



## Outstanding Olive Oil Frosting

By Dylan Sabuco

**Prep Time 8 / Cook Time / Serves 4 - 6**

### Fun-Da-Mentals Kitchen Skills

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**sift:** to pass a dry ingredient like flour or sugar through a sieve to make it lighter and more even in texture.

**whisk:** to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

**cake decorating:** to apply frosting and other decorative foods to a cake to keep in moisture, add flavor and sweetness, and make it more attractive.

### Equipment

- ☐ Liquid measuring cup
- ☐ Measuring spoons
- ☐ Large mixing bowl
- ☐ Dry measuring cups
- ☐ Whisk

### Ingredients

#### Outstanding Olive Oil Frosting

- ☐ 2 T olive oil
- ☐ 2 T water
- ☐ 1 C powdered sugar
- ☐ 1/2 tsp vanilla extract

- ☐ 1 pinch salt
- ☐ lemon zest (a tiny pinch to top each cupcake)

## Food Allergen Substitutions

Outstanding Olive Oil Frosting

### Instructions

Outstanding Olive Oil Frosting

measure + combine

In a liquid measuring cup or small bowl, combine **2 tablespoons water**, **2 tablespoons olive oil**, **1/2 teaspoon vanilla extract**, and **1 pinch of salt**.

measure + sift

Measure **1 cup powdered sugar** into a large mixing bowl. Whisk the powdered sugar a few times to sift out any lumps.

whisk + pour

While you whisk the powdered sugar, add all the liquids from the first step. Whisk until a thick and creamy frosting is formed.

decorate

Use this creamy, light green olive oil frosting to decorate cakes like our **Salty “Amalfi” Lemon Olive Oil Cake**. Make sure whatever you are spooning this tasty frosting onto is completely cool or else it will start to melt right off the cupcake. Finish with a tiny pinch of lemon zest to make each cupcake extra fancy.

## Featured Ingredient: Olive Oil!

Hi! I'm Olive Oil!

"My name is Olive and I'm just one type of cooking oil or fat. However, I'm one of the very healthiest you can use! I come from olives, the fruit of the olive tree. Olive oil is often a pretty golden or light green color and has a unique flavor. You would be hard pressed (pressed, get it?) to find a better, tastier oil!"

Olive trees have been cultivated throughout the Mediterranean for thousands of years since the 8th millennium BCE (sometime between 8000-7001 BCE.) However, there is fossil evidence of wild olive trees originating millions of years ago and North Africans using the fruit as food and its oil for fuel around 100,000 years ago.

The Ancient Greeks and Romans used olive oil in their cuisines. Archaeological evidence shows that olive oil was made from olives in 6000 BCE.

Olive oil has been a traded agricultural product since at least 2000 BCE.

The word "oil" came from a word that referred specifically to olive oil. It came from Middle English, from the Old French "olie," and from the Latin "oleum" (olive oil). The Latin word "olea" in the olive tree's Latin name is translated as either "olive" or "oil."

Olive trees (*Olea europaea*) are long-lived evergreens with silvery green, leathery, narrow leaves and tiny, off-white flowers followed by fruit.

An olive is a small, bitter oval fruit, green when unripe and black when ripe, used for food and its extracted oil.

The fruit is too bitter to be eaten fresh. The phytochemical "oleuropein" causes the bitterness. To leach the oleuropein from the olives, they must be cured by treating the olives for a few days with lye, which is caustic, or for a few weeks or months with a brine solution before pickling or preserving them in their own oil. Most curing methods also include fermentation.

When extracting the oil from the olives, the whole fruit is ground into a paste and then pressed to separate the fruit's oil from its water content. After that, it goes through a filtering process unless sold as unfiltered olive oil, which looks a bit cloudy.

Cold pressing is an extraction method that does not use temperatures above 80 F. Olive oil processed by this method retains more of its nutrients and flavor.

Olive oil grades are: Virgin, extracted by mechanical rather than chemical means; Lampante virgin, produced by mechanical means but needing further refinement to be edible—"Lampante" comes from the Italian word "lampa," meaning "lamp," as it was once used for oil lamps—and can be refined or used for industrial purposes; Refined is olive oil processed to remove defects in taste, odor, or acidity; and Olive Pomace oil, extracted from the olive pulp after the first press with the use of solvents, and then refined and mixed with virgin olive oils. It must be labeled as Olive Pomace Oil.

International Olive Council (IOC) standards for quality from the highest to the lowest: Extra Virgin: cold-pressed and the purest oil with an excellent fruity taste and odor and a free acidity of 0.8 percent (amount of fatty acids in 100 grams of oil); Virgin: a reasonably good taste and smell with 2 percent free acidity; and Refined: oil that has been refined using charcoal and other chemicals to remove high acidity and defects affecting taste or smell. Refined olive oils might be labeled Pure or just Olive oil.

The standards of the Agriculture Department of the United States, which is not part of the IOC, include Extra Virgin; Virgin; Refined; Olive Oil, a mixture of Virgin and Refined oils with a good to average taste; and Virgin Olive Oil Not Fit For Human Consumption Without Further Processing, a virgin oil with high acidity and poor flavor and odor. The IOC refers to this as Lampante oil. It cannot be sold and requires refining.

Extra virgin olive oil, or EVOO, is used as an ingredient in salad dressings and raw or cold foods, as a dip for bread with garlic or balsamic vinegar, as a finishing condiment, and when cooking with smaller amounts of oil, like sautéing or shallow frying. However, because it is more expensive than virgin and refined olive oils, it is not generally used when more oil is required, such as in deep-fat frying.

Extra virgin olive oil is considered a heart-healthy fat since it consists of primarily unsaturated fats, compared to saturated fats. It also contains polyphenols, antioxidants which help prevent cancer, and vitamins E and K.