



Delicious. Healthy. Simple.

Simple Uses

MEAT

For 1 portion or 5 oz. of meat, use 1 tbsp of Oil and Balsamic. Seal together in a container and let stand 30 min or longer. Brush on meat during last minute of cooking for added flavour.

FRUIT

Drizzle 1 tsp of White or Dark Balsamic over every 1 cup of fresh cut fruit. Our fruity oils also add great finishing flavours.

STARCH

Use 1 tbsp of Olive Oil for 1 cup of your choice of rice to 1.5 cups of water.
Toss with finished pasta 1 tbsp of Olive Oil for every one cup of pasta.
For roasted potatoes use 1 tbsp of Olive Oil.
For 1 portion of mashed potatoes (5 pounds peeled and mashed) use 1/4 cup of Fused or Infused Olive Oil.
Use EVOO or choose a flavour to enhance your food even more!

DESSERT

Use 2/3 cup Olive Oil for every one part butter in baking. Drizzle a teaspoon of balsamic on ice cream, yogurt or cake for an added flavour shot! Our fruity oils also add great finish & flavour to cake, yogurt or ice cream.

SEAFOOD

For 1 portion or 5 oz of seafood, use 1 tbsp of Oil and Balsamic. Seal together in a container and let stand 30 minutes or longer.

SALAD

Drizzle 1 tsp of EVOO, fused, infused olive oil or White or Dark Balsamic over single portion size salad.
Best dressings use a combination of oil and vinegar. 1 tsp of each.

VEGETABLES

Use 1 tbsp of Olive Oil per 1 cup of roasted or sautéed vegetables. For every 1 cup of steamed vegetables, toss on 1 tsp of olive oil. OR use 1 tbsp of each Oil and Balsamic for about 10oz roasted vegetables at 12 min at 425F in the oven.

DRINKS

Use 1/2 oz of Balsamic per 8oz glass of carbonated water and several tsp of Balsamic into a 4oz alcoholic beverage.
Choose your flavour!

BUTTER TO OLIVE OIL CONVERSION CHART

DID YOU KNOW	BUTTER/ MARGARINE	EXTRA VIRGIN OLIVE OIL
Barrie Olive Oil's Fresh extra virgin olive oils can be substituted for butter in any recipe!	1 tsp.....	3/4 tsp
	1 tbsp.....	2 1/4 tsp
	1/4 cup.....	3 tbsp
	1/3 cup.....	1/4 cup
Use all natural infused oils for a new flavour twist.	1/2 cup.....	1/4 cup + 2 tbsp
	2/3 cup.....	1/2 cup
	3/4 cup.....	1/2 cup + 1 tbsp
It's healthier and tastes better!	1 cup.....	3/4 cup

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