



Famous Chinese chefs recommend healthy olive oil for Chinese cuisine

Many respected Chinese chefs highly recommend using healthy olive oil in Chinese cuisine. "Olive oil has a great future on the Chinese market, as long as its high quality is guaranteed", believes celebrity chef Xin Liu, who has used olive oil even in hot-pot.

Are you still wondering how to incorporate olive oil into traditional Chinese cuisine? The TAICHI project's team of experts believe that olive oil is a perfect ingredient for Asian style cuisine due to its supreme taste and multiple health benefits. Many respected Chinese chefs also share the same opinion.

A celebrity chef Xin Liu shared his rich experience of using Italian olive oil at one of the TAICHI press conferences in Beijing. Known as "a chef on the road", Xin Liu has travelled to Italy, Spain, Portugal, the UK, and Australia to explore local food cultures. With his deep understanding of Western culinary traditions, Xin Liu adds an innovative twist to traditional Chinese dishes by using Western ingredients and flavours. For example, he uses olive oil to make Shen Dong beef ramen noodles, BBQ beef and even hot pot!



Photo 1: Xin Liu.

Photo 2: front line: Xin Liu, Mr. Ettore Francesco Sequi, the Italian Ambassador to the PRC; second line: Presidents of Italy's olive oil producing associations – CNO, UNASCO, UNAPOL.

Another Chinese chef, Li Xiaobing, is famous as a "Master of Fusion Cuisine", who skillfully integrates Chinese and Western ingredients in his culinary masterpieces. His gourmet dishes are much loved by diners at the New Century Grand Hotel and Yitian Garden Catering Group for their exquisite taste and stylish presentation. The chef recommends using olive oil in some of his innovative recipes, including 'Grilled squid with mushroom bolognese sauce' and 'Fried chicken leg with asparagus and lemon cream sauce'.

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