

Italian Olive Tapenade

Create authentic Italian olive tapenade with Kalamata and green olives, sun-dried tomatoes, and capers. Perfect Mediterranean spread for appetizers and more.

10	10	4	Easy
PREP MIN	TOTAL MIN	SERVINGS	DIFFICULTY

Italian Olive Tapenade

Ingredients

- 1 cup green olive
- 1 cup sun dried tomato
- 2 clove garlic
- 2 tbsp caper (caparis)
- 1 tbsp fresh lemon juice
- 1 cup parsley
- 1 tsp oregano
- 1 tsp crushed red pepper
- 3 tbsp olive oil
- 1 tsp salt
- 1 tsp black pepper

Instructions

- 1 Prepare the ingredients**

Drain 1 cup Kalamata olives, 1 cup green olives, 1 cup sun-dried tomatoes, and 2 tablespoons capers thoroughly on paper towels. Peel and roughly chop 2 garlic cloves.
- 2 Make the tapenade base**

Add the drained olives, sun-dried tomatoes, chopped garlic, and capers to a food processor.
- 3** Pulse the mixture 8-10 times until coarsely chopped, stopping to scrape down the sides of the bowl as needed. The mixture should be chunky, not smooth.
- 4** Add 1 tablespoon lemon juice, 1 teaspoon dried oregano, and 1 teaspoon red pepper flakes to the food processor.
- 5** Pulse 4-5 more times to distribute the seasonings throughout the mixture.
- 6** Turn on the food processor and slowly drizzle in 3 tablespoons olive oil through the feed tube until the mixture reaches a chunky, spreadable consistency but still has texture.
- 7 Finish and serve**

Taste and season with 1 teaspoon salt and pepper as needed. Transfer to a serving bowl and let stand at room temperature for 15 minutes to allow flavors to meld before serving.

Tips

Choose Quality Olives: Visit an olive bar at your local market to select the best olives. Avoid canned olives, as they lack the complex flavors needed for authentic tapenade.

Control the Texture: Pulse your food processor in short bursts to achieve the perfect chunky consistency. Over-processing creates a paste-like texture that loses the appealing rustic character.

Balance the Flavors: Taste and adjust seasoning carefully, as olives and capers are already salty. Add lemon juice gradually to brighten flavors without making the tapenade too acidic.

Oil Quality Matters: Use high-quality extra virgin olive oil for the best flavor. The oil from jarred sun-dried tomatoes can also be used for extra richness and depth.

Room Temperature Serving: Always bring refrigerated tapenade to room temperature before serving. This enhances the flavors and makes it much easier to spread.

Make It Ahead: Tapenade tastes even better after sitting overnight in the refrigerator, allowing all the flavors to meld and develop complexity.

Preserve with Oil: Keep leftover tapenade fresh by smoothing the surface and covering with a thin layer of olive oil before refrigerating to prevent oxidation.

Customize to Taste: Add red pepper flakes for heat, toasted pine nuts for crunch, or fresh basil for an aromatic twist. Tapenade is endlessly adaptable to your preferences.