

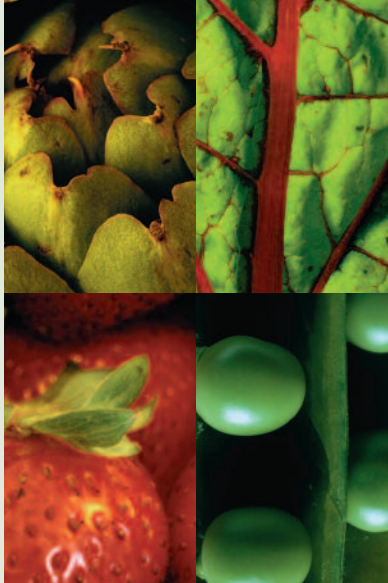


Spring



Savor the Seasons





Bertolli Spring Picks

Artichokes, asparagus, avocado, broccoli, garlic blossoms, cherries, chive blossoms, mango, pineapple, red skin potatoes, rhubarb, strawberries and sugar snap peas — **although some are available all year, these peak in Spring.**



Curtis Aikens on Spring

Curtis Aikens is the host of Pick of the Day, the Television Food Network program, and author of two successful books, *Curtis Aikens' Guide to the Harvest* and *Curtis Cooks With Heart and Soul*.

"My favorite vegetable for Spring is the first vegetable — asparagus. My son loves it so much, we celebrated his birthday with a feast of asparagus, sautéed in oil with a little salt and pepper. Delicious!"

Naked trees are sprouting new leaves, snow is giving way to daffodils and the birds are basking in the warm morning sunlight. In a wondrous ritual, Mother Nature is waking up — and offering us a bounty of delectable treats.

The Spring menu is light, healthy, full of colors and textures along with an array of vitamins. March to May, fresh fruit and vegetables, alone or combined with your favorite meats, fish and poultry, lend a variety of culinary selections that truly capture the spirit of the season.

The natural flavors and captivating aromas of Bertolli olive oils make them the perfect complement to your favorite Spring entries. From salads of delicate greens to sautéed vegetables, dishes prepared with Bertolli bring a touch of the Mediterranean to your table. For centuries, the

people of this region have gathered around the table not only to partake in nature's offerings, but also to converse and share with family and friends in an atmosphere of trust, joy and relaxation. And since 1856, Bertolli has been a part of that tradition.

This Spring, Bertolli invites you to reacquaint yourself with a traditional Mediterranean vegetable — the artichoke. Introduced into the United States by early Italian immigrants, the subtle-tasting artichoke peaks from March to May, although it is available all year. Steamed in lemony water, marinated, drizzled with oil or tossed into pasta, the artichoke is delicious hot or cold. Savor the season with Bertolli Delizia di Carciofi Ripieni, a recipe combining the freshness and vitality of Spring with centuries of Mediterranean tradition.



Spring's best dishes are made with Bertolli

There is a recommended oil for every Spring dish. **Extra Virgin** (strong, intense, rich and fruity) is ideal for salads, **Classico** (mild, mellow and olivey) is an all-purpose cooking oil and can be used in anything from sautéing vegetables to pasta sauce, and **Extra Light Taste** (light, subtle, delicate and pure) is perfect for Spring desserts.



Bertolli Delizia di Carciofi Ripieni Spring

4 globe artichokes
Juice of one lemon
2 links Italian sweet sausage, removed from casings and crumbled (optional)

1/3 cup Bertolli Classico Olive Oil
1 tsp. minced garlic
2 cups cubed, (about 1/4 inch) day-old Italian bread (crust trimmed)
2 Tbsp. pignoli (pine nuts)
Salt and freshly ground pepper
2 Tbsp. grated Parmigiano-Reggiano

To prepare artichokes: Cut stems off, remove small leaves from base. Lay artichoke on side; slice off tip of artichoke about one inch from top. Use scissors to trim off prickly tips of remaining leaves. Rub cut edges with lemon juice to prevent darkening. Place artichokes in saucepan small enough to hold snugly. Add water to cover and 1/2 tsp. salt. Cover; cook until tender, about 20-25 minutes or until a leaf can be pulled out easily. Drain; cool until lukewarm. To remove choke, spread center leaves; reach down in center and pull out purple tipped prickly leaves. Use small spoon to scoop fuzzy part from heart.



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Unlike our agrarian ancestors, we do not pay enough attention to nature's cycle. Bertolli USA, Inc., the world's leading producer and marketer of olive oil, proudly introduces Savor the Seasons, a new collection of information and recipes inspired by Mother Earth's ever-changing offerings. The youth of Spring, sun-drenched days of Summer, brightly-colored Autumn leaves and frosty snowflakes of Winter are all reflected in the Savor the Seasons menu by distinctly different culinary choices.

Founded in 1865, in the town of Lucca, Italy, Bertolli expanded its business worldwide in the 1950's and to this day continues the tradition of producing and manufacturing product in Lucca. In addition to a fine selection of olive oils, Bertolli is well-known for its signature Italian Mediterranean menu, compiled by a team of culinary and nutrition experts. Bertolli Delizia di Carciofi Ripieni featured here captures the spirit of Spring and is the first of a line of delectable dishes which combine 128 years of Bertolli heritage with the best of each season.

William C. Monroe
President/CEO, Bertolli USA, Inc.



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Spring Bertolli Delizia di Carciofi Ripieni



To make stuffing: Brown sausage (if using); set aside. Heat Bertolli Classico olive oil and garlic in skillet until garlic begins to sizzle. Add crumbs, pignoli and cook; stirring, until bread is golden, about 5 minutes. Add sausage.

Coat small, deep baking dish with olive oil; add artichokes. Spread leaves from center, creating an opening for stuffing. Lightly spoon stuffing into centers distributing ingredients evenly. Sprinkle tops evenly with cheese. Add 3 Tbsp. water to baking dish.

Cover with foil; bake at 375F for 15 minutes. Uncover and bake until cheese browns, about 5 minutes. Serve warm or at room temperature. Serves 4.



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