



Extra-Virgin Experience

Virgins in the Kitchen®

A little Extra-Virgin Olive Oil can fundamentally change the taste of a dish when paired with the right flavors. This fun, interactive program is designed to provide an understanding of Extra-Virgin Olive Oil and her culinary applications.

In this program, participants will learn:

- Sensory characteristics of olive oil
- The three personalities of Extra-Virgin
- Guidelines of food pairing – contrast vs complimentary
- How to use the OlioWheel®
- Judicious use of EVOO's
- Flavored oils – agrumato vs infused
- Cooking with olive oil – tips and techniques
- Baking with olive oil – conversion chart

Catherine Harris, founder of Extra-Virgin Experience, offers olive oil educational classes, guided tastings, food pairings and artisan food tours in Italy. She is the creator of the OlioWheel® and author of www.SicilianGirl.com, where she shares her passion for food and culture with traditional family recipes and the stories that go with them.

Trained in Toscolano Maderno, Italia, as a Professional Olive Oil Sommelier, Catherine teaches harmonizing techniques for pairing and enhancing food with extra-virgin olive oils. Particular attention is given to health and nutrition. She combines sensory analysis with a thorough, easy-to-understand knowledge of olive oil production to educate the consumer about this sacred, age-old product. Having worked in an olive mill, she has first-hand knowledge of the harvest from the picking of the fruit to the pressing of the oil. Catherine has given entertaining tours of the mill and taught olive oil 101 classes to thousands of visitors.