

Trio of olive purées (Appetizers)



Preparation

Boil the potatoes and mash them well. Take three bowls in which you will put the different toppings. Purée of olives: chop some Taggiasca olives, then finely chop together some parsley and sage, add two tablespoons of oil and a clove of crushed garlic; put the mashed potatoes in a small saucepan and add the toppings and a little water to mix; salt to taste. Purée of black olives: pit the black olives and chop them up, chop the basil, add two tablespoons of oil; put the mashed potatoes in a small saucepan and add the toppings and a little water to mix; salt to taste. Purée of green olives: chop the green olives and fresh chilli, finely chop a little parsley, season with olive oil and lemon juice; put the mashed potatoes in a small saucepan and add the topping and a little water to mix; salt to taste. Served in three separate bowls as a side dish for meat or fish.

Tips

The best way to preserve your trio of puréed olives is to cover them with a thin layer of olive oil.

Trivia

The olives are very excellent ingredients, but you can't just eat them straight after being pickled due to the high levels of oleuropein.

Information

Preparation 40 minutes

Total Time 20 minutes

Serves X Serves 3 persons

Level of difficulty Easy

la terra di Puglia



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Ingredients

Potatoes 800 grams (Boiled and mashed)

Black olives 40 grams

Black olives 40 grams (Oven cooked)

Green olives 40 grams

Chilli (Fresh)

Basil

Parsley

Sage

Lemon (Juice)

Salt

Oil

Garlic 1 clove