



FATGOLDZINE

FALL 2022 HARVEST / ISSUE 2

Welcome to the second issue of Fat Gold's sixth year, made from frantoio olives harvested in November 2022!

THE BASICS

Here's how to open your tin: pull the cap up by its "ears," extending the translucent pouring spout below. This can be puzzling, so we've posted a demonstration at fat.gold/open

The label is a magnet for you to keep and save, if you wish! This issue's magnet is based on a color lithograph titled *The Deluge*, printed by Charles Guilloux in 1893. You'll find a link to the original at fat.gold/art

HELLO, OLD FRIEND

We've made a lot of oil from frantoio olives over the years. Back in our little grove in Sunol, we had more frantoio trees than anything else. Our flagship oil, Fat Gold Standard, is always made from frantoio.

Good news: frantoio is also our favorite. While it's always fun and educational to try different varieties, returning to a great frantoio has the familiarity and satisfaction of a longstanding friendship.

The oil in this shipment is what Kathryn calls a "super-classic frantoio." Tasting and smelling it, you might detect robust hearty herbs, black pepper, even a whiff of artichoke. Expect pleasant bitterness and a spicy finish—evidence of strong antioxidant levels!

(New to tasting olive oil? You can learn to do it like a pro with our online guide: fat.gold/guide/#tasting-olive-oil)

These frantoio olives were grown at Panacea Farms in the San Joaquin Valley and milled for us by Patrick Martin at Frantoio Grove. They have their own trees there—you guessed it, all frantoio—so they know exactly how to work with this fruit and get the very best oil out of it.

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HOW TO USE IT UP

We sometimes hear from new subscribers that they haven't yet consumed all of the previous shipment when the new one arrives. We totally understand: this means your education is incomplete.

Our exhortation to USE IT UP will become easier and easier to obey over time... until, like many longtime subscribers, your Fat Gold tin will be empty a month after its arrival. Maybe faster!

That's how it ought to be: high-quality extra virgin olive oil in every meal, or very nearly so. Here's a smorgasbord of ways you might use your Fat Gold, in a variety of scenarios.

When You're Starving

This is the moment for crusty bread and a small bowl holding a half-inch of Fat Gold for dipping, with a dusting of flaky salt across the top. Dip and eat, dip and eat. That'll keep you going.

When the Fridge is Empty

Open a can of tuna. (We love the Ortiz brand... yes, it's expensive, but it's also delicious.) Fork the fish out of its olive oil (which is fine for preserving, but nothing special for eating) and drizzle with a bit of Fat Gold. Embellish with your last lonely onion, finely chopped, or with the herbs wilting in the vegetable drawer. Eat with a fork.

When You Want to Cook Something Quick and Tasty

Start a pot of water on the stove. While you're waiting for it to boil, mash a few cloves of garlic with flaky salt in a mortar and pestle. Add a handful of pistachios or pine nuts. Keep mashing. Fill the pestle with fresh basil leaves. KEEP MASHING. (Yes, you can pulse it all in a blender, too.) Add Fat Gold and parmesan cheese. You've just made pesto!

By this time, the water should be boiling, so you can cook the pasta of your choice—maybe those little bowties? When they're cooked, drain the noodles, saving a cup of the pasta water. Put the pasta back in the pot and keep the burner going, medium-low. Add the pesto and swirl it around. Add the pasta water, too, then give it a minute it cook and thicken. Enjoy! That only took ten minutes!

When You DON'T Want to Cook

Get a pizza, and give each slice, as you eat it, a drizzle of Fat Gold. This shipment's frantoio is PERFECT for this—it's the pizza topping you didn't know you needed.

When It's Hot Outside

A lot of our go-to applications just don't sound appetizing in the swelter of summer. Pot o' beans? Ehhh. instead, make yourself a cold, refreshing fruit salad. Melon is great; drizzle it with olive oil, nothing else required. If you want to emulate the Italian classic, drop a little prosciutto in there, too.

When You're Trying to Impress Someone

Cook them a nice steak. At the butcher counter, choose the smallest ones available—a steak doesn't have to be a gut bomb.

Get your cast-iron pan nice and hot, lubricated with just a whisper of Fat Gold, then slap the steaks down and let them sizzle and sear on one side. When it become easy to lift them from the pan, flip them freely—at least two or three times—and don't forget to stand them up on their sides for a moment, too.

Small steaks won't take long to cook; a meat thermometer is the easiest way to ensure you've achieved your desired done-ness, which, for us, is rare. Plate the steaks, and be patient: you have to let them sit for at least five minutes. That's a good opportunity to mix up a little spinach salad, to which you could add a sliced shallot. Dress it with Fat Gold HQ house dressing, which is just equal parts lemon juice and olive oil, plus a sprinkle of salt.

Immediately after serving the steaks, pour a thick stripe of Fat Gold across the top of each one.

When You're Celebrating

Bake an olive oil cake! There are many variations: some flavored with citrus, some with almond, some with spice. Ideas abound online. Nigella Lawson has a recipe specifically for a chocolate olive oil cake that Kathryn loves; you'll find a link at fat.gold/recipes

Whew! That'll get you started. The more you try things like these, the more you'll discover that high-quality extra virgin olive oil simply makes everything better, not to mention healthier.

We hope you enjoy this “super-classic” issue of Fat Gold. Here comes the exhortation... USE IT UP!

—Kathryn, Robin, and Bryan