



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.

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.

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!

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

Barrie Olive Oil Co's Fresh extra virgin olive oils can be substituted for butter in any recipe!

Use all natural infused oils for a new flavour twist.

It's healthier and tastes better!

BUTTER/ MARGARINE

EXTRA VIRGIN OLIVE OIL

1 tsp.....	3/4 tsp
1 tbsp.....	2 1/4 tsp
1/4 cup.....	3 tbsp
1/3 cup.....	1/4 cup
1/2 cup.....	1/4 cup + 2 tbsp
2/3 cup.....	1/2 cup
3/4 cup.....	1/2 cup + 1 tbsp
1 cup.....	3/4 cup