



Cookbook

A Unique Gastronomical Experience

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ILIADA AWARDED the prize of
Extra Virgin Olive Oil of the Year for 3 consecutive years!



About ILIADA

ILIADA provides a range of Extra Virgin Olive Oil, Olives and Antipasti with different unique identities, intensities, flavors and aromas.

Our products aim to satisfy a large spectrum of consumers' culinary preferences by offering tastes and fragrances that enhance their beloved dishes and at the same time elevate them to unique gastronomical experiences.

“

For true tastes, true moments, true feelings

A True Classic

”



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ILIADA

Hummus

flavored with ILIADA Organic Extra Virgin Olive Oil & ILIADA Organic Kalamata Olives



15'
Preparation time



1
Difficulty

YouTube ILIADA Olive Oil

Watch
the video

Ingredients

- ½ kg chickpeas half-boiled and drained
- 4 tbsp. tahini
- 2 cloves of garlic, mashed
- 6 tbsp. ILIADA Organic Extra Virgin Olive Oil
- 3 tbsp. cumin
- 5 tbsp. lemon juice
- 1 cup of water from the boiled chickpeas
- 1 tbsp. salt

Serving

- 1 tbsp. sumac
- 1 tbsp. cumin
- 1 tbsp. parsley or fresh coriander
- juice from 1 lemon
- 2 tbsp. boiled chickpeas
- ILIADA Organic Extra Virgin Olive Oil
- ILIADA Organic Kalamata Olives

Method

- In a blender add the chickpeas, the tahini softened in water, the lemon juice, the Extra Virgin Olive Oil, the garlic, the salt, the cumin and beat until the mixture is smooth and creamy.
- Sprinkle with Extra Virgin Olive Oil, add lemon juice, sumac, parsley or fresh coriander, boiled chickpeas and olives, and serve it.





ILIADA

Greek Salad

with ILIADA Early Harvest Extra Virgin Olive Oil Unfiltered & ILIADA Single Farm Kalamata Olives (Elia Kalamatas PDO)



10'
Preparation time



1
Difficulty

YouTube ILIADA Olive Oil

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the video

Ingredients

- 20 cherry tomatoes cut in half
- 1 cucumber
- 1 green pepper
- 1 spring onion
- 1 red onion
- 100-150gr feta cheese
- 2 tbsp. ILIADA Single Farm Kalamata Olives (Elia Kalamatas PDO)
- ILIADA Early Harvest Extra Virgin Olive Oil Unfiltered
- parsley
- salt & pepper

Method

- Cut the cherry tomatoes in half and put them in a salad bowl.
- Cut the cucumber in slices and mix with the tomatoes.
- Chop the spring onion, the red onion and the green pepper and put in the salad bowl.
- Add the feta cheese, the olives, the chopped parsley, the salt & pepper and sprinkle some Extra Virgin Olive Oil on top.





ILIADA

Pork chops

with Beer & ILIADA Kalamata PDO Extra Virgin Olive Oil



45'
Preparation time



2
Difficulty

YouTube ILIADA Olive Oil

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the video

Ingredients

- 4 pork chops
- ½ cup of ILIADA Kalamata PDO Extra Virgin Olive Oil
- 1 onion, finely chopped
- 1 tbsp. cumin seeds
- 2 cups of blonde beer
- ½ cup of orange juice
- 1 bay leaf
- salt & pepper

Method

- Place a deep non-stick frying pan with lid over medium heat and add some Extra Virgin Olive Oil.
- Place the pork chops and fry them both sides until their color becomes golden brown.
- Remove them, add in the frying pan some Extra Virgin Olive Oil and sauté the onion for 1-2 minutes.
- Add again the steaks, the cumin and bay leaf. Stir well and sprinkle with salt and pepper.
- Deglaze with the beer and orange juice and after 1 minute, close the pan with the lid, lower the temperature and let it simmer for 20-25 minutes.
- Serve with mashed potatoes.





ILIADA

Chicken Wings

with peanut butter & ILIADA Organic Kalamata PDO Extra Virgin Olive Oil



25'
Preparation time



1
Difficulty

YouTube ILIADA Olive Oil

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the video

Ingredients

- 450-500gr chicken wings
- 3-4 tbsp. ILIADA Organic Kalamata PDO Extra Virgin Olive Oil
- 1 clove of garlic, mashed
- 1 tbsp. freshly grated ginger
- 2 ½ tbsp. honey
- 1 ½ tbsp. soy sauce
- 1 tbsp. crunchy peanut butter
- 1 tsp. chilli sauce
- ½ tbsp. garlic oil
- ½ tbsp. apple vinegar
- 1 tsp roasted peanuts, chopped
- 1 tbsp. coriander, broken into seeds
- salt & pepper

Method

- Thoroughly rinse the chicken wings and dry them well with kitchen paper.
- Clean the feathers - if any - with a pair of tweezers, and season with salt and pepper.
- Place parchment paper in a baking pan, sprinkle it with some Extra Virgin Olive Oil and place the wings.
- In a preheated oven, bake the chicken wings both sides for 12-15 minutes until they become golden brown and then turn them again and cook for another 3-5 minutes.
- In a small saucepan add the garlic, the ginger, the honey, the soy sauce, the peanut butter, the chilli sauce, the garlic oil and the apple vinegar and stir well.
- Simmer over low heat until your sauce thickens.
- Add the chicken wings into the sauce and stir well.
- Transfer the wings to a serving platter and sprinkle with peanuts and coriander.
- Serve immediately.





ILIADA

Falafel

with ILIADA Kalamata PDO Extra Virgin Olive Oil & ILIADA Green Olives Stuffed with Garlic



80'
Preparation time



1
Difficulty

YouTube ILIADA Olive Oil

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the video

Ingredients

- 2 cups of chickpeas
- 1 medium-size onion, finely chopped
- 2 cloves of garlic, finely chopped
- ½ cup of parsley, finely chopped
- ½ cup of fresh coriander, finely chopped
- 1 pinch of hot chilli pepper
- 2 tbsp. coriander
- 2 tbsp. cumin
- ½ tsp. soda
- salt & pepper

For serving

- 4 Cypriot pita breads
- 2 tomatoes
- 2 cucumbers
- 2 onions
- ½ kg yogurt
- ILIADA Kalamata PDO Extra Virgin Olive Oil
- ILIADA Green Olives Stuffed with Garlic

Method

- In a bowl full of cold water add the chickpeas and let them soak for 12-15 hours. Drain the chickpeas.
- Put the chickpeas, the onion and the garlic in a blender and beat them until they become a smooth cream. If needed, add ½ glass of water to become even more creamy.
- Put the mixture in a large bowl and then add the parsley, the coriander, the cumin, the soda, the chilli, salt & pepper and stir until the mixture is homogenized.
- Cover the bowl with food film and place it in the fridge for about an hour.
- Put some flour in your hands and shape the mixture into medium-sized balls.
- Place a deep pan over medium heat and add enough Extra Virgin Olive Oil.
- Add the falafel to the hot Extra Virgin Olive Oil and fry until its golden.
- Place to a plate with paper towels to drain.
- Fill the pita breads with some yogurt, green salad, tomato, cucumber, onion, olives, and falafel.





ILIADA

Vietnamese Chicken

with ILIADA Kalamata PDO Extra Virgin Olive Oil



60'
Preparation time



3
Difficulty

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Ingredients

- 2 chicken breasts cut into small strips
- ILIADA Kalamata PDO Extra Virgin Olive Oil
- ½ glass of white wine
- 2 onions, finely chopped
- 4-5 cloves of garlic
- 2 pieces of ginger 4-5cm, grated
- 2 carrots, grated
- 3-4 cups of cabbage, chopped
- 5-6 spring onions, finely chopped
- 2 cups of frozen peas
- 2 cans of corn
- salt & pepper
- 2 cups of basmati rice half-boiled for 10 to 12 minutes
- 2 tbsp. soya sauce
- 1 tbsp. lemongrass pickled & chilli flakes (optional)

Method

- Place a pan or wok over high heat, add some Extra Virgin Olive Oil and sauté the chicken.
- Deglaze them with the wine and then add the chopped onions, the garlic, the ginger and sauté.
- Add the carrot, the cabbage, the spring onions, the peas, the corn, salt and pepper.
- Stir constantly with two wooden spoons until the vegetables soften a little, and then add the rice and stir again.
- Add the soya sauce and the chilli flakes and serve.





ILIADA

Salmon Skewers

with ILIADA Organic Extra Virgin Olive Oil



30'
Preparation time



2
Difficulty

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Ingredients

- 8 wooden skewers
- 1 kg fresh salmon, fillet, skinless
- 3 tbsp. ILIADA Organic Extra Virgin Olive Oil
- salt & pepper

For the basil pesto

- 50gr basil leaves
- ½ cup of ILIADA Organic Extra Virgin Olive Oil
- 70gr parmesan cheese, grated
- 2 cloves of garlic
- 1 tbsp. pine nuts
- salt

Method

For the salmon skewers

- Soak the wooden skewers in water for at least half an hour.
- Heat the grill pan over medium to high heat.
- Cut the salmon into 2.5 cm cubes. Thread 5-6 pieces of the salmon onto the wooden skewers.
- Sprinkle with Extra Virgin Olive Oil and season them with salt and pepper.
- Using a pair of tongs, carefully put the salmon skewers to the preheated grill pan and cook for about 3 minutes per each side until it is completely cooked.
- Remove the salmon skewers from the grill and let them rest for about 5 minutes.

For the basil pesto

- In a blender, add the Extra Virgin Olive Oil the basil leaves, the pine nuts, the parmesan cheese, the garlic and the salt and beat well until the mixture is homogenized.





ILIADA

Quiche Lorraine

with spinach and ILIADA Kalamata PDO
Extra Virgin Olive Oil & ILIADA Kalamata Olives Pitted



130'
Preparation time



3
Difficulty

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the video

Ingredients

For the dough

- ½ kg all-purpose flour
- 7 tbsp. ILIADA Kalamata PDO Extra Virgin Olive Oil
- 1 tbsp. salt
- lukewarm water, as much as needed to make the dough

For the filling

- 30ml ILIADA Kalamata PDO Extra Virgin Olive Oil
- 1 cup of olives of ILIADA Kalamata Olives Pitted
- 3 spring onions, finely chopped
- 1 tbsp. dill or fennel
- 300gr baby spinach
- 150gr cream cheese
- 100gr feta cheese
- 250ml whipping cream
- 2 eggs (only the yolks)
- 5 tbsp. grated cheese
- salt & pepper

Method

For the dough

- In a bowl, add the flour and salt and make a small puddle in the center to add the Extra Virgin Olive Oil and the water slowly, while stirring. Leave the dough for 1 hour in the refrigerator to rest.
- Place the dough between 2 large sheets of parchment paper. Use a rolling pin to roll out the dough, slowly, between the parchment papers.
- Transfer the dough to the tart pan and press lightly with your hands, to help it stick and shape it.
- Prick the surface of the dough with a fork and leave it in the fridge for about 20 minutes to rest.
- Bake for 10 minutes to 190°C in a preheated oven and then let it cool slightly.

For the filling

- Put the Extra Virgin Olive Oil in a saucepan and sauté the onions for a few minutes until they soften. Add the spinach and sauté for 3-4 minutes, remove from heat and let it cool. Add the cream cheese, the feta cheese, the dill or fennel to the pot and mix.
- In a bowl, stir the milk with the yolks, salt and pepper until the mixture is homogenized.
- Add the spinach to the tart crust and spread it to cover its whole surface.
- Add the mixture of the whipping cream and sprinkle with the grated cheese. Bake at 170°C for 40-45 minutes.



ILIADA

Muffins With Olives

with tomatoes & rosemary with ILIADA Organic Kalamata PDO Extra Virgin Olive Oil & ILIADA Organic Kalamata Olives Pitted



40'
Preparation time



2
Difficulty

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the video

Ingredients

- 1 $\frac{3}{4}$ cup of all-purpose flour
- $\frac{3}{4}$ cup of parmesan
- 1 tbsp. sugar
- 3 tbsp. baking powder
- 1 tbsp. fresh rosemary, finely chopped
- 1 tbsp. fresh thyme
- $\frac{1}{2}$ cup of ILIADA Organic Kalamata Olives Pitted
- $\frac{1}{4}$ tbsp. baking soda
- $\frac{1}{2}$ tbsp. garlic powder
- $\frac{1}{4}$ tbsp. pepper
- 1 egg, lightly beaten
- $\frac{1}{2}$ cup of milk
- $\frac{1}{2}$ cup of tomato sauce
- 2 tbsp. sundried tomatoes
- $\frac{1}{3}$ cup of ILIADA Organic PDO Extra Virgin Olive Oil
- 4 cherry tomatoes cut in four for decoration
- $\frac{1}{4}$ cup of parmesan for sprinkling

Method

- In a bowl mix the flour with the parmesan, the sugar, the baking powder, the rosemary, the baking soda, the garlic and the pepper. In the center of the mixture form a puddle with your hands.
- In another bowl mix the beaten egg, milk, tomato sauce and the Extra Virgin Olive Oil.
- Pour the liquid mixture in the solid mixture and stir well with a spatula until the ingredients are thoroughly combined.
- Take an 8-cup muffin pan.
- Flour the sundried tomatoes and olives and place them in the muffin cups. Fill each tray with $\frac{2}{3}$ of the dough.
- Sprinkle with grated parmesan and put 2 pieces of cherry tomatoes, olives and 2 rosemary leaves on the top.
- Bake in a preheated oven at 180°C for 15 minutes or until the muffins are lightly darkened.
- Let the muffins stay for 5 minutes out of the oven and then remove place them on a grill to cool.





ILIADA

Smorrebrod with shrimp salad

with ILIADA Kalamata PDO Extra Virgin Olive Oil,
ILIADA Classic Red Roasted Peppers & ILIADA Kalamata Olives Pitted



15'
Preparation time



1
Difficulty

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Ingredients

- ½ kg small shrimps
- 2 tbsp. ILIADA Kalamata PDO Extra Virgin Olive Oil
- salt & pepper
- 1 lemon

For the mayonnaise

- 1 egg • salt & white pepper
- 250 ml ILIADA Kalamata PDO Extra Virgin Olive Oil
- 1 tbsp. mild mustard
- 2 ½ tbsp. white vinegar
- 1 tbsp. lemon juice

For the red roasted pepper pesto

- 4 ILIADA Classic Red Roasted Peppers
- 6-7 tbsp. ILIADA Kalamata PDO Extra Virgin Olive Oil
- 2-3 tbsp. pine nuts

For the serving

- 6 slices smorrebrod
- mayonnaise
- ILIADA Kalamata Olives Pitted
- chopped chives & lemon slices
- lettuce leaves & pepper pesto

Method

For the mayonnaise

- Make sure that all the ingredients are at room temperature.
- In a bowl add the egg and the lemon juice and beat very slowly. When completely combined, start adding the Extra Virgin Olive Oil in a slow steady stream.
- Once it is homogenized, add the mustard, the vinegar, salt and pepper and repeat the process until the mixture is even.

For the pepper pesto

- Add the Extra Virgin Olive Oil pine nuts, salt, pepper and peppers in a blender and beat lightly.

For the shrimps

- Add the shrimps in boiled water and let them boil for about 4-5 minutes.
- Put them aside and let them cool.
- Clean the shrimps by removing their shell and heads.
- Put them in a tray or bowl and add salt, pepper, lemon juice & Extra Virgin Olive Oil and mix them.

Serving


- Add some a lettuce leaf, pepper pesto and olives on a piece of smorrebrod.





genuine
origin
authentic
taste


The Authentic Kalamata Products



 ILIADA Olive Oil

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