

GREEN OLIVES –

SPLIT (*SCHIACCIATE*) PIP-FREE METHOD

This a traditional technique used in my parents' birthplace, a town in Calabria in southern Italy. It is a lot more labour-intensive but it will give you must faster edible olives – in as little as 2 weeks!



1. Weigh the olives before you start and take note of the weight. You will need this at the final stage (step 9) when knowing how much salt to add to season.
2. Split the olives using a beer stubby or small bottle with a concave base. Remove the stones as you do and discard the pips.



3. Soak the crushed olives under water in a (non-metal) bowl or container. Add several slices of lemon to the container to acidify the water. Place a plate (or olive grate) the olives to keep them submerged.



4. Change the water daily and occasionally add some fresh lemon slices.
5. Continue the soaking process until all traces of the bright green of the fresh olive have transformed into an “olive-green” colour. This may take anything from 10-15 days, depending on the original size of the olives.



Changing of the bright green to an olive green colour

6. When they have cured and are no longer bitter (taste one or two to check), drain the olives, place them in a draining basket such as a plastic colander and then place them under a very heavy weight for 24 hours to squeeze off any excess water. If you taste them at this point, they will seem quite bland.



7. Place the drained olives into a bowl and add some white vinegar or white wine vinegar. Leave for approx. 2 hours (or overnight if you enjoy a vinegary flavour), turning often with a wooden spoon.

8. After this time, drain well, pressing as before under a heavy weight for several hours.



9. Place the olives in a large bowl to season with salt.

SALT QUANTITIES

Measure out a quantity of salt: 25-30g of salt for every kilo of olives that you started with. Toss this through the olives and mix well to dissolve the salt. Keep refrigerated until you are ready to dress them. They will last about a month in the fridge.

TO SERVE YOUR CURED SPLIT OLIVES

Cover with olive oil, finely chopped garlic, chilli, oregano or other dried herbs. You can eat them straight away but are best left to stand 3-4 days (refrigerated) before eating.

PLEASE NOTE that olives cured and prepared this way are not for long keeping. They will keep in the fridge for several weeks but the amount of salt added is only for seasoning purposes and not for preserving.

