



## FRANTOIO PAROVEL Friuli Venezia Giulia

On the far north-eastern shoulder of Italy hugging the Slovenian and Austrian borders, Friuli-Venezia-Giulia is a region full of historic, political and cultural collisions. Its capital city is mariner's haven, Trieste, and this makes it an important gateway for transportation and commerce between the east and west of southern Europe. Trieste is the most important centre globally for the trade of coffee and this has benefited the surrounding area hugely. Undoubtedly, this has furthered the regional interest in gastronomy where simple, genuine ingredients reign alongside the region's beautiful floral wines.

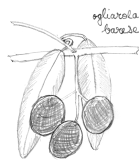
The other significant collision in Friuli is climatic. Here the Mediterranean meets the continental climate and cool air descends from the Alps creating unique weather patterns. This, combined with the indigenous olive cultivar Bianchera-Belica offers a potential for absolutely sensational olive oil. The Bianchera cultivar probably derives its name from the colour change from green to black (veraison), which occurs remarkably late and often never completes, even when super ripe. This in turn means that the fruit retains very high nutritional values and the polyphenol count is typically extremely high. The Bianchera cultivar lives well on the marly-arenaceous soils surrounding the gulf of Trieste and also on the limestone soils of the Karst plateau and has adapted to resist the cold temperatures brought by the bora producing true, cool climate extra virgin olive oil.

So the EVOO potential in this understated region is hugely interesting. Yet there are few people who take olive cultivation as seriously as the Parovel family, who we are thrilled to have discovered. Dedicated to olives and grapes since 1898, the Parovel family show a rare commitment to their groves surrounding the village of Caresana-Mačkolje. In this village, you can still find the old mill with millstones made of granite where all the growers of the area used to bring their olives to be pressed. Today, the current generation of the Parovel family have an immaculate Peralisi line for cold pressing fully controlled by Euro Parovel. His sister Elena brings her passion for excellence and true love of her land to the business, which she runs with grace and dedication. Elena is also hugely community minded and has chaired the committee for the development of EVOO of Trieste since 2000 as well as working on a social farming project integrating disabilities in to the world of work. Elena is naturally enthusiastic, curious and loves baking bread... all rather wonderful attributes. We are delighted to share their exceptional olive oils with you.



### FRANTOIO PAROVEL - Ro'zo Friuli-Venezia-Giulia

Ro'zo' is a tribute to Rosa and Zoran Parovel, parents of Elena and Euro. A blend of Bianchera, Lecchino, Maurino and Buga, we love it for its aromatic perfume featuring bright green bean, sage and rosemary. High in polyphenols, it has a very slight sweetness at the finish making it a wonderful pair for oven baked fish, minster and soups of all types as well as white meat.



## WHAT IS A FRANTOIO?

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A Frantoio is an olive mill. It may surprise you to know that not everyone presses their own olives, in most cases people take their olives to be pressed by someone else. Our approach is different, because we only work with people who own their mill and control every step of their production. We have sought out what we consider to be the absolute best in terms of quality and approach.

Each frantoio we work with farms organically and takes every reasonable measure to minimise their environmental footprint, by re-using waste elements and caring about their packaging. We work with family

## FRANTOI.ORG

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We started Frantoi.org in 2016 and are totally committed to seeking out the very best that Italy has to offer from the far North to the deep South. It's a huge pleasure to be making a bespoke selection for Italiofil and to bring these super fine olive oils to your table in Norway.

## SEASONALITY

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We're putting the seasonality back in to Extra Virgin Olive Oil because

- It gives you the longest possible window to use your oils within their 18 month shelf life
- Freshly pressed EVOO has significantly higher polyphenolic values, so in the winter months the oils work to protect you when you most need it.
- When freshly pressed, the oils are much more decisive and therefore pair better with winter ingredients (base notes such as root vegetables, grains, mushrooms, mature cheeses, red meat). As the spring comes, the oils drop back in intensity allowing scented spring vegetables to shine. Then as we move to more delicate summer flavours such as tomato, mozzarella etc. the oils have dropped back further so they don't over power. – when you consider the seasonality of EVOO in this way, it all makes sense.

## ORIGIN & PROVENANCE

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To us, origin is essential. Understanding cultivar and climate allows you to find oils that match more suitably with other ingredients.

We only work with people who own their groves and their mill so that the entire process is guaranteed.

Everyone we work with has a maximum guarantee of hours from tree to press, so there is no risk of inferior quality and is fastidious about hygiene and ultimate quality. We believe this really makes a difference.

## HOW TO USE & STORE

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Dark glass bottles ensure it stays as fresh as possible for your maximum enjoyment.

Ideally store between 12-15C and away from direct heat or bright lights.

Your Extra Virgin Olive Oil has a shelf life of 18 months from the time you receive it.

If you choose to cook with this oil, it has a smoke point of 207C, which is high enough to suite most cooking needs. You may however prefer to use these oils to dress raw or cooked food.

## STAY IN TOUCH

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