5 methods of cooking with olive oil

**Sautéing:** quick-frying in a small amount of EVOO, seasoned with garlic and chilli, is a great cooking method for seafood such as shrimps and clams, as well as most veggies.

**Barbecuing:** use EVOO-based marinades to soften and season vegetables, tofu or your choice of meat before throwing them on the grill.

**Pan-frying:** use EVOO to fry fish and chicken fillets, or brush it on to slices of eggplant, zucchini and mushrooms to give them that golden brown texture.

**Baking:** cut the saturated fats in your diet by replacing butter or margarine with mellow or citrusy EVOO when baking bread, brownies, cookies and more. It adds a new flavour to your baked goods and keeps them moist.

**Stewing:** use EVOO when hearty Mediterranean stews by combining roughly chopped vegetables with lean meats, such as lamb, or legumes. The ingredients should be simmered in some kind of liquid for a long time at a relatively low temperature, allowing all the flavours to combine in a tasty gravy.