

JALE BALCI & MÜGE NEBİOĞLU

olives & olive oil

RICHES FROM DEEP ROOTS

 Remzi Kitabevi



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OLIVES AND OLIVE OIL
Jale Balcı & Müge Nebiođlu

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Styling & Productionn: Jale Balcı
İllustrations: Duygu Lougée

ISBN 978-975-14-2106-7

First print: September 2022

Remzi Kitabevi A.Ş., Akmerkez E3-14, 34337 Etiler-İstanbul
Certificate number: 10705
Tel (212) 282 2080 Fax (212) 282 2090
www.remzi.com.tr post@remzi.com.tr

Print and binding: Seçil Ofset, 100. Yıl Mah., Matbaacılar Sitesi
4. Cad. No: 77 Bağcılar-İstanbul
Certificate number: 44903 / Tel (212) 629 0615

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The olive tree.
A gift from God to humanity,
a symbol of his mercy
and unwavering love.



Holy scriptures remind us that
regardless of what we go through,
we must stand unshaken
before the eyes of God.
Just like the olive tree...





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foreword

There are many reasons that compelled me to write *Riches from Deep Roots*.

Unfortunately, this heavenly fruit which has a place in all the holy books, is not given the attention and interest it deserves. However, high quality, pure, and pristine olive oil has extremely significant health giving properties. It wasn't called liquid gold for nothing...

One day, I had the opportunity to meet dear Müge after an olive harvest, as many food critics and journalists left the event following the tasting and the meal. We realised that we were both of the opinion that the olive fruit we adored was not recognised for the potential benefits it could add to our lives, to gastronomy, to the tourism sector, and to our country.

Before "olive oil doctor" Müge and I parted, we came up with the idea and dream of writing a book which would teach people to use olives and olive oil in more correct and beneficial ways. We raised the idea again during the pandemic, and didn't want to wait any longer. Many local olive and olive oil producers who shared our passion supported our project wholeheartedly, and for the first time, these competing establishments worked together for a common aim. We established a route stretching from Bursa to Altınözü, and visited the olive gardens and factories of all the businesses who participated in the project over one and a half years. We witnessed every stage of olive oil production, from the flowering of the olive tree to its bearing fruit, and from the harvest to the birth of the olive oil. We saw, we tasted, and we understood that Türkiye is a paradise for olives and olive oil.

I know that this book will change your perspective on olives and olive oil!

My olive oil story began with a professional interest in its chemical structure. Then, an advertisement for sensory analysis training caught my eye, I enrolled in the course, and discovered a completely new side to olive oil, with enough power to win my passionate dedication. This passion was so strange that I found myself visiting whichever corner of the world was famed for its olive oil. I saw that the olive has a different culture, a different feeling, and very different properties depending on where it is in the world, but the people who are devoted to it share the same ardour, regardless of their race or language.

As Jale and I discussed the uses of olive oil in gastronomy at a harvest festival, we reached the conclusion that the information we possessed should not stay between us alone. Jale was taken by my idea of writing a book together. At the time, she was working on one of her own books, and as soon as it was published, she told me "Let's write a reference book on olive oil together." We connected with high-quality olive oil producers who shared our fondness for the project, and set out on our long journey. All the producers who supported us opened their gardens, factories, and hearts to us sincerely. They worked as hard as we did to answer questions about the desired features of olive oil, the things we know, and the things about which we are mistaken. I am sincerely grateful to each and every one of them.

I believe that when you pick up this book and start reading it, your journey will be as enjoyable as ours, and it will add meaning to your life.

jale balcı

müge nebioğlu





the eternal olive tree

Ancient Greek, Roman, Jewish, Christian and Muslim cultures all have something to say about the olive tree. Mythology, ancient inscriptions, and sacred books are filled with stories of its plentitude, and how it brings abundance, peace, nutrition, light, and warmth into people's lives.





goat's cheese paste with fresh thyme

SERVES 8

INGREDIENTS

250 g (8.8 oz) Goat's cheese
2 tablespoons Cream cheese
2 tablespoons Yoghurt
1 tablespoon Butter, *softened*
3-4 sprigs Fresh thyme, *finely chopped*

To serve

2 whole Red beets, *large*
Early harvest olive oil
Walnuts

PREPARATION & SERVING

Preheat the oven to 200°C (400°F).

Peel, wash, and dry the beets, and then brush them with olive oil. Place the beets in the oven and roast them for approximately an hour, checking their progress intermittently.

Mix together the goat's cheese, cream cheese, yoghurt, and butter in a bowl.

Place the cheese pate on clingfilm and roll it into a tube shape. Let it rest in the fridge for an hour.

Open the clingfilm, surround the pâté with thinly diced fresh thyme, and let it sit in the fridge for another hour.

You may place the whole pâté intact onto a plate or cut it into slices. Serve it together with walnuts and beets that have been sliced and drizzled with early harvest olive oil.

NB: You can coat the goat's cheese with a variety of herbs, spices, or nuts (e.g. dill, walnut, ground pistachio.).



seafood stuffed chard wraps

SERVES 6-8

INGREDIENTS

200 g (7 oz)	Octopus, <i>steamed and finely sliced</i>
200 g (7 oz)	Small shrimp, <i>roasted</i>
100 g (3.5 oz)	Squid, <i>finely diced</i>
400 g (14 oz)	Tricolor quinoa, <i>boiled</i>
1 bunch	Chard leaves, <i>washed</i>
1 whole	Onion, <i>small</i>
2 sprigs	Scallions, <i>finely chopped</i>
2 tablespoons	Dill, <i>finely chopped</i>
2 tablespoons	Parsley, <i>finely chopped</i>
3 tablespoons	Capers, <i>finely chopped</i>
3 tablespoons	Olives, <i>finely sliced</i>
2 tablespoons	Fresh coriander, <i>finely chopped</i>
3 cloves	Garlic, <i>finely chopped</i>
half	Lemon, <i>juiced</i>
5 tablespoons	Late harvest olive oil
	Salt
	Black pepper
	For the cooking liquid
½ teaspoon	Chili sauce
3 tablespoons	Early harvest olive oil
1 whole	Tomato, <i>large, pureed</i>
	<i>or</i>
1 teaspoon	Tomato sauce
	Water
	Salt

PREPARATION & SERVING

Cut the stalks off the chard leaves. Place them in boiling water for 10 seconds, then remove, drain, and set aside.

Roast the onion in olive oil. Before it browns, add the seafood, fresh herbs, lemon juice, and quinoa, mixing gently. Remove from the stove.

Spread the mixture onto the chard leaves, roll them up, folding in the ends, and place them neatly in a pot.

In a separate container, mix together the cooking liquid ingredients and pour into the pot, making sure the rolls are covered. Place the pot on the stove, and cook on low heat with the lid on.

Dedicated to the eternal olive tree, whose story began in the Levant and from there spread to the world, this book is an excellent resource highlighting the importance of consuming the right type of olives and olive oil, providing information on the olive harvest process, and showcasing a collection of extraordinary olive oil-based recipes by chef Jale.



Discover more Turkish recipes
by chef Jale

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ISBN 978-975-14-2106-7



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