

# FATGOLDZINE

FALL 2023 HARVEST / ISSUE 2

Welcome to the second issue of Fat Gold's seventh year, made from picual olives harvested in October 2023!

## 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](https://fat.gold/open)

The label is a magnet for you to keep and save, if you wish! It uses the art of Émile-Allain Séguy, a designer of the Art Deco and Art Nouveau movements in the 1920s and 1930s. This piece appeared in his book of stencils, titled *Prisms: 40 Plates of New Designs and Colors*. You'll find a link to the original here: [fat.gold/art](https://fat.gold/art)

The previous picual we made, back in June 2021, also had some fairly adventurous art on the magnet. Take a look at the archive and you'll see what we mean: [fat.gold/magnets](https://fat.gold/magnets)

## AROMA AND RISK

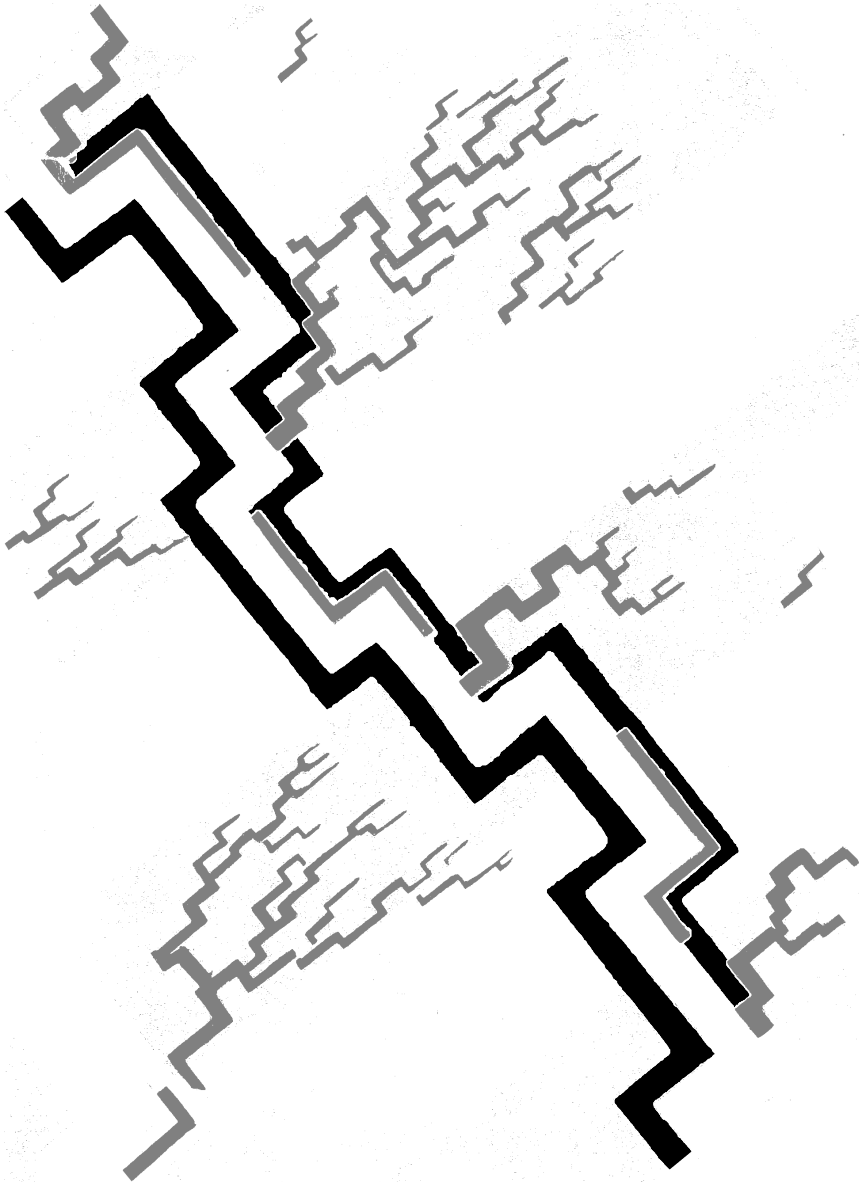
This batch is made from picual olives from Bakersfield, harvested in October 2023, milled on the Fat Gold mill. It's fruity and aromatic, with notes of fresh grass, arugula, and green tomato.

Fun fact: these olives were harvested using a pistachio shaker, a wonderful two-part vehicle that surrounds each tree and... shakes the hell out of it! You'll find a video here: [fat.gold/guide/#shaker](https://fat.gold/guide/#shaker)

This is probably the most widely-cultivated variety on Earth; we've heard estimates that 25% of the world's olive trees are picual. Most of these are in Spain, the world's largest producer of olive oil. There, the picual groves stretch to the horizon.

Picual is a bit risky. If these olives are harvested too late—if they're too ripe—then the aroma and flavor can be unpleasant. However, when you get them off the trees at the right time, still green, the aroma is intoxicating. In the mill, it fills the air: wonderful.

*Continued →*



## AROUND THE WORLD

An annual subscription to Fat Gold gives you the opportunity to taste olive oil made from many different olive varieties, with roots around the world. Just consider our most recent three batches:

- September's variety, favolosa, is associated with Italy.
- December's variety, koroneiki, is associated with Greece.
- This variety, picual, is associated with Spain.

We take care to say “associated with Spain,” rather than “Spanish,” because these olive varieties can grow in many different places. Olives have regional origins, climatic affinities... but they don't have nationalities.

So what makes them different? What's the story behind those origins, those associations?

The environment plays a role, of course. Only certain olive varieties can withstand freezing temperatures, so, if your region is cold, you'll rely on those.

Different varieties also produce different taste profiles—as you have experienced!—and here's where we get into tricky territory.

Do regional cuisines demand certain kinds of olive oil... or do certain kinds of olive oil shape regional cuisines? We are talking about one of the world's most ancient ingredients, after all. Olives have been cultivated in Italy for *thousands* of years longer than tomatoes, which are a relatively recent arrival, following 1492!

We often talk about a robust frantoio olive oil “standing up” to tomato sauce... but maybe it's more accurate to say the tomato sauce stands up to the frantoio.

Regional cuisines have traditions and expectations that run deep. The exciting thing about California olive oil is... there really aren't any expectations. As California producers, we can pick and choose, play and experiment.

## HOW TO USE IT UP

Just about every batch we make, regardless of the olive variety, is versatile; you can't use Fat Gold “incorrectly,” and we strongly encourage experimentation. That said, this picual will really shine in applications where the aroma can come through.

### Fish Story

This picual is super fragrant, and it doesn't have the bitterness you often find in other oils, so it pairs beautifully with seafood. Try it on shrimp, salmon, or a delicate white fish, along with a little garlic and fresh lemon.

What this oil *really* wants is to be drizzled on crudo. Raw fish at home can be intimidating—but really, it just requires care and good counsel. You'll want to buy from a specialty fish market, asking the fishmonger for “sushi-grade” fish to ensure it's safe to eat raw. On the same day, slice it thin, douse it with Fat Gold, and sprinkle it with flaky salt.

### Aromatic Herb Salad

A delicious, aromatic olive oil can carry a whole salad on its back. Mix soft herbs (parsley, cilantro, dill, mint, basil, chives—whatever you've got) with a few handfuls of lettuce or spinach. No need for a proper “dressing”—just drizzle on some picual, toss well (so every leaf is coated) and add a little flaky salt.

You can also add some crumbled cheese—maybe feta or cotija—and/or some toasted nuts, for a bit more bulk.

That's it for this edition of the Fat Gold Zine. We hope you enjoy this picual. And, above all, remember: USE IT UP!

–Kathryn, Robin, and Bryan

