

Training Course for EVOO Sommeliers and Food Lovers

31st March – 4th of April – 2014
Toscolano Maderno - Garda Lake - Italy

A high level qualification course designed for those who wish to become not only tasters but true experts in the selection and use of EVOO (extra virgin olive oil).

Who

This training course, conducted in English, is intended both for professional and aspiring olive oil tasters as well as for anyone interested in becoming a Professional Olive Oil Sommelier. Course graduates are fully trained in the classification and kitchen use of Extra Virgin Olive Oils (EVOOs) of Excellence.

When

The course takes place from Monday March 31th to Friday April 4th 2014, with classes each day from 9am to 2pm and afternoons to discover the excellence of the Garda Lake Region.

Where

Education occurs both in the classroom and in hands-on laboratory of Olive Oil Accademy of Garda Lake Region, at Garda Vittoria, Via Benamati, 118
25080 Maderno sul Garda (Bs) tel +39 365 641320

Certification

Professional Olive Oil Sommelier Certificate:

Participants who pass the selection tests will receive a certificate testifying to their fitness for the tasting of extra virgin olive oil, which qualifies them to join the **International Register of Olive Oil Experts** and participate in professional evaluation panels. Graduates are considered classification experts, specializing in the certification and use of EVOOs.

The Professional Olive Oil Sommelier is:

- A highly skilled taster and classifier EVOOs (extra virgin olive oils)
- An expert who combines sensory analysis with a thorough knowledge of production, from beginning to end
- An guide for on best practices for choosing and using olive oil, from soil to table



Course Objectives

By offering both theoretical and experiential classes, the goal of the course is to train *Professional Olive Oil Sommeliers*, highly qualified in olive oil selection, flavor and use. Graduates will make the best use of EVOOs, matching skills and knowledge with the most innovative techniques of preparation and presentation. These skills include harmonious pairings of oil and food with particular attention to health and nutrition.

Morning Course Content:

organized by the International Extra Virgin Olive Oil Academy

Earth to Table: from Olives to Oil

- Physiology of the plant and the fruit
- The most cultivars from various parts of the world and their characteristics
- Golden rules for producing quality oil
- Harvesting olives: promises, pitfalls and effects product quality
- Origins of the "fruity oil"
- Extraction techniques and technologies, including influence both on chemical and sensory quality and on stability of oils

Sensory Analysis

- The psycho-physiology of taste and smell
- Analysis and evaluation engaging all the senses
- Procedures and optimal conditions for tasting
- Principal defects and their causes: heat, acidity, rancidity and sludge
- Classification and definition: intensity scale and identification delicate, medium, and strong
- Olfactory sensitivity tests, including defects, fruity flavor and aroma

International Regulations and Standards

- From stereotype to reality: differences between declared, perceived and actual quality
- International regulations, product classification and labeling, from myth to truth
- Excursus on major frauds and adulteration in the food and olive oil industries

Olive Oil Marketing

- EVOO of Excellence, including judgments, prejudices, conveniences, real costs and benefits
- Practical guide for conscious purchase and judicious use of EVOOs in cooking and eating
- PDO, PGI and other specialized certifications
- Communication tools to highlight the Oils of Excellence

The Virgin in the Kitchen

- Mediterranean diet: a lifestyle of taste and health
- Use of fats in cooking, including characteristics and nutritional aspects
- Cooking with olive oil: Stir-frying, frying and garnishing/enhancing with EVOO
- The oils of the area and their synergy with local cuisine
- Techniques for matching cooking techniques and oils to perfect specific dishes
- Tools to transform and deconstruct EVOO to exalt its taste and harmonize it with food oil



- Raw, cooked & transformed: techniques for preparations in the kitchen and on the table
- Olive oil and culinary herbs, including: sauces , dressings , and marinades
- Olive oil in baked goods, bread, crackers, breadsticks and pastries
- Health risks of food canned in oil
- Light, shadow, and reflection: flavor and scent of aromatic oils
- Guide to EVOO description terminology and practical pairing suggestions
- Techniques for presentation and service

Health, Well-being and Nutrition

- Wellness cuisine and olive oil: grams, flavor and calories
- Use of EVOO as preventive, anti-aging and cardiovascular, and metabolic support

Guided Tasting and Practical Tests

- **During the course, we will taste more than 60 oils from various international origins, using tasting sheets for product evaluation and competition**

Afternoon Course Content:

organized by O'Live&Italy Cultural Association

After the morning's theoretical courses, our guide will take participants to discover places and taste food of excellence of the Garda Lake region, including:

- Gargnano, "La Malora" - The last original 'limonaia', or lemon grove
- Massimo Pace – how to grow happy pigs and make the perfect 'salame'
- Tignale "Latteria Turnaria" – Visit to the Olive Oil Mill and small Mill's Museum
- Garda Wines, Cascina Belmonte: biological vineyard visits and tastings of Chiaretto, Gropello and more local varietals
- A walk in the magical Paper Mill Valley
- Valle Sabbia, Visit to the Goat Farm and taste of mountain cheese

Cultural Dinners

not included in course cost

We have selected five restaurants, each with a different menu and a unique story about the culture of local food. We will let you taste the best of the Garda Lake area gastronomy. From fresh lake fish to the vast world of house-cured sausages and salamis to home-made pasta, our palates will be delighted. Save room for dessert!

Lecturers

The course is conducted in English by highly qualified teachers and panel leaders recognized by the IOOC, as well as expert nutritionists, internationally renowned professors, head chefs, and international catering experts. Teachers are coordinated through the Olive Oil Academy.



Registration and Payment

The total cost of the course is 950 Euros.

A 50% deposit is required to confirm your place in the course.

Payment of deposit confirms your registration. Balance is due one week prior to the booking. Deposits are not refundable.

Course cost includes:

- Daily classes from 9 a.m. to 2 p.m. with practical exercises
- Tastings and selection tests
- Course materials
- Buffet lunch each day of the course
- Afternoons course with English speaking guide

Registration is complete when our office receives a registration form via fax or email, accompanied by a copy of the bank transfer statement showing that the first fee installment has been paid.

We need to know if you'll join the "cultural dinners", but you'll pay only once arrived

Accommodations

The following Hotels and B&Bs will offer special treat for the course participants; single used as double room, 325 euro for 5 night, in bed and breakfast solution.

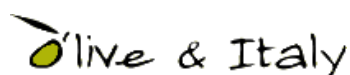
Casa del Tempo Ritrovato - <http://www.casadeltemporitrovato.com>

Due di Moro - <http://www.duedimoro.it/>

for further information:



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