



China's famous food bloggers say olive oil is a "must-have" ingredient

Online cookery stars Amanda Tastes and Tianluo Guniang have both used olive oil in many of their recipes, recommending this special ingredient for its health properties and great taste.

Li Ruowen, known to her fans as Amanda Tastes, is a celebrity in the world of online cookery videos.

Standing in her country-style kitchen in the UK, Amanda guides her viewers step-by-step in how to make a huge range of dishes, from simple Mediterranean salads to elaborate cakes with ingredients like matcha and black sesame. Her videos, posted on Chinese video sites Youku and Tudou, as well as on Youtube with English subtitles, have attracted hundreds of thousands of views.

A Peking University graduate who moved to the UK for further study, Amanda makes many European dishes in her videos. She is known for demystifying dishes from different cultures; in one video, she explains the differences between American and Mediterranean-style salad dressings, showing her viewers how to use extra virgin olive oil to make a vinaigrette, which is "fresh and has less fat" than mayonnaise.

In fact, extra virgin olive oil is a star ingredient in many of Amanda's videos: she uses it to bake pizza dough, drizzle on salads and to prepare sautéed vegetable dishes such as garlic mushrooms.

Amanda is not the only Chinese food blogger who has become a fan of olive oil. Tianluo Guniang, who has over 670,000 fans on Weibo where she is known as Hhaze, also raves about olive oil to her fans.

In one of her online articles, Tianluo Guniang says that extra virgin olive oil is "a must-have for salad lovers" but warns that "choosing a good olive oil is not an easy task". She recommends taking care when choosing the right olive oil, saying that "top quality olive oil, like good red wine, will have a clearer unique fragrance and a richer, personalized taste".

With more and more food lovers in Mainland China and Taiwan discovering the possibilities of olive oil, the TAICHI project aims to provide all the information consumers need to help choose the right product. Supported by funding from the European Union and expertise from Italy's leading olive oil consortia, the TAICHI project provides information and organizes events around China and Taiwan, where our experts can guide you in all things olive oil.

To keep up with these events, you can download the OurOliveOil APP in [App Store](#) or [Google Play](#).]

To find out more about the TAICHI project, visit OurOliveOil.com

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