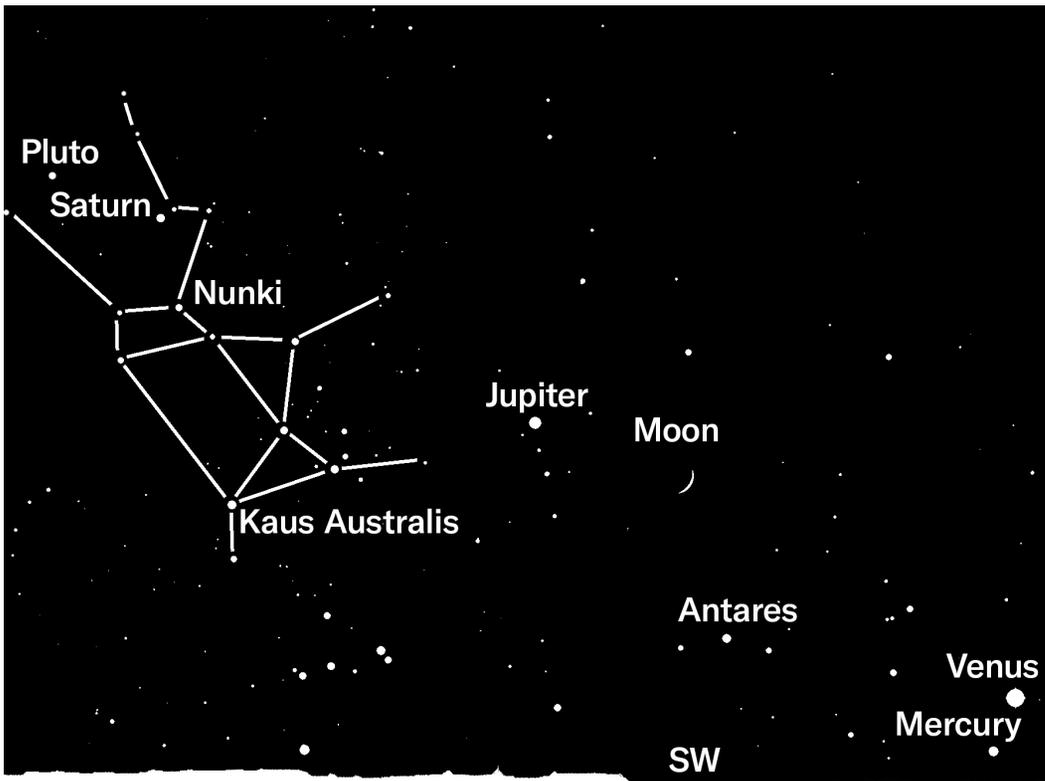
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SEPARATED AT BIRTH

The arbequina olives that we used to make both of these oils came from a grove in the San Joaquin Valley that belongs to our friend Vincent Ricchiuti, who runs the Enzo Olive Oil Company.

Some of the arbequina olives traveled a very short distance—just a few miles—to the Enzo mill, a beautiful facility with a high, vaulted ceiling and gleaming stainless steel tanks. The oil that emerged was still cloudy: a true *olio nuovo* (which you just learned about). That's what you'll find in the tin labeled ENZO.

The rest of the olives traveled further—chaffed by Robin in a very large truck—to the Sacramento River Valley, where our friend Samir Bayraktar had parked his high-tech mobile mill, which is designed to process small batches quickly and gently. There, the arbequina olives were milled and filtered in one continuous operation, and the oil that emerged was crystal-clear and bright emerald green. That's what you'll find in the tin labeled FAT GOLD.



KATHRYN'S TASTING NOTES

For both of these oils, we've chosen the label *nova*, from the Latin *novum* for "new." Both are delicious, and we encourage you to taste them side by side! (If you're new to tasting olive oil, you'll find instructions on the back of this zine.)

Kathryn thinks the oil in the tin labeled ENZO is delicate, soft, and luscious. She thinks the oil in the tin labeled FAT GOLD is bright, clear, and precise, with a grassy aroma and a fruity flavor reminiscent of green apples.

HOW TO USE YOUR FAT GOLD

Kathryn's Idea: Winter Fruit Salad

This couldn't be simpler or more delicious: just combine fresh greens, toasted almonds, and thinly sliced persimmons or apples or a handful of pomegranate seeds. Dress it with Fat Gold and a squeeze of lemon (or lime!) juice.

Robin's Idea: Tabletop Challenge

To reiterate, the Enzo *olio nuovo* has a *much* shorter shelf life than the olive oil you usually receive from us, thanks to its tasty haze. So here's what you're going to do. You're going to LEAVE THIS TIN OUT on whatever surface you dine on, next to the salt and pepper, and you're going to drizzle it over everything you eat. Because there's nothing it won't improve!

As always, if there are any problems with your shipment, let us know. Just email robin@fat.gold and we'll get things sorted.

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

—Robin and Kathryn

Left: the sky on October 30, 2019, at around 7 p.m., looking southwest from Samir Bayraktar's mill in Woodland, California.