

QUALITY OLIVE OILS SINCE 1880



Lupi
DAL 1880

eCOOKBOOK



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Sides

Crumbed Olives
BBQ Garlic Mussels
Toasted Dukkah
Olive Oil & Parmesan Chips
Horopito & Basil Pesto

Crumbed Olives

INGREDIENTS

1 tbsp Lupi Mild Taste Olive Oil
20-24 stuffed olives
¼ cup flour
¼ cup cornflour
1 egg
1 cup fine panko breadcrumbs
1 tsp dried oregano
1-2 cups Lupi Mild Olive Oil Taste Olive Oil for frying

In the winter months, it's nice to have a party snack or a decadent nibble by the fire. These really simple, but oh so tasty, Crumbed Olives can be prepared in advance and then crisped up, ready to serve your waiting guests.



STEP 1

Drain the olives and dry with a paper towel. Mix the flour and cornflour in a small bowl and dust the olives to get a coating. Beat the egg with Lupi Extra Virgin Olive Oil in a small bowl. Dip each olive in the egg wash and then again in the flour. Set aside for 5 minutes in the fridge.

STEP 2

Mix the Panko crumbs and oregano in a bowl. Dip each olive into the egg wash and then roll in the crumb mixture. Continue until all of the olives have been coated. Set the crumbed olives in the fridge for at least 30 minutes.

STEP 3

Heat Lupi Extra Mild Taste Olive Oil in a deep fryer or a small pot. Test the oil by dropping in a little water. If it crackles, then the oil is hot enough. Fry each olive, making sure there is enough room for them not to stick to each other. Fry until golden and drain on a paper towel. Serve warm.

Prepare in advance and then crisp just before serving.

BBQ Garlic Mussels

INGREDIENTS

Lupi Extra Virgin Olive Oil
2kg mussels in the shell
12 minced garlic cloves

Quite possibly the easiest seafood dish you will ever make, these half-shell mussels on the BBQ will disappear quicker than you can cook them.



STEP 1

Mix ½ cup of Lupi Extra Virgin Olive Oil with minced garlic, and place in the fridge for at least an hour.

STEP 2

Using a sharp knife, separate the mussel into two halves, slicing the mussel itself in two.

STEP 3

Spoon approx. 1 tsp of the Olive Oil and garlic mixture into each half shell

STEP 4

Pre-heat your BBQ flat-plate to medium heat and place the mussels, shell down. Leave for 4-5 minutes to steam and then slightly crisp up.

STEP 5

Serve the mussels in the half-shell, as a spare shell can be used to scoop the mussels out. Drizzle more Lupi Extra Virgin Olive Oil over the top of the mussels for even more decadence.

When you buy shellfish remove wrapping and rinse in fresh water. Place in a bowl of cold water that just covers them and store in fridge until ready to use.

Toasted Dukkah

INGREDIENTS

¼ cup Lupi Organic Extra Virgin Olive Oil
½ cup almonds, diced
½ tbsp whole cumin seeds
¼ tbsp black mustard seeds
¼ tbsp fenugreek seeds
¼ tsp salt
¼ cup sesame seeds
1 tbsp Lupi Balsamic Vinegar
Fresh bread cubes

This simple but impressive starter is ready in minutes and delicious served with our extra virgin olive oil and balsamic dip with torn bread.



STEP 1

In a pot, toast the cumin, mustard and fenugreek seeds until fragrant. Remove the seeds and then add the almonds and sesame seeds and toast until just golden. Set aside to cool.

STEP 2

In a mortar and pestle, grind the spices so that they start to break up. Add the almonds, sesame seeds and salt and grind a little more so that you create a chunky powder.

STEP 3

In a small dish, add the balsamic vinegar and layer the extra virgin olive oil on top. Serve the dukkah in a dish with the oil and vinegar and fresh bread cubes.

Try drizzling olive oil over roasted vegetables and then sprinkling with dukkah.

Olive Oil & Parmesan Chips

INGREDIENTS

2 tbsp Lupi Extra Virgin Olive Oil
3 cups water
4 tbsp cornflour
2 tbsp powdered chicken stock
(or vegetable stock)
3-4 medium sized potatoes
2 tbsp finely grated parmesan cheese

Crispy roasted chips are pretty hard to beat, however, combine these extra crispy chips with Lupi Extra Virgin Olive Oil and Parmesan cheese, and you will have a complete winner.



STEP 1

Cut the potatoes into chips. In a large pot, add the 3 cups of cold water, cornflour, chicken stock and stir to combine. Add the potatoes. Make sure the water just covers the cut potatoes, and if not, increase the amount of water, cornflour and chicken stock as required. Bring the potatoes to the boil and then reduce the heat to a simmer. Cook for 5-6 minutes and then let the potatoes cool in the mixture.

STEP 2

Heat the oven to 200°C fan forced. Carefully place each potato chip on an oven tray making sure not to 'shake' too much of the mixture off. Once the oven has heated to temperature, put the tray with the potatoes in the centre of the oven. Cook until just starting to turn golden on the outside edges.

STEP 3

Reduce the heat to 180°C. Push the potatoes close to each other on the tray. Mix the olive oil and parmesan cheese together and sprinkle over the potatoes. Cook for a further 10-15 minutes until the cheese has melted over the potatoes. Serve hot.

Add a sprinkle of rosemary or parsley for extra flavour.

Horopito & Basil Pesto

INGREDIENTS

½ cup Lupi Special Selection Extra Virgin Olive Oil
1 cup fresh basil leaves, packed
1 cup fresh spinach leaves, packed
½ cup freshly grated parmesan cheese
⅓ cup pine nuts (or peanuts)
3 tsp minced garlic
¼ tsp salt, more to taste
⅛ tsp freshly ground black pepper, more to taste
1 tsp dried horopito (or ⅓ cup fresh)

Pesto is an easy way to add flavour to your cheeseboard or create an entire meal by stirring thru pasta. This pesto has so much flavour with the earthiness of Lupi Special Selection Extra Virgin Olive Oil and the spiciness of the horopito, your tastebuds will thank you!



STEP 1

In a mortar and pestle (or food processor) crush the basil, spinach and nuts until they are starting to blend and breakdown. Add the garlic, horopito and cheese and grind a little more.

STEP 2

Drizzle in the oil slowly to combine all ingredients until your mixture starts to resemble pesto. Add the salt and pepper and mix. Taste. Add more salt and/or pepper until your tastebuds start dancing for joy.

STEP 3

Serve with fresh focaccia and store in an airtight container in the fridge.

If using a food processor just pulse for a second or two so mix still has texture.



Vegetarian

Vegetable Bake
Potato Gnocchi
Olive Oil Pizza Dough

Veggie Bake

INGREDIENTS

½ cup Lupi Special Selection Extra Virgin Olive Oil
½ broccoli head
½ cauliflower head
2 beetroots
3 carrots
8 brussel sprouts
4 mushrooms
2 cups pasta
800g tinned tomatoes
2 tbsp italian herbs
2 tbsp vegetable stock powder
1 ½ cups water
½ cup tasty cheese, grated

This is one of those recipes that you can make to use up vegetables in the fridge and to fill up those hungry tummies.



STEP 1

Preheat oven to 180°C.

STEP 2

Using a roasting dish, add the water, herbs and stock powder and stir to combine. Add the pasta (uncooked) and stir. Cut the veges up into chunky pieces and place around the dish, alternating around the pasta. Combine the tinned tomatoes and Lupi Extra Virgin Olive Oil Special Selection Classic Taste and pour over the top of everything. Cover the whole dish with tinfoil. Place in the oven for an hour until everything is cooked.

STEP 3

Once everything is cooked, increase the temperature to 200°C. Turn the veggies and mix everything a little. Sprinkle the cheese over top and return to the oven. Cook until the cheese has melted, then serve.

This is a great way to use up vegetables (even those that are getting a little soft).

Potato Gnocchi

INGREDIENTS

1 tbsp Lupi Organic Extra Virgin Olive Oil
1 kg potatoes
1 tbsp salt
1 ½ cups flour (you made need a little more)
Sauce of your liking or just extra Lupi Organic Extra Virgin Olive Oil

Lupi Organic Extra Virgin Olive Oil allows you to make this yummy gnocchi completely organic. Add your favourite sauce to complete this dish.



STEP 1

Peel and dice the potatoes. Put into a pot and cover with water. Add the salt. Bring to the boil and then reduce to a simmer. Cook until the potatoes are soft. Drain and leave to cool slightly.

STEP 2

Mash the potatoes or use a stand mixer with a dough hook to break apart. Add in the oil and mix. Add in the flour ½ cup at a time. Some potatoes are very 'wet' and will require a little more flour so use your judgement. The dough needs to be slightly sticky but rolling into a ball.

STEP 3

Divide the dough into 4 and roll into a long log around 2-3cm wide. Cut the log into bite size pieces and using a fork dipped in flour, roll the dough gently over to create an indented pattern. If you have a gnocchi roller, use that instead of a fork.

STEP 4

Bring a pot of water to the boil. Cook the gnocchi in batches for 2-3 minutes until the gnocchi floats to the surface. Drain and add your favourite sauce or just simply a drizzle of more Lupi Organic Extra Virgin Olive Oil.

Wash your hands and wipe down kitchen surfaces before starting meal preparation. Wash potatoes under cold water before peeling.

Olive Oil Pizza Dough

INGREDIENTS

⅓ cup Lupi Extra Virgin Olive Oil
3 cups flour
6 tsp baking powder
½ tsp salt
2 tsp Italian herbs
1 to 1 ½ cups water
Your favourite pizza toppings

This quick and easy olive oil pizza dough will become a favourite with no waiting for the dough to rise, simply make and bake!



STEP 1

Preheat oven to 200°C. Line two oven trays.

STEP 2

Sift the flour, baking powder, salt and Italian herbs into a bowl. Make a well in the middle and add the oil and 1 cup of water. Cut with a knife to combine. Add more water as needed to form a dough. Knead it a few times and then halve the dough. Roll out each piece until it's around 1cm thick. Add your favourite toppings and bake for 10-12 minutes.

Remove jewellery and wash hands before starting preparation.



Protein

Seafood Paella
Baked Whole Snapper
Chicken Tumeric Soup
BBQ Lime & Chilli Chicken
Lamb Skewers
Leftover Lamb Ragu

Seafood Paella

INGREDIENTS

4 tbsp Lupi Extra Virgin Olive Oil
1L fish stock
1 large tsp saffron threads
2 large tsp smoked paprika
2 tsp turmeric
1 large onion, finely chopped
4 garlic cloves, finely chopped
1 chorizo sausage, sliced
2 cups arborio rice
2 large tomatoes, diced
1 red capsicum, diced
500g hoki (or other firm white fish), in large bite-sized pieces
500g mussels, in shell
500g cockles, in shell
1 cup white wine
100g frozen peas, defrosted
½ bunch fresh parsley, leaves torn

This colourful and tasty paella is the perfect way to enjoy fresh New Zealand seafood.



STEP 1

In a large pot, bring to the boil the stock and 1 cup of water. Add the saffron, paprika and turmeric. Cover and reduce to a simmer.

STEP 2

In a paella pan, add the oil and bring to a medium heat. Add the Hoki pieces and cook until just cooked. Remove and set aside. Add the onion and fry until soft. Add the garlic, chorizo, rice, tomatoes and capsicum and fry until the rice is just starting to brown. Add half of the stock and stir just to combine. Leave uncovered for 10 minutes without stirring until most of the stock is absorbed.

STEP 3

Scrub the shells if needed. Add the mussels and cockles in amongst the rice and add another ½ cup of the stock mixture. Continue to add the rest of the stock as the rice absorbs it. Gently stir the rice, taking care not to move the shellfish too much. Add the wine and peas and cover for 5-10 minutes.

STEP 4

Serve with fresh parsley stirred through, lemon wedges and a grind of fresh black pepper.

Use separate chopping boards to prepare uncooked meat, fish and fresh produce.

Baked Whole Snapper

INGREDIENTS

½ cup Lupi Extra Virgin Olive Oil
Whole snapper, gutted and scaled
1 lemongrass stalk
2cm piece fresh ginger
8 peppercorns
2 limes

Fresh fish is always a treat and this whole snapper is light and fresh with the flavours of lemongrass, lime and ginger brought out with Lupi Extra Virgin Olive Oil.



STEP 1

Place the oil, sliced lemongrass, sliced ginger and peppercorns in a small pot. Heat on a medium heat until the oil starts to bubble and then turn off. Leave to cool and steep while you prepare the fish.

STEP 2

Slice each side of the fish down to the bone 5-6 times on a diagonal. Slice one of the limes into 5mm slices. Heat your pan, oven or BBQ to a medium heat. Place the lime slices down and then the fish on top. Drain the oil mixture so there are no bits left. Baste the fish with one third of the oil mixture. Cook for 10 minutes covered and then turn the fish over. Baste with another third of the oil mixture and cover. Cook for a further 10 minutes and then increase the heat. Cook both sides of the fish so that the skin becomes a little crisp.

STEP 3

Prepare your serving plate with some sliced lime. Place the fish in the middle and use the cooked lime to cover the face and eye. Drizzle the last of the oil mixture over the fish. Serve with a fresh garden salad.

Mix any leftover fish into a white or cheese sauce and top with puff pastry for a delicious fish pot pie.

Chicken & Turmeric Soup

INGREDIENTS

- ½ cup Lupi Extra Virgin Olive Oil
- 2 chicken breasts
- 2 brown onions, diced
- 8 cloves garlic, sliced
- 5cm piece fresh ginger, grated
- ½ stem lemongrass, finely sliced
- 1 tsp ground pepper
- 1ltr chicken stock
- 2 cups water
- 2-3 large grated carrots
- 3 tsp turmeric
- 1 can coconut cream
- 1 lime, zest and juice

This soup is a fantastic winter treat and the best part is, it tastes so good. Using a good amount of Lupi Extra Virgin Olive Oil, this Chicken and Turmeric soup will fill those cold tummies on a crisp winter day.



STEP 1

In a large pot, heat the oil and fry the onions until just turning clear. Add the garlic, ginger, lemongrass and pepper and fry until fragrant. Add the chicken stock, water, carrot and the chicken breasts. If you want to make this soup fast, slice the chicken breasts into small lengths.

STEP 2

Bring the soup to the boil and then reduce to a simmer. Cook until the chicken is just cooked (this will depend on the size of your chicken). Remove the chicken and set aside to cool a little. Add the turmeric, coconut cream, lime zest and juice. Bring to a simmer.

STEP 3

Using 2 forks, pull the chicken so that small strips are made. Return the chicken back to the soup and continue to cook for a further 10-20 minutes. Taste and add salt if needed.

Any leftover soup can be kept in the freezer for up to two months.

BBQ Lime & Chilli Chicken

INGREDIENTS

$\frac{3}{4}$ cup Lupi Extra Virgin Olive Oil
Whole chicken (approx. 2kg)
2 tbsp chilli flakes
2 tsp pepper
4 tsp salt
2 tsp sugar
3 limes
1 can beer of your choice

BBQ Lime, Chilli and Lupi Extra Virgin Olive Oil Chicken is so easy to make as the flavours add that extra special something on top of the summery BBQ grill flavour. Lupi Extra Virgin Olive Oil keeps the chicken moist while it cooks and adds another dimension of flavour.



STEP 1

Rinse the chicken under cold water especially in the cavity. Pat dry with paper towels and place into a large, resealable bag.

STEP 2

Mix the Lupi Extra Virgin Olive Oil, juice and rind of 2 limes, 1 $\frac{1}{2}$ tablespoons of chilli flakes, salt and pepper in a bowl and pour over the chicken. Seal the bag and place in the fridge for at least 4 hours if not overnight. Turn when can.

STEP 3

Preheat the BBQ on a medium to high heat. Empty half of the beer can and add the juice and rind of 1 lime, sugar and $\frac{1}{2}$ tablespoon of chilli flakes. Remove the chicken and place on top of the beer can so that the can opening is inside the chicken cavity. Cook on the BBQ for 80 minutes with the lid on and check near the bone to see if the juices run clear. Let the chicken rest for 10 minutes before carving.

You can cook the BBQ Lime and Chilli Chicken in your oven as well (just roast at 180°C).

Lamb, Haloumi & Tomato Skewers

INGREDIENTS

¼ cup Lupi Extra Virgin Olive Oil
300g diced lamb
180g haloumi cheese
20 cherry tomatoes
2 tsp ground cumin
4 tsp paprika
1 ½ tsp ground coriander
¼ tsp cayenne pepper
1 tsp ground turmeric
1 tsp minced garlic skewer sticks

Need something really tasty but quick to make?
These Lamb, Haloumi and Tomato Skewers are
great for a meal, or serve them up as a pre-
dinner nibble.



STEP 1

Mix the oil, coriander, cumin, paprika, cayenne pepper, turmeric and garlic together in a bowl until combined. Add the lamb and stir to cover. Sit aside to marinate while preparing the other ingredients.

STEP 2

Dice the haloumi cheese into similar size squares as the lamb. Using the skewers, thread the lamb, haloumi and tomato onto each skewer alternatively. Keep going until all the lamb is used.

STEP 3

Fry the skewers in a fry-pan or on the BBQ until just cooked. Serve.

You can substitute red or green capsicum for the cherry tomatoes.

Leftover Lamb Ragu

INGREDIENTS

2 tbsp Lupi Extra Virgin Olive Oil
8 anchovy fillets, finely chopped
1 brown onion, diced finely
1 carrot, diced finely
1 stick of celery, diced finely
3 dried bay leaves
3 cloves garlic, finely chopped
600g cooked lamb leftovers, chopped
400ml passata
2 tbsp tomato paste
300ml chicken stock
100ml pinot noir
Zest and juice of ½ lemon
Sea salt and freshly cracked black
Cooked pasta, to serve
Parmesan cheese, to serve



STEP 1

Heat olive oil in a medium, heavy-based saucepan over medium heat. Fry anchovy until it has almost broken down. Add onion, carrot, celery and bay leaves and fry until the onion becomes soft.

STEP 2

Add the garlic and lamb, stir and cook for 2 mins.

STEP 3

Add the passata, tomato paste, stock and wine. Season generously then bring to the boil, reduce heat to low and simmer 15 minutes until the sauce thickens.

STEP 4

Meanwhile, prepare the pasta according to packet instructions.

STEP 5

Remove ragu from the heat, stir through the lemon zest and juice before serving with pasta and parmesan.

You can substitute 1 tbsp fish sauce for anchovy fillets. Add it at the same time as the passata.



Sweets

Maple, Coconut & Olive Oil Popcorn
Apple & Cardamom Cake
Apple Pie Arancini
Kiwi Lolly Log
Chocolate Cake
Balsamic Choc Brownies

Maple, Coconut & Olive Oil Popcorn

POPCORN INGREDIENTS

½ cup popcorn kernels or plain
microwave popcorn bag

TOPPING INGREDIENTS

3 tbsp Lupi Extra Virgin Olive Oil
2-3 tbsp shredded coconut
2 tbsp maple syrup
3 tbsp brown sugar
1 tsp salt

Not only is olive oil delicious on popcorn but the caramelised sweetness of this maple topping sprinkled with coconut is so tempting it won't last long.



STEP 1

In a large pot, gently heat the Lupi Extra Virgin Olive Oil and popcorn kernels. Make sure you have a lid on your pot. Shake the pot every 30 seconds until the corn is mostly popped. Pour into your serving bowl.

STEP 2

If using microwave popcorn pop as per instructions on bag.

STEP 3

In a medium sized pot, slightly brown the coconut. Tip the coconut out into a small bowl and set aside. Add the maple syrup, brown sugar and oil to the pot and stir until the sugar has melted. Bring to the boil and reduce until it's a thin syrup. Pour over the popcorn, sprinkle the coconut on top and enjoy!

You can substitute honey for the maple syrup or finely chopped nuts of your choice for the coconut.

Apple & Cardamom Cake

INGREDIENTS

1 cup Lupi Extra Virgin Olive Oil
¼ tsp cardamom seeds
1 ⅔ cups sugar
4 large eggs
2 egg yolks
½ tsp salt
1 orange, zested
2 tsp vanilla extract
2 ⅓ cups flour
1 tbsp baking powder
3 apples, peeled and diced

This moist, light cake makes for a perfect and decadent afternoon tea. You could also slightly warm it and serve with yoghurt.



STEP 1

Grease and dust your cake tin. Preheat your oven to 170°C.

STEP 2

In a stand-mixer add the sugar, eggs, egg yolks and salt and mix on a medium speed for 3-5 minutes until it's light and fluffy.

STEP 3

While the egg mixture is whipping, toast the cardamom seeds in a pot and grind into a fine powder. Add to the egg mixture along with the orange zest and vanilla. Then slowly drizzle the Lupi Extra Virgin Olive Oil into the mixture and continue to mix until all is combined.

STEP 4

Sieve the flour and baking powder into the mixture and gently mix. Add the diced apple and stir until just combined. Pour into your prepared tin and bake for 40-60 minutes until a cake tester comes out clean. Remove and let the cake cool in the tin for 10 minutes and then turn out to cool. Dust with icing sugar to serve.

If you don't have cardamom seeds you can substitute half a teaspoon of cinnamon for a slightly sweeter cake.

Apple Pie Arancini

INGREDIENTS

Lupi Extra Mild Taste Olive Oil, to fry
1 cup arborio rice
1 litre of full-cream milk
½ cup caster sugar
1 tsp ground cinnamon
¼ tsp ground cloves
3 green apples, grated
1 cup plain flour
2 eggs whisked with a splash of milk
1 cup dried breadcrumbs
Icing sugar, to dust
Vanilla ice cream, to serve (optional)

These sweet Apple Pie Arancini balls are fried in Lupi Extra Mild Olive Oil, which has a high smoke point and light flavour ideal for baking and frying.



STEP 1

Thoroughly rinse the rice and allow to drain.

STEP 2

Combine the milks, sugar, cinnamon and cloves in a medium saucepan and bring to the boil. Add rice and reduce to a very low heat, cover. Cook for about an hour, stirring regularly, until the milk has completely absorbed. Stir through the grated apple then refrigerate overnight to firm.

STEP 3

Divide the cooled rice into 18 portions (about ¼ cup each). Roll into balls then roll in flour to coat, dusting off any excess. Roll in egg wash then finally into breadcrumbs to coat.

STEP 4

In a deep fryer or medium saucepan, heat Lupi Extra Mild Taste Olive Oil to 180°C then fry arancini, 3 at a time, until golden. Drain on paper towel. Serve dusted with icing sugar and vanilla ice cream.

Make an easy caramel sauce to top these delicious Apple Pie Arancini! Melt ½ cup butter in saucepan add 1 cup brown sugar and ⅓ cup cream. Bring to boil on medium heat, boil 2 mins then serve.

Kiwi Lolly Log

INGREDIENTS

½ cup Lupi Extra Virgin Olive Oil
190g fruit puffs
250g plain biscuits
½ tin condensed milk
1 cup desiccated coconut

The classic Kiwi Lolly Log recipe is a fav in all Kiwi homes, however using Lupi Extra Virgin Olive Oil makes the recipe a lot easier and just as tasty!



STEP 1

Crush the biscuits in a food processor into fine crumbs. Cut the Fruit Puffs into halves.

STEP 2

Add the condensed milk and Lupi Extra Virgin Olive Oil along with the fruit puffs to the biscuit crumbs and stir to combine.

STEP 3

Using cling wrap, sprinkle half of the coconut over where the mixture will form a log and squeeze the mixture together using the cling wrap. Sprinkle more coconut on top and continue to squeeze until you make a log. Refrigerate for 4 hours until firm. Slice and store in an airtight container in the fridge.

You can add chopped dried apricots, sultanas or use plain chocolate biscuits in this recipe also.

Chocolate Cake

INGREDIENTS

½ cup Lupi Special Selection Extra Virgin Olive Oil
2 cups flour
2 cups sugar
¾ cup cocoa powder
2 tsp baking powder
1½ tsp baking soda
1 tsp salt
1 tsp instant coffee
1 cup milk
2 eggs
2 tsp vanilla extract
1 cup boiling water
chocolate buttercream or icing sugar

This chocolate cake is both light and tasty. The recipe makes either a really large cake or it can be used to make smaller muffins and freeze for school lunches. Lupi Special Selection Extra Virgin Olive Oil keeps this cake mix very moist however you decide to use it.



STEP 1

Preheat oven to 180°C. Line and grease your cake tin.

STEP 2

Add the flour, sugar, cocoa, baking powder, baking soda, salt and instant coffee into a large bowl or stand mixer. Whisk and add a little air to combine.

STEP 3

Add the milk, Lupi Special Selection Extra Virgin Olive Oil, eggs and vanilla to the flour mixture and whisk until combined. Reduce the mixer speed to low and add 1 cup of boiling water. The mixture will become very runny. Pour into your cake tin and bake for 40-50 minutes until cooked.

STEP 4

Remove from oven and let cool for 10 minutes in your cake tin. Turn out and let cool completely. Ice with chocolate buttercream or dust with icing sugar.

This mixture can be used for making cup cakes or muffins. Just cook for less time.

Balsamic Choc Brownies

BROWNIE INGREDIENTS

$\frac{3}{4}$ cup Lupi Extra Virgin Olive Oil
 $\frac{3}{4}$ cup Dutch cocoa powder
1 $\frac{1}{2}$ cup caster sugar
1 tsp vanilla extract
4 eggs, beaten
 $\frac{2}{3}$ cup flour
 $\frac{3}{4}$ tsp baking powder
100g dark chocolate pieces

BALSAMIC SAUCE INGREDIENTS

$\frac{2}{3}$ cup Lupi Balsamic Vinegar
 $\frac{1}{3}$ cup brown sugar, packed
 $\frac{1}{3}$ cup frozen raspberries
50g dark chocolate
1 cup whipped cream

This rich brownie with dark chocolate and Dutch cocoa is made even more decadent with our balsamic chocolate and raspberry sauce.



STEP 1

Line a square baking tin with baking paper. Preheat your oven to 160°C

STEP 2

Mix the oil and cocoa powder together so that there are no lumps. Add the sugar, vanilla, eggs, flour, and baking powder and mix. Add the chocolate pieces and stir.

STEP 3

Pour into your baking tin and bake for 30 to 40 minutes. Allow to cool in the tin before cutting into squares.

STEP 3

Add the balsamic vinegar to a pot and bring to the boil. Add the raspberries and brown sugar and stir for 10 minutes while boiling. Remove from heat and wait for 5 minutes. Add the chocolate and stir. Allow to cool completely. Whip the cream and slowly add the balsamic mixture.

STEP 4

Serve and top with the balsamic, dark chocolate and raspberry sauce.

Leave your brownie to cool in the tin for half an hour for the perfect fudgy consistency.



For delicious recipes, follow Lupi on Instagram: [@nzlupi](#)
To find out more about Lupi Olive Oil, visit our website: www.lupi.co.nz

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