

BASSO



Friday, July 19, 2024

BASSO

SAN MICHELE DI SERINO, AVELLINO ITALY

PACKED IN ITALY



INGREDIENTS

- ❖ 80% Sunflower Oil
- ❖ 20% Extra Virgin Olive Oil

BASSO COOKING OIL > Basso Cooking Oil is a blend of Sunflower Oil (80%) and Extra Virgin Olive Oil (20%).

The mixing is prepared by combining the two oils in predetermined proportions, so that to reach a well-balanced all purposes product. Refined sunflower oil, which is neutral in taste and smell and free of any defects, added of Mediterranean Extra virgin olive oil creates a product with a light fruitiness suitable to any use, that does not alter the flavour of the food and satisfies the most delicate palates.

NUTRITIONAL CHARACTERISTICS > Nutritionally, this is a blend that combines the positive characteristics of Sunflower Oil, rich in unsaturated fatty acids (approx. 32% oleic acid and 52% linoleic acid), which are mainly important for heart health, with the nutritional characteristics of Extra Virgin Olive Oil rich in micronutrients and giving the blend a slight fruity note and hint of olive. In addition, this blend is a source of molecules with antioxidant activity, in particular vitamin E mainly from sunflower oil, which contains four times more vitamin E than extra virgin olive oil.

USE IN COOKING RAW > Ideal both for use raw on salads, cooked vegetables and fish dishes, without interfering with the flavour of seasoned foods, and for preparing soups and sauces. It is also excellent for adding fragrance and lightness during baking. Ideal for preserves.

•USE IN COOKING FOR FRYING > The presence of 20% extra virgin olive oil makes the mix stable and therefore good for frying. With a smoke point of around 200°C, the product maintains the taste and nutritional properties of food.

Best Before Date > 0

Bar Code > 8

Cooking Oil (80% Sunflower Oil + 20% Extra Virgin Oil) 4lt

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INGREDIENTS

- ❖ 85% Refined Olive Pomace Oil
- ❖ 15% Extra Virgin Olive Oil

COLOUR > Yellow-Green

TASTE > Typical of olive oil

APPEARANCE > Clear at 20 Degree C (Eventual cloudiness after exposure to low temperature is natural)

DESCRIPTION > The Pomace is the “full-bodied” result of the pressing of the olives. Peels, kernels and pulp are pressed and then mixed with Extra Virgin Olive Oil to obtain this particular product rich in organoleptic properties. It is an oil with delicate organoleptic characteristics, devoid of bitter and spicy notes. Its sweetness is accompanied by a light and pleasant olive smell. Ideal for the most delicate palates that do not like the spicy and bitter notes of an Extra Virgin Olive Oil. Characterized by a particularly high smoke point, it maintains its quality unaltered at temperatures too high for other types of oil.

ORIGIN > The olives from which Pomace Oil is obtained come exclusively from Italian and Spanish cultivation.

ESPECIALLY GOOD ON > It is an Oil particularly suitable for giving crunchiness for the production of Focaccia, Bread, Taralli and Biscuits. The neutral flavor of this product also makes it particularly suitable for seasoning raw and grilled. Its resistance to high temperatures makes it perfect for obtaining light and golden fried food.

Best Before Date > 1

Bar Code > 8004123001830

Olive Pomace Oil (85% Pomace Oil + 15% Extra Virgin Oil) 4lt

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INGREDIENTS

- ❖ 80% Refined Olive Oil
- ❖ 20% Extra Virgin Olive Oil

COLOUR > Golden yellow.

TASTE > Typical of Olive Oil.

APPEARANCE > Clear at 20 Degree C (Eventual cloudiness after exposure to low temperature is natural)

DESCRIPTION > The condiment par excellence is the cornerstone of Basso production. It is obtained by paying particular attention to the olives, so that these do not lose their properties during the manufacturing process. The taste of the Olive Oil is unique and delicate, so that it does not cover other flavors, decided enough to enrich the dishes.

ORIGIN > The olives used to produce this great classic of Mediterranean cuisine, come from Italian and Spanish cultivations, selected through precise quality standards.

ESPECIALLY GOOD ON > Versatility is a great feature of this product, which perfectly accompanies all types of dishes. Perfect for the preparation of sweet or savory dishes, raw or cooked, it still gives its best for the preparation of sauces and for vegetable preserves in oil. Thanks to its characteristics, its performance is also excellent for frying.

Best Before Date > 0

Bar Code > 8004123000239

Olive Oil (80% Olive Oil + 20% Extra Virgin Oil) 4lt

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INGREDIENTS

❖ 100% Extra Virgin Olive Oil

COLOUR > Yellow-Green

TASTE > Spicy medium – bitter medium

APPEARANCE > Clear at 20 Degree C (Eventual sedimentation on the bottom during storage is natural)

DESCRIPTION > Perfect balance between taste and organoleptic properties, this Oil is characterized by a medium intense fruity flavor that is accompanied by a slightly spicy note, in perfect contrast with a pleasant bitterness that complements the sweet fruit and green grass notes and aromatic herbs notes.

ORIGIN > This Oil is the product of the best olives from 3 European Countries. The Ogliarola and Coratina varieties of Puglia come from ITALY. The first, is typical of the Agro Bitontino and of the center / south-west of Bari province. The second, is typical of the northern area of Bari's province. The Arbequina and Hojiblanca varieties come from SPAIN. The Arbequina is the most important in Catalonia, also cultivated in Aragon and Andalusia. The Hojiblanca, called "white leaf" is instead typical of Andalusia, cultivated mainly in the provinces of Seville, Cordoba and in the north of Malaga. Finally, the Koroneiki variety comes from GREECE, a very productive variety with great organoleptic qualities, whose ripening occurs from Mid-November.

ESPECIALLY GOOD ON > Thanks to its extreme versatility, this type of oil is suitable for many uses. It can be used as a raw condiment for meat or fish based foods, used for the preparation of sauces or soups, or to enhance the taste of vegetables, side dishes and salads.

Best Before Date > 0

Bar Code > 8004123000222

Extra Virgin Olive Oil Cold Extracted (100% Extra Virgin Oil) 1lt

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INGREDIENTS

❖ 100% Extra Virgin Olive Oil

COLOUR > Yellow-Green

TASTE > Spicy medium – bitter medium

APPEARANCE > Clear at 20 Degree C (Eventual sedimentation on the bottom during storage is natural)

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Best Before Date > 1

Bar Code > 8004123000246

Extra Virgin Olive Oil Cold Extracted (100% Extra Virgin Oil) 4lt

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Nutritional Characteristics Of Extra Virgin Olive Oil

Extra Virgin Olive Oil is defined as a nutraceutical ingredient, it means that is a natural and healthy ingredient that helps physical well-being.

Worldwide, it is recognized as the ideal food fat, to be used both raw and cooked.

1. Lowers Cholesterol And Protects The Heart

Extra Virgin Olive Oil is the condiment with the best fat balance.

The monounsaturated fatty acids it contains are the most active in preventing cardiovascular disorders.

Particularly rich in oleic acid, it is able to regulate cholesterol levels, reducing the level of bad cholesterol (LDL) compared to the level of good cholesterol (HDL).

Oleic acid prevents arterial lesions and reduces the risk of heart attack, stroke and thrombosis. The presence of monounsaturated fats also makes extra virgin olive oil particularly resistant to alteration.

This means that, if stored well, the product does not go rancid and, above all, well supports cooked products, reaching even high temperatures (as happens in frying, for example), without giving rise to the formation of harmful substances.

2. Protects Against Cellular Ageing

Extra Virgin Olive Oil differs from other seed oils in its high content of polyphenols and Vitamin E.

The first are very important antioxidants that fight free radicals, delaying cellular ageing. Polyphenols in fact protect the integrity of cell membranes, helping to protect against the formation and development of many types of cancers, and helping to safeguard memory and cognitive functions.

These substances have a bitter and spicy taste, so if in an oil these two tastes notes are found, it means that polyphenols are present.

Vitamin E, found in Extra Virgin Olive Oil, is often referred to as the 'beauty vitamin'.

It also has a relevant anti-ageing function by protecting cells from oxidative stress.

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3. Supports The Diet

Vitamins are essential nutrients whose ingestion is indispensable to our bodies. Most of these substances are not synthesized by the human body, but are found in nature and must therefore be taken regularly in the daily diet, in amounts that vary according to the type of Vitamin.

Among the main Vitamins in Extra Virgin Olive Oil are:

Vitamin A

Is very important for eyesight because together with its precursors, carotenoids, it is one of the components of rhodopsin, the substance on the retina that gives the eye its sensitivity to light. It is also useful for the development of bones and their strengthening over time, for the growth of teeth, and is notable for its ability to provide the body with an immune response.

Vitamin D

Is a valuable ally for the immune, cardiovascular and bone systems, promoting proper bone density and the absorption of other Vitamins.

Vitamin E

Has antioxidant properties, fights free radicals and promotes cell renewal. Its characteristics make it a relevant tool for cancer prevention and protecting the body from the damage of pollution and cigarette smoke.

Vitamin K

Is relevant not only because it promotes coagulation, but also because it enables the body to absorb calcium and is therefore a valuable aid to bone health, and it also has a protective function for the intestines and digestive system.

Extra Virgin Olive Oil, by aiding the intake of these Vitamins (known as fat-soluble vitamins) proves to be an essential ally in the diet.

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Extra Virgin Olive Oil In Cooking

For Raw Seasoning

Extra Virgin Olive Oil is ideal for raw seasoning, thanks to its ability to enhance the flavour of ingredients.

All its organoleptic characteristics, from its aroma to its taste to the sensations perceivable at the moment of tasting, enhance the food with which it comes into contact.

The molecules of oil, meeting those of other foods, trigger pleasant and surprising reactions, which is why it is always fun to experiment with new combinations of oil and food, taking care to always use the right amount!

Used raw, Extra Virgin Olive Oil retains its wealth of antioxidants, which help fight cellular ageing caused by free radicals.

Not only taste, health also benefits!

For Long Cooking Times

Prolonged cooking is the most insidious, no less than the dreaded frying: each heat treatment is inevitably drastic and causes food degradation.

Even in this case, Olive Oil of good quality passes the cooking test with flying colours, behaving as a good fat should behave.

This is due to its content of monounsaturated fatty acids, which degrade more slowly, combined with the valuable antioxidants in which it is rich.

So go ahead and use olive oil to prepare tasty “ragu”, appetizing sauces, rich soups, relevant meat dishes and delicious side dishes of stewed vegetables.

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For frying

Thanks to its high smoke point (up to 210° degrees), 'Basso' Extra Virgin Olive Oil withstands even the highest temperatures, guaranteeing the perfect success of every recipe, so it is also the right choice for preparing perfect fries, delicate battered vegetables and fragrant fish rings.

For baking

Olive Oil is also highly recommended for baking: in addition to holding up perfectly to high temperatures, it enriches every dish with flavour. Put it to the test when preparing baked fish, delicious roasts, tasty vegetables and crispy potatoes.

For preparing desserts

It is widely used in desserts.

Replacing butter with 'Basso' Extra Virgin Olive Oil is a great way to obtain a result that is not only lighter, but also incredibly soft, fragrant and more digestible.

Give it a try, bearing in mind that 100g of butter is equivalent to about 80g of Extra Virgin Olive Oil.