



Pak Olives

Product Catalogue



About the Pak Olives

Pak Olive is a select brand that honors the ancient historical background of Pakistani Olive Oil. Pak Olive an authentic, traditional family of extra virgin olive oil, virgin olive oil, and olive oil as well as souri black and green pickled olives that perfectly seasons the Pakistani culinary patrimony. Pak Olive caters primarily to the horsecar and retail ethnic Pakistani markets around the world.





Packed Olives

The olive is a species of small tree or shrub in the family Oleaceae, found traditionally in the Mediterranean Basin. When in shrub form, it is known as *Olea europaea* Montra dwarf olive, or little olive. The species is cultivated in all the countries of the Mediterranean, as well as in Australia, New Zealand, North and South America and South Africa. It is the type species for its genus, *Olea*. The tree and its fruit give their name to the Oleaceae plant family, which also includes species such as lilac, jasmine, forsythia, and the true ash tree.





Virgin, Extra Virgin Olive Oil

Pak Olive oil is recommended for deep and stir frying, meat basting, and as a marinade for fish, poultry and vegetable grilling.

Pak Olive extra virgin olive oil is well balanced with a light peppery finish; Ideal for salad dressings, dipping, marinating, pasta topping, sautéing, and even for frying and baking.

Pak Olive virgin olive oil is recommended for cooking, sautéing, baking, or making one's own salad dressing.





Green Cracked Olives

Prepared as per the traditional recipe, our Green Cracked Olives are meticulously chosen for pickling during harvest. They are then sorted according to size, cracked, and tossed in a mixture of water, salt, and citric acid, and left to ferment. Best enjoyed while still bitter as appetizers.





Black Olives

Prepared as per the traditional recipe, our Black olives are kept a while longer on the trees to ripen. They are then meticulously harvested, sorted according to size, and submerged in a mixture of water, salt, and citric acid. Mixed with olive oil, they are best enjoyed as appetizers or table olives.





Green Olives

Green olives are picked early, while black ones are picked once they've ripened. Flavor changes among different varieties are due to the method of curing and how long they're cured for. Fresh olives off the tree are bitter, so they have to undergo a curing process to be palatable.





Olive Jam

A beautifully balanced sweet and **Pak Olive jam!** Olives may not be the first fruit that comes to mind when you think of jam but trust us: one taste of this delicious preserve and you'll be slathering it on everything.

The flavor, texture and slight sweetness of this jam make it a perfect accompaniment for a variety of cheeses. A cave-aged cheddar or (our favorite) a luscious, creamy triple cream brie is a great place to start. It's also heavenly as a spread on sandwiches we love it in a ciabatta with buffalo mozzarella, mortadella, roquette and a healthy drizzle of extra virgin olive oil.





Olive Pickles

The olives we enjoy are essentially pickles. Whether steeped in oil or a salt brine, olives only become truly edible after curing. The raw fruit is bursting with oleuropein, a bitter compound that must be removed prior to eating.

Both are high in healthy fats and antioxidants and can add a nice salty crunch to your dish. Here are a few things to keep in mind when making your decision. Pickles are lower in calories than olives, so if you're watching your weight, they might be the better choice.





Olive Leaf Extract

The **Olive Leaf Extract** is a staple of the Mediterranean diet, which scientists study for its potential to prevent chronic diseases. Research points to lower rates of illnesses and cancer-related deaths among populations that follow this diet. The positive effect is due in part to the powerful and health-boosting benefits of the olive leaf.



Olive Tea

Olive Tea is one of the most common, traditional herbal teas used among Mediterranean people to treat disease. It has been used for centuries for the treatment of conditions and diseases such as the common cold, malaria and tropical illnesses.





Green, Black, Harissa Olive Paste

Green and black olives are the same fruit black olives are simply left on the tree to mature for longer and change to a darker purple-black color. Just like red, green, yellow, and orange peppers all come from the same plant at different points of ripeness.

The olives (most commonly black olive) and capers are chopped finely, crushed, or blended. Then olive oil is added gradually until the mixture becomes a paste. In various regions, tapenade is often flavored differently, with other ingredients such as garlic, herbs, anchovies, lemon juice, or brandy.





Wrinkle Black Olives

The olives are stored in open tanks, without water, mixed with a lot of salt and then left outside so that the dry cold of the land and the salt will absorb their humidity. Once they are ready, the salt is removed. They end up wrinkled, resembling raisins. They have a soft and very oily texture.





Desi Ghee

Ghee is a variation of clarified butter that is popular in the culinary traditions of the Middle East and India. It is made from cow milk butter, which is treated with low heat until the water evaporates, leaving behind milk solids. The solids are skimmed off or strained if needed





Honey (Small Wild Bee)

Honey is a sweet and viscous substance made by several bees, the best-known of which are honey bees. Honey is made and stored to nourish bee colonies. Bees produce honey by gathering and then refining the sugary secretions of plants or the secretions of other insects, like the honeydew of aphids. This refinement takes place both within individual bees, through regurgitation and enzymatic activity, and during storage in the hive, through water evaporation that concentrates the honey's sugars until it is thick and viscous.





Olive Vinegar

Olive Vinegar Protect against the harmful effects of paralysis. Helps protect against diabetes. Helps reduce the risk of cancer. Reduces the risk of depression. Reduces weight. Removes kidney stones in small pieces. Lowers elevated cholesterol. Makes the arteries of the heart healthy.



Apple Vinegar

Apple vinegar is a vinegar made from fermented apple juice and used in salad dressings, marinades, vinaigrettes, food preservatives, and chutneys. It is made by crushing apples, then squeezing out the juice. Bacteria and yeast are added to the liquid to start the alcoholic fermentation process, which converts the sugars to alcohol. In a second fermentation step, the alcohol is converted into vinegar by acetic acid-forming bacteria (*Acetobacter* species). Acetic acid and malic acid combine to give vinegar its sour taste.





Pomegranate Vinegar

Pomegranate Vinegar is a natural condiment, obtained thanks to the acetic fermentation of pure organic pomegranate juice. It has a fruity flavor and contains “Mother” sediment, that is the acidifying component of the fruit; it is neither filtered nor pasteurized and is naturally gluten-free.

Pomegranate Vinegar is also an effective regulator of metabolism; it helps the absorption of essential minerals present in food, it's a natural source of potassium, which makes it an excellent ally for those who practice a lot of sport or follow a detoxifying diet.





Olive Candy

- Olives are typically associated with Mediterranean cuisine, and they are often brined or cured to reduce their natural bitterness.
- Olive candy could refer to a sweet treat made with olives, possibly candied or preserved in a sweet syrup. However, this isn't a very common or traditional preparation.





Olive Sharbat

Olive Sharbat is not a traditional or widely recognized term in culinary contexts. However, it seems to combine olive, which refers to the fruit, and sharbat which is a traditional South Asian beverage made by diluting a sweet concentrate with water. Sharbat often incorporates fruit flavors, herbs, or spices.



Mediterranean Olives

Mediterranean Olives Fortuna's Sausage & Online Market a majestic blend of imported olives! In this blend you receive: oil cured, large nutty Cerignola, baby green Calabrese olives, Kalamata (all olives containing pits) along with just a hint of red hot peppers, fresh garlic and our special spice blend.





Balsamic Vinegar

Balsamic vinegar is a dark, concentrated, intensely flavoured vinegar originating in Modena, made wholly or partially from grape must freshly crushed grape juice with all the skins, seeds and stems.



Pink Salt

Pink salt is rock salt mined from the Punjab region of Pakistan. The salt, which often has a pinkish tint due to trace minerals, is primarily used as a food additive to replace refined table salt, but is also used for cooking and food presentation, decorative lamps, and spa treatments. The product is often promoted with unsupported claims that it has health benefits.





Kasbah Olives

The Kasbah blend uses rich purple Kalamata olives and fresh green olives, drenching them in the flavors of the Levant cumin and coriander, garlic and chili, parsley, and mint. And the last ingredient, which gives the olives that unique, delicate fragrance.





Chakki Flour (Desi)

Chakki flour is one of the most widely used flours in the world and is a staple in many cuisines. It is made by grinding wheat grains into a fine powder. The composition of wheat flour and its properties can vary depending on the type of wheat used and the milling process. Here are some key points about wheat flour:





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Thank You!



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