

# Olives

## GOYA® Green Olives

*With a smooth texture on the outside and meaty pulp inside, GOYA® Green Olives' exquisite taste will surprise you. The rigorous specifications that we here at GOYA Spain establish when selecting only top-quality olives make them the most select olives in existence on the market.*

To prevent any damage to the fruit, GOYA® Green Olives are hand-picked in the veraison stage, at the beginning of their ripening period (between September and October). The olives cannot be eaten directly from the tree, so they first undergo a treatment to eliminate their bitterness. Then, we store them in brine.

At that moment, recently-harvested and rich in sugars, they begin a natural process during which they start to become oil, giving the olive its authentic flavor. This process is referred to as "Seville Style". Now, they are ready for packaging.

Among the different kinds of GOYA® Green Olives, we have the *Gordal* variety, large and heart-shaped, available both pitted and stuffed.

*Manzanilla* variety GOYA® Green Olives are smaller in size: characteristic of Sevillian olive groves, it is a generous and tasty olive. GOYA Spain packages its *manzanilla* green olives whole, pitted and sliced.

At GOYA Spain we carry out exhaustive controls to guarantee that all of our products and ingredients are free of pesticides.



**GOYA®**  
SPAIN

Containers: Available in glass jars  
Country of origin: Spain





## Tasting and food pairings

Excellent ingredients for adding to chicken and fish stews (hake and cod), **salads**, **cold dishes**, Russian salad or to accompany some delicious pickled anchovies.

Great for preparing *tapenade* or *focaccias*, dressed with olives and olive oil.



APPETIZERS



SALADS



PASTA



FISH



## Suggestions



**Fried Green Olives:** **GOYA® Green Olives**, egg and bread crumbs are the basic ingredients for this appetizer. All you need to do is drain the olives and dip them in a beaten egg. Then, dredge them in bread crumbs and fry them in **GOYA® Extra Virgin Olive Oil** at a moderate temperature. A good option is to mix stuffed and pitted green olives, and **nobody at the table will be able to resist!**



**Green olive, bacon and cheese loaf:** In the numerous variations on this savory dish, **GOYA® Green Olives**, which we add sliced to the mixture, add an extra touch of flavor when combined with the bacon. Ideal as an appetizer or light dinner alongside salads dressed with **GOYA® Extra Virgin Olive Oil**, their smooth texture allows them to be tasted at room-temperature or cold.

### Did you know...?

Experts recommend eating 7 olives a day (only 37 calories). In addition, olives are rich in fiber and constitute an important source of vitamin E (antioxidant).

**GOYA®**

SPAIN

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