

Butter to Olive Oil Conversion Chart

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

Health Benefits of Extra Virgin Olive Oil

- Olive oils contain naturally occurring anti-inflammatory agents and antioxidants.
- Olive oil is a healthy fat which aids in reducing bad cholesterol (LDL) and increasing good cholesterol (HDL).
- Extra virgin olive oils have more monounsaturated fatty acids than any other olive oil.
- Extra virgin olive oils also contain more polyphenols, which have health benefits for the heart.

Dana Shortt Gourmet Extra Virgin Olive Oil

- Our extra virgin olive oils are first cold pressed and sourced from both hemispheres to ensure the highest quality and freshness.
- All of our extra virgin olive oils are all natural with no artificial flavours, colours, additives, or preservatives.

What is Balsamic Vinegar?

Balsamic vinegar originated from Italy. It is an aromatic, thick, dark, syrup-like aged type of vinegar, prepared by the reduction of cooked grapes. Unlike the sharp taste of vinegar, balsamic vinegar has a rich, sweet flavor.

Dana Shortt Gourmet Balsamic Vinegar

Dana Shortt Gourmet balsamic vinegars are from Modena, Italy and are aged up to 18 years. They are all natural with no artificial flavours, colours, additives, or preservatives

Health Benefits of Balsamic Vinegar

- Balsamic vinegar retains most of the nutrients present in the parent grapes and comprises nutrients like iron, calcium, potassium, manganese, phosphorus and magnesium in adequate amounts.
- **It helps decelerate the aging process** – antioxidants from balsamic vinegar destroy free radicals and help prevent cells from being destroyed.
- It contains a **bioflavonoid** called **quercetin**, which has **antioxidant properties**. Along with vitamin C, quercetin strengthens the immune system to help fight cancer and inflammation. Balsamic vinegar also contains **polyphenols** which are anti-cancer agents.
- **It helps control diabetes** - consumption of at least 5 teaspoons of balsamic vinegar a day can enhance insulin sensitivity.
- **It also aids digestion and suppresses the appetite!**

dana shortt gourmet – extra virgin olive oil & balsamic vinegar pairings...

our extra virgin olive oils are first cold pressed and sourced from both hemispheres to ensure the highest quality and freshness

our balsamic vinegars are from Modena, Italy and are aged up to 18 years

all of our extra virgin olive oils and our balsamic vinegars are all natural with no artificial flavours, colours, additives, or preservatives

extra virgin olive oils		balsamic vinegars	
any olive oil, flavoured or unflavoured	<i>mix with</i>	- traditional balsamic condemnto , aged up to 18 years	
basil olive oil	<i>mix with</i>	- strawberry balsamic - fig balsamic	- raspberry balsamic
blood orange olive oil	<i>mix with</i>	- vanilla balsamic - raspberry balsamic - dark chocolate balsamic - cinnamon pear balsamic	- blackberry ginger balsamic - grapefruit balsamic - cranberry pear white balsamic
butter olive oil	<i>mix with</i>	- lemon balsamic - coconut white balsamic - blend with garlic olive oil for a delicious garlic-butter spread/sauce.	
chipotle olive oil	<i>mix with</i>	- dark chocolate balsamic - raspberry balsamic	- lemon balsamic - tangerine balsamic
garlic olive oil	<i>mix with</i>	- fig balsamic - lemon white balsamic - honey ginger white balsamic - blend with butter olive oil for a delicious garlic-butter spread/sauce	
herbs de Provence olive oil	<i>mix with</i>	- peach white balsamic - tangerine balsamic	- grapefruit white balsamic - Sicilian lemon white balsamic
lemon olive oil	<i>mix with</i>	- blueberry balsamic - black cherry balsamic - blackberry ginger balsamic - strawberry balsamic	- raspberry balsamic - coconut white balsamic - grapefruit white balsamic - peach white balsamic
Persian lime olive oil	<i>mix with</i>	- coconut white balsamic - honey ginger white balsamic	- blackberry ginger balsamic - cranberry pear white balsamic
Tuscan herb blend olive oil	<i>mix with</i>	- Sicilian lemon white balsamic - traditional balsamic - raspberry balsamic - fig balsamic	- cinnamon pear balsamic - honey ginger white balsamic - peach white balsamic
wild mushroom & sage olive oil	<i>mix with</i>	- fig balsamic - raspberry balsamic - Sicilian lemon white balsamic	

other specialty gourmet oils		balsamic vinegars	
grapeseed oil	<i>mix with</i>	a high polyphenol olive oil, such as: Spanish Hojiblanca, Portuguese Picual, Italian Nocellara del Belice for added flavour	
roasted almond oil	<i>mix with</i>	raspberry balsamic, Sicilian lemon white balsamic	
roasted sesame oil	<i>mix with</i>	coconut white balsamic, Sicilian lemon white balsamic	
white truffle oil		enjoy on its own	

oil and vinegar ratios

bread dippers	mix 2 parts olive oil with 1 part balsamic vinegar
<i>mild</i> salad dressings / vinaigrettes	mix 2 parts olive oil with 1 part balsamic vinegar
<i>bold</i> salad dressings	mix equal parts olive oil and balsamic vinegar
marinades	(chicken, pork, beef, seafood, tofu, vegetable) mix equal parts olive oil and balsamic vinegar