

OLIVE AND LET LIVE



Ridgewood Shop Showcases Healthy Olive Oil and Vinegar

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Enter Olive R. Twist Olive Oil Company, the cozy olive oil and vinegar shop located at 34 Wilsey Square in Ridgewood, New Jersey, and it almost feels like you're in a fine dining establishment. Actually, that isn't far from the truth. Shelves are lined with stainless steel tanks filled with more than 25 assorted types of olive oils with flavors that go far beyond those supermarket brands in taste and delectability.



Owners, Andrea Volter
and Marianne Krantz



For example, there's the Ultra Premium Extra Virgin Olive Oils from Portugal, Spain, Italy, and California, ranging in intensity from mild to robust and high in those healthy antioxidants. Infused and Fused Olive Oils come in flavors such as basil, garlic, Tuscan Herb, chipotle, lemon, Blood Orange, and wild rosemary. And then there's the Gourmet Oils for taste buds that

★ *Fused olive oil is made by pressing ripe olives simultaneously with whole, fresh fruits, herbs or vegetables (flavors) at the time of crush. Infused olive oil is olive oil where flavor is added after the olive oil has been made.*



MARINADE

For Porterhouse/RibEye/Flank/
Filet Mignon Steaks

Depending on size, start with 2/3 cup of Espresso
ORTOO (Olive R Twist Olive Oil) dark aged vinegar

1/3rd Cup Tuscan herb ORTOO olive oil

1 Large clove garlic — crushed

Salt and pepper to taste

1 Tbl Honey

Whisk together in a bowl and place the steak in a glass dish, then cover and marinate 3 to 4 hours turning once or twice. Grill to perfection.

relish roasted butternut squash, roasted almond, roasted walnut, Japanese sesame, and white and black truffle.

Steps away are more than 35 varieties of Balsamic vinegars—both dark and white—along with specialty vinegars such as Serrano Honey Vinegar, Pinot Noir Vinegar, Sherry Vinegar from Spain, and Champagne Wine Vinegar from France. The many-years-aged darks and whites come in even more diverse flavors and steer away from the

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traditional. For those who like a swig of vinegar as part of their daily health regimen, try squirting some Raspberry, Espresso, or Cinnamon Pear dark Balsamic in a glass of seltzer, or perhaps add Sicilian Lemon, Cranberry Pear, or Honey Ginger white Balsamic in water for that summer refreshment.

Olive R. Twist owners, Andrea Volter and Marianne Krantz, say that opening this sort of business was as natural as the products they sell. Volter had her own interior design business when four years ago she'd stayed with a friend while on a business trip to Raleigh. The friend, a gourmet cook, used fresh oils and vinegars and created delicious meals that impressed Volter.

“I went to an olive oil store in Raleigh and tried about 40 different oils and vinegars,” Volter recalls. “I returned home with eight in my suitcase.”

Volter shared her experience with Krantz, a long-time friend, who was

looking to get back into the business world.

“I wanted to find something meaningful, something I believed in,” Krantz says. “I wanted to help people from a health standpoint. Andrea explained the health benefits of olive oil to me.”

“And we both love to cook,” Volter added. “Olive oil and vinegar changes the way food tastes.”

The friends got to work, did the research, and took courses to educate themselves about how oils and vinegars

are made and the science of each. They learned how biophenols and oleic acid in the oils promote health, how quality extra virgin olive oil aids heart health, controls blood sugar, hydrates hair, skin and nails, and how Balsamic vinegar fights cancer, supports bone health, and is a weight stabilizer.

“All Balsamics are excellent as marinades paired with any of the oils, and the white vinegars are amazing in seltzer, water and cocktails,” Volter adds. “All are

very high in probiotics so very good for overall health.”

Volter and Krantz opened their gourmet shop in May and had a grand opening the following month. All olive oils and vinegars are bottled fresh right in the store and unique gift items, such as cookbooks, jams, and honey are also available. Olive R. Twist is a tasting room where customers can take a sip before they purchase. Tasting parties can also be scheduled to learn about different pairings and cooking ideas. In the future, online sales will be available through the store website.

“Balsamic vinegar makes you a good cook,” Krantz says. “Olive oil is liquid gold. We want people to not be afraid to experiment.”

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