




# E.V.O.O. Tasting & Food pairing Course

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 4 weekly classes (6 hours, 6-7.30pm)

 Zürich City (TBA)

 All levels

 399 CHF



# *Learning, tasting and pairing*

Extra virgin olive oil (EVOO) is becoming the **main protagonist** of the best international cuisines.

At E.V.O.O. Soul we see an **increasing demand** for online and in person olive oil courses.

When a person comes across a high quality EVOO, he or she no longer wants other oils. EVOO is health, sensory characteristics quality, organoleptic sensations that deliver emotions.

Since a decade, **experiences and emotions** are a dominant part of our lives. E.V.O.O. Soul main goal is to reach out to all those people who **want to become experts** in this beautiful world.

In this course you will be learning how EVOO is made and how to:

- Recognize different qualities of EVOO among an infinite number of Olive Oil mills
- Taste different EVOOs
- Learn what defects can affect an EVOO and how to preserve it
- Pair excellent food with excellent EVOO

An active course where you will be a protagonist. We will provide you with a vast number of **useful instruments** to choose you excellences wisely.

# Program

## MATERIAL PROVIDED

- N. 12 0,1l Extravirgin olive oils (12)
- Food paired (8)
- Oil tasting glasses (3)

## LESSON 1

- Psychophysiology of the senses. Professional sensory analysis of EVO oil
- Introduction to tasting tools
- EVOO Guided tasting & Food pairing: 3 Extra virgin olive oils and 2 food pairings

## LESSON 3

- Rules of pairing in sommellerie
- EVOO Characteristics from different varieties
- Food-EVOO pairings
- EVOO Guided tasting & Food pairing: 3 Extra virgin olive oils and 2 food pairings

## LESSON 2

- History and origins of EVOO
- EVOO Production areas in Italy and around the Globe
- EVOO Guided tasting & Food pairing: 3 Extra virgin olive oils and 2 food pairings

## LESSON 4

- EVOO and Health: functional and nutraceutical food.
- The chemistry of oil
- Fatty acids. Unsaponifiable fraction
- EVOO Guided tasting & Food pairing: 3 Extra virgin olive oils and 2 food pairings

## MEET OUR *Team*

### Andrea Giorgio Martinetti

Accredited EVO oil Sommelier and since 2022 promotes the culture of Extravirgin olive oil in Switzerland. He lives in Zurich since 2013 and dreams in few years to have an olive groves near where he lives.



### Elsa Menegolli

Sommelier & Olive Oil Taster. Based in Valpolicella, Elsa has many years of experience in the didactic and communication fields. She currently works with Andrea at the EVOO Soul Project.