

# FATGOLDZINE

## FALL 2017 HARVEST / ISSUE 3

Welcome to our third issue, made from 100% moraiolo olives harvested on November 11 and 18, 2017. Here's what you need to know.

### THE BASICS

The label on the tin is a magnet, for you to keep and save if you wish.

The plastic pouring spout pops out from the tin. Just lift up the ring and pull—without breaking it off. If you'd like to see how it's done, we have video instructions here: [fat.gold/open-sesame](http://fat.gold/open-sesame)

This moraiolo is your spring supply! We hope you can taste the sweat and tears, because these moraiolo olives were *extremely* difficult to get off the trees. Our mechanical rakes made quick work of the other varieties, but stubborn moraiolo held on for dear life. Kathryn tastes notes of grass, parsley, dried herbs, and green banana. Plus the tears.

(If this is your first shipment of Fat Gold, we always include instructions on how to taste extra virgin olive oil. Check the inside of this zine.)

### HOW TO USE YOUR FAT GOLD

After much testing and development, we have decided that you should JUST DRIZZLE IT ON EVERYTHING. All your spring vegetables, grilled and raw. All your salads—lettuce, pasta, and otherwise. Corn on the cob! As soon as you start seeing tomatoes this summer... you get the idea.

#### *Robin's Steak Manifesto*

You want to know how to serve a steak? Here's how to serve a steak. First, salt it and let it sit. Then, sear it—do it fast. When the steak is done and on your plate, slather it with olive oil. Not a little bit, either. Forget that “drizzle” business. Not even a stripe is enough. This must be a cape! And it is going to transform your steak-eating experience. It did mine, years ago, on a night when I was home alone, cooking just for myself. I still remember it fondly. (There might not have been any vegetables involved.) Now, no steak is complete without a thick varnish of Fat Gold.

### WHEN GOOD OILS GO BAD

This section is hard to write, because we don't like the idea of rancidity anywhere near our olive oil. But we think it's important for you to know about—and, without rancidity, there would be no Fat Gold today. Here's the story:

Kathryn was studying at the University of Gastronomic Sciences in Pollenzo, Italy. Basically, this was Hogwarts for food, and it covered *all* the bases. Kathryn and her classmates learned about the production and consumption of wine, beer, cheese, chocolate, coffee, charcuterie, salumi... and of course, extra virgin olive oil.

During a field trip to visit the Tuscan olive oil maker Frantoio Franci, Giorgio Franci offered Kathryn and her classmates a taste. “Oh, yes,” the Americans all said, “tastes like olive oil.”

“Well,” Franci replied, “that is a *rancid* olive oil!” These were burgeoning master eaters—really, all food experts in their own right already—and they hadn't been able to tell. Kathryn was mortified; so mortified, in fact, that she spent the rest of the school year focused on olive oil and eventually wrote her master's thesis about it.

So what *is* rancidity?

Olive oil is made up of fatty acids—the good stuff! When these long fatty acid chains break apart, the oil deteriorates and begins to oxidize, creating peroxides. Over time, these peroxides break down into little shards that don't smell or taste good. That's how olive oil turns rancid.

How can you tell it's happened? Rancid olive oil tends to smell and taste like crayons, wax, or plastic. If you've ever had a rancid nut, that's a good (gross) guide, too.

How long do you have? It depends: on the quality of the oil to begin with, on the level of antioxidant phenols (you learned about those in the last zine!), and on how it's stored. Exposure to oxygen is bad, so always put the cap back on your Fat Gold. Heat is bad, so don't store your olive oil near your stovetop. And light is bad, which is why we decided to put Fat Gold in opaque tins. (Also: because they look cool.)

In the long run, there's no avoiding rancidity; it's the fate that awaits all olive oil, even the best of the best. Our hope is that all your Fat Gold will be gone long before it starts to smell... like a crayon.

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: use it up!

–Kathryn and Robin

1. We've decided to put our past zines online, for subscribers only. You can find them using this super secret address:

[fat.gold/super-secret/zine/](http://fat.gold/super-secret/zine/)

### 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 “retro-nasal” flavor as aromas rise into your nose after you swallow and exhale.

The image used in this issue's magnet is from the Metropolitan Museum of Art's online collection of public domain artwork. Titled “Dish of Iced Summer Fruit,” it was painted by Ding Fuzhi in June 1945.

