

# Olives

## GOYA® Ripe Black Olives

*With a choice, very mild flavor, and meaty, high-quality flesh, GOYA® Ripe Black Olives are carefully selected, complying with rigorous specifications which differentiate them from other olives on the market. This juicy fruit will entice even the most discerning consumers due to its irresistible appearance and firm texture.*

Their preparation process involves accelerated oxidation, following the method called: **"California-Style"**, in order to achieve a ripe black olive with a softer shade on the inside and a more intense, darker, and **completely homogeneous** shade on its exterior. This is also how we get the olives to lose bitterness for a wider range of use.

You will find our **GOYA® Ripe Black Olives** in three size variations, according to different uses and preferences, and these same olives are also offered sliced. Black olives contain polyphenol antioxidants which facilitate the lowering of **cholesterol**, and have anti-carcinogenic properties.



**Containers:** Available in easy-open tin cans and glass jars.

**Country of origin:** Spain



**GOYA®**  
SPAIN





## Tasting and food pairings

An excellent ingredient to add to **salads**, **cold dishes**, seasoned potatoes, **pizzas**, Russian salad, as well as a healthy **appetizer** and decorative element for providing recipes with a touch of color.

The presentation of **GOYA® Sliced Ripe Black Olives** is very convenient for adding to chicken soups or fish stews (hake, cod), and they highlight the flavors in these dishes as well as in Latin American cuisine -in tacos, enchiladas, rice-.



APPETIZERS



SALADS



PIZZAS



VEGETABLES



## Suggestions



**Tapenade:** With about one can of **GOYA® Ripe Black Olives** you can prepare this adding 4 fresh basil leaves, half a clove of garlic, approximately 10 **GOYA® Capers**, one anchovy fillet and about 80ml of **GOYA® Extra Virgin Olive Oil**. Mash everything together in a mortar or blend it in a food processor. You should serve it cold or spread it on thin **slices of toasted bread**. Delicious!



**Marinated:** Just as our grandmothers prepared them, you mix the **GOYA® Ripe Black Olives** with finely chopped onion, salt, crushed sweet paprika and **GOYA® Extra Virgin Olive Oil**. An exquisite midday appetizer!

### Did you know...?

Black olives are rich in **beta-carotene** and **omega 3 and 6**, which are essential fatty acids for the body, beneficial in reducing **triglycerides**.

**GOYA®**

SPAIN

*If it's **GOYA** ...it has to be good!®*