



LANDBANDE



THE OLIVE OIL MENU



"MEDITERRANEAN 5-COURSE MENU
SHOWCASING OUR EXQUISITE
ORGANIC OLIVE OIL."



WHAT IS LANDBANDE AND WHY ARE WE ON THIS JOURNEY WITH YOU?



Good food brings people together. Some evenings stay with us, even though they begin quite simply. That is exactly how our story began.

My husband's roots are in Portugal. On our visits there, we discovered something that was completely ordinary to the people around us – good organic olive oil. In our case, it came from a small olive grove we had discovered. Freshly pressed. Fruity. Vibrant, with real depth.

We brought a few bottles home for friends and family – a little taste of Portugal. Once our friends tried it, they wanted more.

That is how Landbande began. Our idea is simple: to make good, fairly produced products accessible to everyone. We believe good organic olive oil should not have to be a luxury. It should be an everyday kitchen staple – an ingredient that makes simple food taste better and turns everyday dishes into special moments. Olive oil is part of everyday life for us. For cooking, sharing and enjoying. This foodbook is an invitation to experience exactly that.

The quantities in our recipes are intended as a guide. Everyone uses olive oil a little differently – sometimes a few drops, sometimes a generous drizzle, sometimes throughout the entire cooking process. Our high-quality organic olive oil is a special ingredient, and often just a few drops are enough to elevate a dish.

For the complete menu for four people, you will generally use around two-thirds of a 500ml bottle of our organic extra virgin olive oil.

YOUR LANDBANDE TEAM



A GOOD OLIVE OIL ENGAGES ALL THE SENSES

A simple tasting quickly shows just how vibrant a high-quality olive oil can be.



EXAMINE

Pour a small amount of olive oil into a glass and hold it up to the light. Its colour can range from golden yellow to deep green. Colour says little about quality, but it can tell you something about the olive variety.

WARM

Gently warm the glass in your hand. The warmth helps release the aromas. Swirl the oil gently.

SMELL

Now for the most important part. A good olive oil should smell fresh and vibrant, with real aromatic depth. Notes of fresh grass, tomato leaves, citrus fruit or herbs are typical characteristics. If the oil smells greasy or flat, it is usually old or of lower quality.

EXPERIMENT WITH

Take a small sip and draw in a little air – this helps the aromas spread throughout your mouth. A high-quality olive oil typically shows three characteristics:

Fruitiness – fresh and green

Bitterness – pleasantly bitter, a sign of healthy olives

Pungency – a peppery sensation in the throat

A pleasant pungency can indicate a higher level of naturally occurring polyphenols. Ultimately, olive oil is also a matter of personal taste and can be experienced very differently from one person to another.

Note on how we refer to our olive oil:

Our Landbande organic olive oil is an organically produced extra virgin olive oil, cold-extracted solely by mechanical means below 27°C, with a free acidity of around 0.4%. For readability, throughout this foodbook and the recipes we refer to it simply as Landbande Organic Olive Oil or organic olive oil.



PT-810-03

Bio Olivenöl
nativ extra



LANDBANDE

500ml

Add high-quality olive oil
just before serving
whenever possible. This
helps keep its flavour
and aromas at their
most vibrant.



LANDBANDE NOTE

A MENU SHOWCASING OUR OLIVE OIL

Some ingredients accompany a dish. Others can carry an entire menu. A truly good olive oil belongs in the second category.

It brings flavours together, highlights ingredients and makes even simple foods shine. A few drops of our organic extra virgin olive oil bring out the flavour of a tomato, allow garlic to develop its full aroma and give dark chocolate a surprising depth.

This foodbook is an invitation to leave everyday life behind for a moment.

Time to cook.

Time to enjoy.

Time for the people around the table.

Because good food does not begin in the kitchen. It begins with good ingredients and the pleasure of sharing them.

This menu has been created so that each course naturally builds on the one before it. At the same time, it shows just how many different sides a great olive oil can have. Served simply with bread, blended into a fresh dressing for tomato tartare or used to gently cook garlic, fish and vegetables. From the first piece of bread to the final spoonful of dessert, our organic extra virgin olive oil accompanies every course – sometimes quietly in the background, sometimes as a distinct finishing touch.

It is a menu that shows how versatile good olive oil can be – and how easy it is to turn simple ingredients into something special.

At the same time, every dish can also stand on its own – as inspiration for a special evening or simply as a way to discover our organic olive oil in your own kitchen.



THE OLIVE OIL MENU



STARTER

Homemade (Walnut) Bread
with Olive Oil and Sea Salt

APPETIZER

Tomato Tartare
with Basil and Lemon, topped with Olive Oil Caviar

SECONDE COURSE

Prawns in Garlic Olive Oil
or
Caldo Verde – Traditional Portuguese Potato and Kale Soup

MAIN COURSE

Piri-Piri Chicken
with Rice and Wild Broccoli
or
Sardines with Lemon Olive Oil
served with Rice and Wild Broccoli
or
Mushrooms in Garlic Olive Oil
served with Rice and Wild Broccoli

DESSERT

Chocolate Parfait
with Olive Oil Ice Cream, Orange Slices, Cinnamon and Sea Salt





GROCERY LIST FOR THE MENU

Everything you need for a Mediterranean five-course menu that brings together quality and enjoyment. Fresh, simple and full of flavour.

BASIC INGREDIENTS FOR ALL VARIATIONS

Olive oil and spices

- Landbande Organic Olive Oil
(amount depends on your chosen menu)
- 1.5g agar-agar
- Several pinches of sea salt
- A handful of sea salt flakes for finishing
- Black pepper
- Portuguese Piri-Piri seasoning or chilli seasoning
- 1-2 small chillies
- A pinch of paprika
- 300ml neutral vegetable oil

Bread

- 350 g of light organic wheat flour
- 200 to 250 ml of lukewarm water
- 1/2 tsp dry yeast
- 80g of walnuts and dried oregano

Vegetables, herbs, and Sides

- 6 ripe organic tomatoes (approximately 800g)
- 2 organic oranges
- 2 organic lemons
- 2 red onions
- 1 bulb of garlic
- 1 bunch of basil
- 1 bunch of parsley
- 1 Bunch of wild broccoli
- 200g rice



FOR 4 PEOPLE

All recipes quantities are designed for 4 people.



TIME

Plan around 3 hours, depending on your menu selection.



GOOD TO KNOW

Many components can be prepared the day before.

ADDITIONAL INGREDIENTS DEPENDING ON YOUR CHOICE

QUANTITIES FOR 4 PEOPLE

COURSE 3 – SECONDE COURSE

Prawns 

- 500g Prawns

Green Broth  

- 500 grams of potatoes
- 200g kale
- 1 liter of vegetable stock

COURSE 4 – MAIN COURSE

Piri-Piri Chicken

- 1 organic chicken or 4 chicken thighs

Grilled sardines 

- 8-12 fresh sardines

Mushrooms sautéed in garlic-infused olive oil  

- 400g of mushrooms of your choice

COURSE 5 – DESSERT

Classic Chocolate Parfait 

- 200g dark organic chocolate(70% cocoa)
- 3 Bio-eggs (egg yolks)
- 200 ml organic cream
- 250 ml of organic milk
- 80 g of organic sugar
- 1 tsp vanilla extract
- a pinch of cinnamon

Vegan Chocolate Parfait 

- 200g organic dark chocolate, vegan
- 300 ml organic coconut milk
- 100 ml organic almond milk
- 80g of organic maple syrup or sugar
- 1 tsp vanilla extract
- a pinch of cinnamon



FOR 4 PEOPLE

All recipes quantities are designed for 4 people.



TIME

Allow for about 3 hours, depending on the menu selection.



GOOD TO KNOW

Many components can be prepared the day before.

STARTER



EASY



~ 40 MIN
(2 H PROVING)

INGREDIENTS

350 G OF LIGHT ORGANIC WHEAT FLOUR

1-2 TSP OF SEA SALT

APPROX. 200-250 MILLILITERS OF LUKEWARM WATER,

½ CUBE OF FRESH YEAST

3 TO 4 TSP OF LANDBANDE ORGANIC OLIVE OIL

OPTIONAL: 80 G OF WALNUTS

DRIED OREGANO

TO PROVIDE SERVICE

LANDBANDE ORGANIC OLIVE OIL

SEA SALT



HOMEMADE BREAD WITH ORGANIC OLIVE OIL AND SEA SALT

Let the bread rest for five minutes after baking. This keeps the crust crisp while the inside stays beautifully soft.



LANDBANDE NOTE

Preparation

Combine 350g light organic wheat flour and 1–2 tps of sea salt in a large bowl.

Dissolve the yeast in a little lukewarm water and add it to the flour. Gradually add around 200–250ml lukewarm water, mixing until a soft, smooth dough forms.

Optional: Soak 80g roughly chopped walnuts in water, drain well and knead them into the dough.

Cover the dough and leave it to rise in a warm place for around 2 hours, until it has noticeably increased in volume.

Heat 3–4 tbsps of Landbande Organic Olive Oil in a large frying pan. Shape the dough, place it in the pan and cook over a low to medium heat for around 15 minutes, until golden underneath. Carefully turn the bread over, sprinkle with a little dried oregano if you like, and cook for a further 15 minutes.

Leave the bread to cool slightly, cut into thick slices and serve with a small bowl of olive oil and fleur de sel. Best enjoyed while still warm.

HOW TO SERVE



APPETIZER



INGREDIENTS

6 RIPE TOMATOES (APPROX. 800G)
A PINCH OF SEA SALT
1 RED ONION
1 BUNCH OF BASIL
JUICE OF HALF AN ORGANIC LEMON
A LITTLE BLACK PEPPER
4 TSP LANDBANDE ORGANIC OLIVE OIL

FOR THE CAVIAR OF OLIVE OIL

300 ML OF VERY COLD NEUTRAL VEGETABLE OIL
50 ML WATER
50 ML LANDBANDE ORGANIC OLIVE OIL
1,5G AGAR AGAR



MODERATE



~ 25 MIN
(+ 30 MIN COOLING)



TOMATO TARTARE WITH BASIL, LEMON AND OLIVE OIL PEARLS



The colder the vegetable oil, the better the small olive oil pearls will form. Only take it out of the freezer once the olive oil mixture is ready..

GOOD TO KNOW

Preparation

Remove the cores from 6 organic tomatoes and cut them into small, even dice. Season with a pinch of sea salt and leave to rest for 5 minutes to allow their flavours to develop. Finely dice one red onion and roughly chop a handful of basil. Add both to the tomatoes together with the juice of half an organic lemon, a little black pepper and 4 tbsp organic olive oil. Mix gently and season to taste.

Chill 300ml vegetable oil in the freezer for around 45 minutes.

Bring 50ml water and 1.5g agar-agar to the boil and simmer for around 1 minute.

Remove from the heat and immediately stir in 50ml organic olive oil until well combined.

Leave to cool for around 3 minutes.

Using a pipette, drop the mixture into the ice-cold vegetable oil. Small olive oil pearls will form.

Carefully remove the pearls, rinse briefly with cold water and arrange them on top of the tomato tartare. Finish with a little fresh greenery.

HOW TO SERVE



INTERMEDIATE COURSE - GAMBAS



INGREDIENTS

6 TBSP LANDBANDE ORGANIC OLIVE OIL

5 CLOVES OF GARLIC

500 G PRAWNS

1 SMALL CHILLI

ONE HANDFUL OF PARSLEY

ZEST OF ONE ORGANIC LEMON

A PINCH OF SALT AND PEPPER.

OPTIONAL: SERVE WITH A PIECE OF HOMEMADE BREAD.



~ 20 MIN



PRAWNS IN GARLIC OLIVE OIL

Preparation

Gently heat approx. 6 tbsp organic olive oil in a large frying pan.
Thinly slice 5 garlic cloves and let them infuse in the warm oil until fragrant.
Peel 500g prawns, leaving the heads on, add them to the pan and cook for 2-3 minutes, until tender.

Add 1 small chilli, a handful of parsley and a little zest from an organic lemon.
Season with salt and pepper to taste.

Just before serving, finish with another small drizzle of olive oil.
Serve with some fresh bread to soak up the aromatic garlic and olive oil sauce.
Nothing should go to waste.



Garlic should never turn dark in olive oil, otherwise it can become bitter. It is better to let it infuse slowly over a gentle heat.

LANDBANDE NOTE

HOW TO SERVE



SECONDE COURSE - CALDO VERDE



EASY



~ 35 MIN

INGREDIENTS

1 RED ONION

2 CLOVES OF GARLIC

2 X 3 TBSPS OF LANDBANDE OLIVE OIL

500 G POTATOES

1 LITER OF VEGETABLE STOCK

200 GRAMS OF KALE

A PINCH OF SALT, AND PEPPER

OPTIONAL: SERVE WITH A PIECE OF HOMEMADE BREAD.



CALDO VERDE – PORTUGUESE POTATO AND KALE SOUP

Caldo Verde is one of Portugal's best-known traditional dishes and is often served with fresh bread.



DID YOU KNOW?

Preparation

Finely chop 1 red onion and 2 garlic cloves and gently sauté them in 3 tbsp organic olive oil over a medium heat.

Peel and dice 500g potatoes and add them to the pan.

Pour in 1 litre of vegetable stock and simmer for around 20 minutes, until the potatoes are tender.

Blend the soup until smooth.

Finely slice 200g kale into thin strips and add it to the hot soup. Simmer for another 5 minutes.

Season with salt and pepper before serving and finish each bowl with a generous drizzle of organic olive oil.

HOW TO SERVE



MAIN COURSE - PIRI PIRI



INGREDIENTS

3 CLOVES OF GARLIC
4 TBSPS LANDBANDE ORGANIC OLIVE OIL
1 TSP PIRI-PIRI SPICE OR CHILI
1 TSP PAPRIKA
JUICE OF HALF A LEMON
PINCH OF SEA SALT
1 ORGANIC CHICKEN OR 4 CHICKEN THIGHS

SIDES

200 G RICE
1 BUNCH OF WILD BROCCOLI
3 TBSPS OF LANDBANDE ORGANIC OLIVE OIL
A PINCH OF SALT FLAKES, AND PEPPER



MODERATE



~ 50 MIN
+ MARINATING
TIME

PIRI-PIRI CHICKEN ACCOMPANIED BY RICE AND WILD BROCCOLI

The longer the chicken marinates, the more deeply the garlic, spices and olive oil can develop their flavours. Ideally, leave it to marinate for at least four hours.



LANDBANDE NOTE

Preparation

For the marinade, finely chop 3 garlic cloves and combine with 4 tbsp organic olive oil, 1 tsp Piri-Piri seasoning or chilli, 1 tsp paprika, the juice of half an organic lemon and 1 pinch of sea salt.

Rub 1 organic chicken or 4 organic chicken thighs all over with the marinade and leave to marinate for at least 1 hour.

A) On the grill: Cook for around 35–40 minutes, until the skin is crisp and golden brown.

B) Alternatively, in the oven: Place the chicken on a baking tray lined with baking parchment or on a roasting rack. Cook for 55–60 minutes at 200°C conventional / 180°C fan. Cooking time will depend on the weight of the chicken. For particularly crispy skin, switch on the grill setting for the final 5 minutes.

Meanwhile, cook 200g rice according to the packet instructions. Gently sauté 1 bunch of wild broccoli in a frying pan over a low heat with 3 tbsp organic olive oil. Serve everything together with fresh organic olive oil and organic lemon and finish with salt flakes and pepper to taste.

HOW TO SERVE



MAIN COURSE - SARDINES



INGREDIENTS

8-12 FRESH SARDINES
A HANDFUL OF SEA SALT
3 TBSPS LANDBANDE OLIVE OIL
1 ORGANIC LEMON

SIDES

200 G RICE
1 BUNCH OF WILD BROCCOLI
3 TBSPS OF LANDBANDE ORGANIC OLIVE OIL
A PINCH OF SALT FLAKES AND PEPPER



EASY



~ 25 MIN



SARDINES DRIZZLED WITH LEMON BY RICE AND WILD BROCCOLI.

Sardines are one of Portugal's best-known specialities and are especially popular in summer, when they are freshly grilled at street festivals across the country.



DID YOU KNOW?

Preparation

Lightly coat 8–12 sardines, depending on their size and how many you need, with 3 tbsp organic olive oil and season with salt.

A) On the grill: Grill for around 4–5 minutes on each side.

B) Alternatively, in the oven: Place the sardines on a baking tray lined with baking parchment or on a roasting rack. Cook for 12–16 minutes, depending on their size, at 220°C conventional / 200°C fan. If desired, switch on the grill setting for the final 2–3 minutes.

Meanwhile, cook 200g rice according to the packet instructions. Gently sauté 1 bunch of wild broccoli in a frying pan over a low heat with 3 tbsp organic olive oil.

Serve everything together with fresh organic olive oil and organic lemon and finish with salt flakes and pepper to taste.

HOW TO SERVE



MAIN COURSE - MUSHROOMS



INGREDIENTS

400 G OF MUSHROOMS
2 CLOVES OF GARLIC
3 TBSPS OF LANDBANDE ORGANIC OLIVE OIL
A HANDFUL OF PARSLEY
OPTIONAL: SEA SALT

SIDES

200 G RICE
1 BUNCH OF WILD BROCCOLI
3 TBSPS OF LANDBANDE ORGANIC OLIVE OIL
SEA SALT



MUSHROOMS IN GARLIC OLIVE OIL

BY RICE AND WILD BROCCOLI.



Cook the mushrooms in a well-heated pan and avoid overcrowding it. This helps them develop beautiful roasted flavours instead of steaming in their own juices. Add salt only at the very end.

GOOD TO KNOW!

Preparation

Sauté 400g whole mushrooms in a hot frying pan without olive oil until they develop a good colour and texture.

Reduce the heat, add the finely chopped garlic and 3 tbsp organic olive oil and sauté briefly.

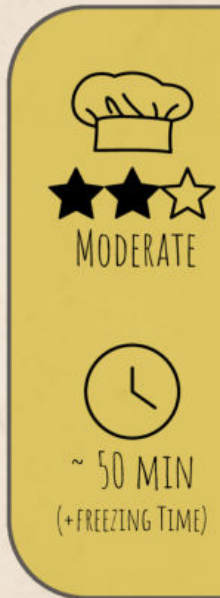
Meanwhile, cook 200g rice according to the packet instructions. Gently sauté 1 bunch of wild broccoli in a frying pan over a low heat with 3 tbsp organic olive oil.

Arrange the mushrooms with the rice and wild broccoli on the plates and finish with a little chopped parsley and sea salt to taste.

HOW TO SERVE



A still life composition featuring a bottle of Bio Olivenöl nativ extra (500ml) by LANDBANDE. The bottle is surrounded by various ingredients: oranges, chocolate, vanilla beans, and several small bowls containing different oils, powders, and liquids, suggesting the preparation of a gourmet dish or dessert.



200G DARK CHOCOLATE (70% COCOA)
3 ORGANIC EGG YOLKS
200 ML CREAM
2 TBSPS OF GRANULATED SUGAR
2 TBSPS LANDBANDE ORGANIC OLIVE OIL
2 ORGANIC ORANGES
1 PINCH OF SEA SALT
1 PINCH OF CINNAMON

250 ML OF MILK
200 ML STAGE
4 EGG YOLKS
80 G OF SUGAR
3 TBSPS LANDBANDE OLIVE OIL
1 TL VANILLA EXTRACT
1 PINCH OF SEA SALT



CLASSIC CHOCOLATE PARFAIT WITH OLIVE OIL ICE CREAM



A few drops of high-quality organic olive oil pair surprisingly well with dark chocolate and bring its flavours beautifully to life.

LANDBÄNDE NOTE

Preparation

Slowly melt 200g dark chocolate over a bain-marie. Separate 3 organic eggs and whisk the 3 egg yolks with 80g sugar until pale and creamy. Carefully stir in the melted chocolate together with 2 tbsp organic olive oil and finish with a pinch of sea salt. Whip 200ml organic cream until stiff and gently fold it into the mixture. Divide between moulds or glasses and freeze for at least 4 hours.

For the olive oil ice cream, gently heat 250ml organic milk and 200ml organic cream in a small saucepan. Whisk 4 organic egg yolks with 2 tbsp organic sugar until pale and creamy. Slowly stir in the warm milk and cream mixture and continue stirring over a low heat until it thickens slightly into a smooth custard. Do not boil.

Remove from the heat and stir in 3 tbsp organic olive oil, 1 tsp vanilla and a pinch of sea salt. Leave to cool and then freeze in an ice cream maker.

Turn the chocolate parfait out onto a plate or serve it directly in the glass. Place a scoop of olive oil ice cream alongside it. Peel 2 organic oranges and cut them into thin slices or segments. Finish with a drizzle of olive oil, a pinch of salt flakes and cinnamon.

HOW TO SERVE



VEGAN DESSERT



INGREDIENTS

200G OF VEGAN DARK CHOCOLATE
200 ML COCONUT MILK
2 TBSPS OF MAPLE SYRUP OR SUGAR
2 TBSPS LANDBANDE ORGANIC OLIVE OIL
2 ORGANIC ORANGES
A PINCH OF SEA SALT
A PINCH OF CINNAMON

OLIVE OIL GELATO

300 ML COCONUT MILK
100 ML ALMOND MILK
80 G OF MAPLE SYRUP OR SUGAR
3 TBSPS LANDBANDE OLIVE OIL
1 TL VANILLA EXTRACT
1 PINCH OF SEA SALT



MODERATE



~ 50 MIN
(+ FREEZING TIME)



VEGAN CHOCOLATE PARFAIT WITH OLIVE OIL ICE CREAM

Preparation

Slowly melt 200g vegan dark chocolate over a bain-marie. From a well-chilled can of organic coconut milk, scoop out only the firm, creamy layer from the top (200g) and whip it with 2 tbsp sugar or maple syrup until light and creamy.

Carefully fold the melted and cooled chocolate into the coconut cream together with 2 tbsp Landbände Organic Olive Oil and a pinch of sea salt. Divide the mixture between small moulds and freeze for at least 4 hours.

For the vegan olive oil ice cream, gently heat 300ml organic coconut milk and 100ml organic almond milk. Stir in 80g sugar or maple syrup. Then add 3 tbsp organic olive oil, 1 tsp vanilla extract and 1 small pinch of sea salt and mix well. Leave to cool and then freeze. For the creamiest possible texture, stir vigorously three times during the first hour.

Take the parfait out of the freezer around 20 minutes before serving for the best texture. Turn it out onto a plate and place a scoop of olive oil ice cream alongside it. Peel 2 organic oranges and cut them into thin slices or segments. Finish with a drizzle of olive oil, a pinch of salt flakes and cinnamon.

HOW TO SERVE



"EVERY DROP TELLS THE STORY OF A TREE."

A MENU FOR YOUR OWN TABLE

Good food rarely begins with a recipe alone.
It begins with a moment.

With a kitchen where food is prepared slowly.
With good ingredients that are given time.
With people sitting together around the table.
Our olives grow beneath the Portuguese sun, shaped
by the Atlantic winds and rooted in soil that has
carried olive trees for generations. Each harvest
tells its own story and brings its own unique flavour.
This menu is our invitation to bring a little of that
story to your own table.

Perhaps you will cook all five courses.

Perhaps just one of them.

Perhaps it will become a long evening or simply a
special everyday meal.

In the end, it is not about perfection. It is about good
food, good ingredients and the people you share
them with. And sometimes, all it takes is homemade
bread, a few drops of olive oil – and a table
surrounded by friends.

**Share your Landbande moment with us and, with
a little luck, win a two-year tree sponsorship
together with a Portuguese gourmet hamper. Post
a photo or Reel on Instagram, tag @landbande
and use #landbandemoment to be automatically
entered during the competition period.**

MORE INFORMATION!



WWW.LANDBANDE.COM



LANDBANDE





LANDBANDE



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