

## Our Hero Ingredients Today



### Liver Pate from Denmark

Traditionally enjoyed during celebrations and holidays, Liver Pate has gained popularity beyond Denmark for its distinctive flavour. Culinary enthusiasts appreciate its rich umami flavour, making it a sought-after item in many kitchens. Exploring the culinary possibilities of Liver Pate can result in delightful discoveries, including dishes like Liver Pate stuffed mushroom or Kulcha, or can even be enjoyed with the humble pav.



### Chorizo Slices from Spain

These premium pork sausages, seasoned with paprika, are known for their high quality and authentic flavour. It can be easy to infuse the unique smoky and spicy taste of chorizo into a variety of dishes – whether Indian or European. From spicy breakfast burritos to flavourful biryanis, chorizo slices add a delightful twist to many dishes.



### Chocolate from Belgium

Belgian chocolate is renowned for its luxurious, creamy texture and rich cocoa flavour. It can be used in a variety of delectable creations, including mousse, fondue hot chocolate, and even Indian sweets like mithai. It's a beloved treat, produced by strict safety standards, therefore, is renowned for its exceptional quality and craftsmanship.

Food and beverages from the European Union are available at multiple online and on-ground retail outlets across India.

DISCLAIMER: The European Commission does not sell any of these products. They are shared to communicate and reinforce the message of safety, quality, authenticity, sustainability, and diversity of EU-agri-food and beverage products from its 27 member states.



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# MORE THAN FOOD

In the world of gastronomy where culinary passions converge and ingredients become the storytellers, the European Union brings to you a culinary workshop as part of the **More Than Food Campaign**.

Embark on this culinary journey with Chef Guntas Sethi, as she transports you to Europe, while unlocking the secrets of EU food and beverages that you can incorporate in your kitchen. From vibrant fruits and vegetables to hearty meats, we invite you to experience the narratives of **authenticity, quality, safety, and sustainability** embedded within the food and beverages hailing from the European Union.

Before we delve into the uniqueness of EU products, it's essential to understand EU's quality schemes. These schemes ensure the authenticity and distinctive characteristics tied to the origin or farming practices of various products. Many EU produces and products bear these labels, and we've outlined their significance below for your clarity:



### Protected Designation of Origin (PDO)

This label signifies that every aspect of the production process, including preparation and processing, occurs within a specific region. For example, the PDO label on Roquefort cheese from France guarantees that the entire cheese production cycle happens within that specific area.



### Protected Geographical Indication (PGI)

PGI label connects a product to its region. Unlike PDO, it requires at least one part of the production, processing, or preparation to take place in the region related to the indication. For instance, in the case of wine, 85% of the grapes used must come exclusively from the geographical area where the wine is made.

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### Lemons from Italy

Lemons from Italy are celebrated for their exceptional fragrance and sweet-tangy flavour. These lemons are so full of flavour that they are often enjoyed plain with just a pinch of salt on top. This vibrantly delicious fruit can be squeezed over seafood, whipped into a dessert, or served as an ice-cold glass of lemonade, adding a refreshing kick to many dishes.



### Cream Cheese from Poland

Cream cheese's tangy flavour and creamy consistency makes it a versatile ingredient for both, sweet and savoury dishes. From classic cheesecakes to creamy pasta sauces, cream cheese adds richness and depth of flavour to countless recipes, making it a must have in your kitchen.



### Feta, PDO from Greece

It is a popular Greek cheese with a history as rich as its taste. This is a kind of cheese which can be consumed in multiple ways, be it raw, grilled, fried or cooked. One can enjoy Feta cheese in salads, pizzas or as a stuffing to give a spicier touch to stuffed vegetables.



### Gouda Mild Wedge from Netherlands

Gouda is more than just a product; it's a testament to time-honoured traditions and craftsmanship, a rich piece of Dutch cultural heritage that has undeniably left its mark on the global culinary landscape. Whether consumed in a spinach and chicken grilled sandwich or simply served as a cheese puff, Gouda Mild Wedge elevates a dish from ordinary to extraordinary.

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### Azeite de Trás-os-Montes Olive Oil, PDO from Portugal

This exceptional extra virgin olive oil is known for its health benefits and harmonious flavour. Rich in good fats and antioxidants, this oil from Portugal is subjected to the world's most stringent safety standards like most products from the EU. The perfect blend of bitter and spicy notes, coupled with a hint of olive leaves, makes this oil a succulent ingredient for any dish.



### Cherry Tomatoes from Italy

Hailing from the Mediterranean coasts, Italian tomatoes promise a burst of flavour in any dish. Their intense flavour, heavenly aroma, and deep colour make them the perfect base for multiple dishes varying from salads and spaghetti to pizzas and gravies.



### Thick Stem Celery from Netherlands

It is a variety of celery known for its sturdy, wide stems and crisp texture. As it is rich in vitamin C, vitamin K, and phosphorus, it is a healthy ingredient to incorporate in any dish and diet. Thick stem celery from Netherlands is a culinary gem that can be used in delicious soups and salads.



### Shiitake Mushrooms from France

Shiitake Mushrooms have a robust, earthy flavour with subtle umami notes. They enrich the flavour of a wide range of dishes varying from stir-fries to soups and risottos. EU food and beverage values guarantee that vegetables and fruits produced in EU undergo various safety checks to protect consumer health, ensuring that produce like this is exceptionally healthy and of superior quality.