



exentiae

Feel Exentiae

Sensory Recipe Book

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WELLNESS RESEARCH GROUP

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Red Orange

The scent of winter sunshine immediately evokes the festive season: lively and citrusy, it brings cheerfulness to every dish and adds character to cocktails and drinks, turning them into joyful toasts.

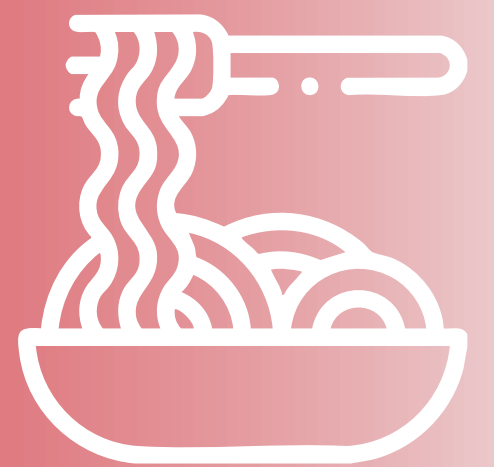


Sweet

The combination of orange and chocolate is a classic. You can add the essential oil* to melted chocolate to create aromatic toppings, or to creams to enrich the filling of your desserts.

Savory

Orange adds freshness even to savory dishes. Stir it* into a light butter and pink pepper sauce to season shellfish or steamed vegetables.



Cocktail

A classic **Margarita** becomes special with 1 drop of orange essential oil, added to tequila, triple sec, and lime juice for a lively, aromatic sip.

Mocktail

Orange Party is the drink that lights up the holidays: soda, mandarin syrup, and 1 drop of orange essential oil for a sparkling and aromatic mix.



Flavored Oil & Pairings

Extra virgin olive oil flavored* with red orange adds a citrusy and velvety accent to full-flavored dishes. Ideal for seared tuna, salmon tartare, or roast chicken. Also perfect on carrot purée or toast with spreadable cheese and black pepper.

*The recommended dosage is generally 1—2 drops of essential oil to flavor 100 ml/g of product.

Lemon

The citrus fruit that refreshes and lightens: its bright aroma brings energy to dishes and liveliness to drinks, perfect for balancing festive flavors.

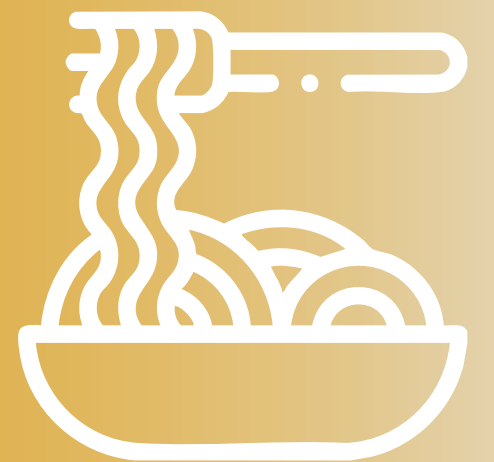


Sweet

The freshness of lemon is ideal for light desserts. Add the essential oil* to cheesecake topping or cream, or to panna cotta to make them more fragrant and vibrant.

Savory

The fresh scent of lemon brings balance and brightness to cold savory dishes. Add the essential oil* to mild mustard and honey to create an aromatic dressing, perfect for chicken, fish, or crisp vegetable salads.



Cocktail

Gin & Tonic is renewed with 1 drop of lemon essential oil: a detail that amplifies the freshness of the drink and makes it more aromatic.

Mocktail

Lemon Cucumber Spritz for a refined and refreshing sip: sparkling water, cucumber slices, a touch of honey or agave syrup, and 1 drop of lemon essential oil.



Flavored Oil & Pairings

Extra virgin olive oil flavored* with lemon brings a fresh and refined touch. It pairs beautifully with shrimp, avocado, or couscous with herbs. It also enhances rice dishes or legume salads.

*The recommended dosage is generally 1—2 drops of essential oil to flavor 100 ml/g of product.

mixMAS

The warmth of cinnamon meets the citrus intensity of bitter orange: a spicy and enveloping blend that instantly brings the Christmas atmosphere to dishes and drinks.

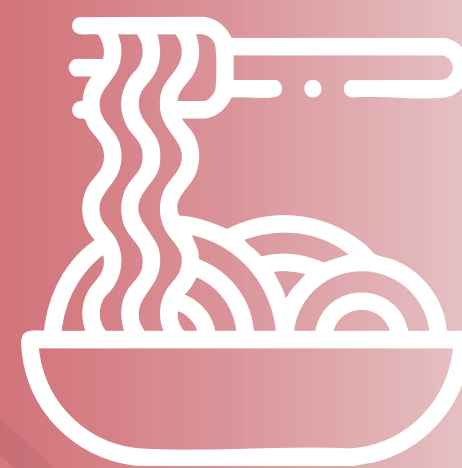


Sweet

The Orange & Cinnamon blend is perfect for holiday desserts. Add the essential oil* to cookie or apple cake batter to enhance the festive aromas with warm, spicy notes.

Savory

For a surprising appetizer, add essential oil* to honey and serve it on crostini with aged cheese. Or give a spicy touch to your winter soups.



Cocktail

The **Old Fashioned** dresses up for the holidays with 1 drop of Orange & Cinnamon blend: bourbon becomes rich and enveloping, with spicy and citrus notes.

Mocktail

Winter Punch: warm apple juice, a teaspoon of honey, and 1 drop of Orange & Cinnamon blend for a hot, spicy drink that smells like Christmas.



Olio Aromatizzato & Abbinamenti

Extra virgin olive oil flavored* with Orange & Cinnamon envelops dishes with a warm, spicy aroma. Perfect for white meat, basmati rice, or roasted vegetables. Also interesting on legume soups or as a final touch for pumpkin or sweet potato dishes.

*The recommended dosage is generally 1—2 drops of essential oil to flavor 100 ml/g of product.

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We create authentic essences that connect people, emotions, and knowledge, guided by the invisible force of nature. Each Exentiae product is the result of a conscious choice: to value the plant in respect of its time and transform it into an experience of integrated well-being, through the dialogue between botanical tradition and scientific knowledge.

Usage Tips

The Exentiae essential oils included in this kit are all food-grade, safe, and ready for use in cooking and mixology.

Dosage

Just a few drops are enough—about 1—2 drops for every 100 ml/g of preparation, or to flavor 100 ml of olive oil.

Avoid overuse

the aroma should enhance, not overpower.

Example

To flavor 500 g cream of a cake, you can add 5 drops of essential oil.

Example

For an emulsion with 100 ml of extra virgin olive oil, just 1 drop of essential oil is enough.

When and how to use them

Add preferably cold or at the end of cooking, to preserve the fragrance. You can emulsify them with oil, honey, yogurt, cream, or alcoholic bases; do not dissolve in water. You can also add them to your cocktails and then mix.

Safety information

In case of special situations (pregnancy, breastfeeding, or specific health conditions), consult your doctor. The information provided is for informational purposes only and does not replace the advice of healthcare professionals or your trusted pharmacist.



Exentiae is part of the Active Group, a network of companies brought together by a shared commitment to innovation, sustainability, and the enhancement of Mediterranean resources.



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