

Oils for all occasions / Tesco.

Contributors

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OILS FOR ALL OCCASIONS

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TESCO

The bottled liquid vegetable oils we use can all be relied upon to be low in saturates, the type of fat doctors agree we should cut down on if we want to eat more healthily. A diet rich in saturates raises blood cholesterol levels, an established risk where heart disease is concerned. No more than 15% saturates are found in liquid vegetable oils.

The three vegetable oils available from Van den Bergh Foods are varied in character. Flora Oil is high in polyunsaturates. 100g of Flora Oil gives you 65g of polyunsaturates. In contrast, 100g of Dante Olive Oil and Extra Virgin Olive Oil provides 75g of monounsaturates. Spry Crisp 'n Dry refined vegetable Oil is a blended oil which gives you 60g of monounsaturates per 100g of oil. With such a variety of oils to add interest to our meals, it's not surprising that each year we are using a little more.

CRISP 'n DRY™



Crisp 'n Dry Oil is specially formulated from a blend of bean and rape oil so that it can be easily shaken from fried food to give delicious, less oily food every time. A versatile oil, it is ideal for all your frying requirements; from deep frying to shallow frying of vegetables and stir fries, producing deliciously crisp and dry food which all your family will love.

Spry Crisp 'n Dry is low in saturates and high in monounsaturates – so it's the lighter way to fry.

INDONESIAN FRIED RICE

Ingredients

4 x 15ml spoons (4 tbsps) Spry Crisp 'n Dry
1 large onion, peeled and sliced
1 clove garlic, skinned and crushed
1 x 5ml spoon (1 tsp) curry powder
1 x 2.5ml spoon (½ tsp) each of ground coriander, chilli powder and Worcestershire sauce
125g (4oz) cooked chicken, diced
125g (4oz) cooked ham, diced
50g (2oz) peeled prawns
125g (4oz) whole green beans
175g (6oz) cooked rice

Omelette

1 egg, beaten
2 x 15ml spoons (2 tbsps) water
Salt and pepper
1 x 15ml spoon (1 tbsp) Spry Crisp 'n Dry

Method of Preparation

Heat Spry Crisp 'n Dry in large frying pan. Add onion and garlic until soft. Add spices and Worcestershire sauce and cook for 1-2 minutes. Stir in the meat, prawns and beans and cook for a further 3-4 minutes. Add rice and seasoning and fry gently for 7-8 minutes.
Omelette - to beaten egg, add water and seasoning. Heat Spry Crisp 'n Dry in frying pan and pour in omelette mixture. When set cut into strips. Turn fried rice onto serving plate and decorate with a lattice of omelette strips.

Servings 4-6
Preparation time 25 mins
Cooking time 15 mins





Named after Italy's greatest poet, DANTE Olive Oils have been produced and sold in Italy since 1860, where they are greatly appreciated.

Famous for its outstanding quality and fine, full, fruity flavour, DANTE Extra Virgin Olive Oil is made from the first cold pressing of the finest selection of olives. It is ideal for salad dressings, toppings (eg Pizza) and for use in sauces. DANTE Olive Oil has a mild, delicate taste, expected of the finest of olive oils. It is ideally suited to shallow frying, for use in baked dishes and for milder, more delicate salad dressings.

* Stocked in larger stores only



SPINACH AND ORANGE SALAD

Ingredients

100g (3½ oz) salad leaves eg spinach, frisée, rosso, washed
2 oranges, segmented
25g (1 oz) pine nuts, toasted

Dressing

3 x 15ml spoon (3 tbsps) Dante Olive Oil
1 x 15ml (1 tbsp) orange juice
1 x 5ml spoon (1 tsp) mustard (whole grain)
1 x 15ml spoon (1 tbsp) fresh herbs, chopped

Method of Preparation

Arrange salad leaves on a serving dish with orange segments and sprinkle over pine nuts. Place dressing ingredients in a screw-topped jar and shake well. Drizzle over the salad.

Servings 3-4

Preparation time 12 mins

Serves 2 as a main meal salad
Serves 3-4 as a side salad

CROSTINI

Ingredients

1 crusty french stick
4-6 x 15ml spoons (4-6 tbsps) Dante Olive Oil
1 clove garlic, peeled and crushed
1 x 397g (14 oz) can chopped tomatoes
2 x 15ml spoons (2 tbsps) tomato purée
1 x 5ml spoon (1 tsp) each of basil, oregano
fennel seeds
125g (4 oz) mozzarella cheese

Method of Preparation

Cut the bread into 1 cm (½ inch) slices and brush lightly with 3-4 tablespoons of Dante Olive Oil. Place on a baking tray and bake in preheated

oven 200 deg C, 400 deg F, Gas No 6 for 10 minutes.

Heat remaining oil in a saucepan and lightly sauté garlic until soft. Stir in tomatoes, purée and herbs and simmer uncovered for 20 minutes. Cool.

Spoon the tomato mixture onto the crostini and cover with slices of cheese.

Heat in oven 180 deg C, 350 deg F, Gas No 4 for 5-6 minutes. Serve hot.

Servings 8

Preparation time 15 mins

Cooking time 25 mins



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ONE OF THESE PRODUCTS**

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20p OFF
SPRY CRISP 'n' DRY COOKING OIL
1 litre or 2 litre sizes

ONLY AT TESCO

TO THE CUSTOMER: This coupon can only be used in part payment against Spry Crisp 'n' Dry Cooking Oil (1 litre or 2 litre sizes) when purchased at any Tesco Store (where stocked) and presented with the product at the checkout. Only one coupon per purchase.

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Flora Oil is made with pure sunflower oil, so it is high in polyunsaturates, low in saturates and low in cholesterol. It is ideal for all culinary uses, including deep fat frying and stir frying.

In addition Flora Oil makes a delicious base for home made mayonnaise and salad dressings.

SMOKED PORK SAUSAGE WITH TAGLIATELLE

Ingredients

225g (8oz) tagliatelle
225g (8oz) smoked pork sausage, thickly sliced
225g (8 oz) firm white mushrooms, washed and sliced
50g (2oz) black olives, stoned

Dressing

2 x 15ml spoons (2 tbsps) red wine vinegar
6 x 15ml spoons (6 tbsps) Flora oil
4 x 15ml spoons (4 tbsps) tomato chutney
Freshly ground black pepper

Method of Preparation

Cook the pasta in boiling salted water for about 8-10 minutes until cooked. Drain, rinse under cold water and drain.

To the noodles add the mushrooms, sausages and olives.

For the dressing mix together the vinegar and seasoning then whisk in the oil and remaining ingredients. Pour over the noodles and mix carefully.

Place in serving dish.

Servings 4

Preparation time 15 mins

Cooking time 10 mins



SOUVLAKIA (Lamb kebabs)

Ingredients

700g (1 1/2 lb) boned leg of lamb
75ml (1/4 pint) Flora oil
75ml (1/4 pint) vinegar
Juice of 1/2 lemon
1 x 5ml spoon (1 tsp) each of dried oregano, rosemary
1 clove of garlic, skinned and crushed
150ml (5fl oz) pot of natural yogurt
Salt and pepper

Method of Preparation

Cut the lamb into 2.5cm (1 inch) cubes and place in a bowl. Add all remaining ingredients and mix so that the lamb is well coated. Cover and chill overnight.

Take out pieces of lamb and thread onto skewers. Cook under a hot grill for 15-20 minutes turning and basting frequently with the yogurt mixture.

Serve hot with salad or rice.

Servings 4

Preparation time 15 mins

Cooking time 15 mins

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