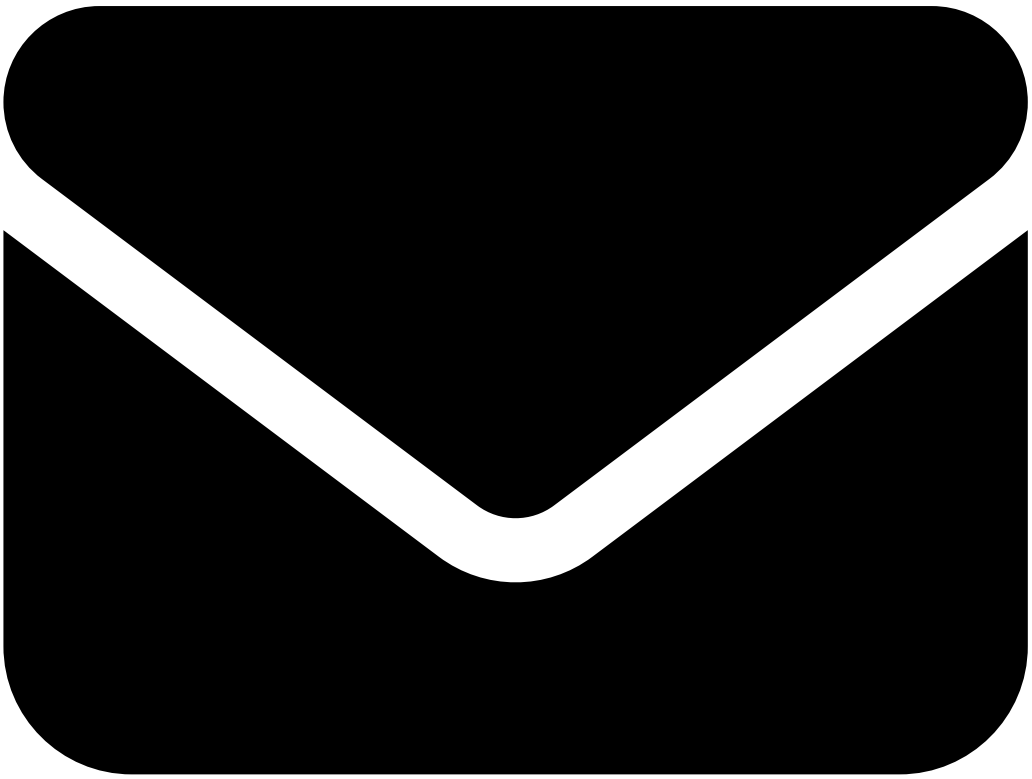
Italian olive oil dip and marinade

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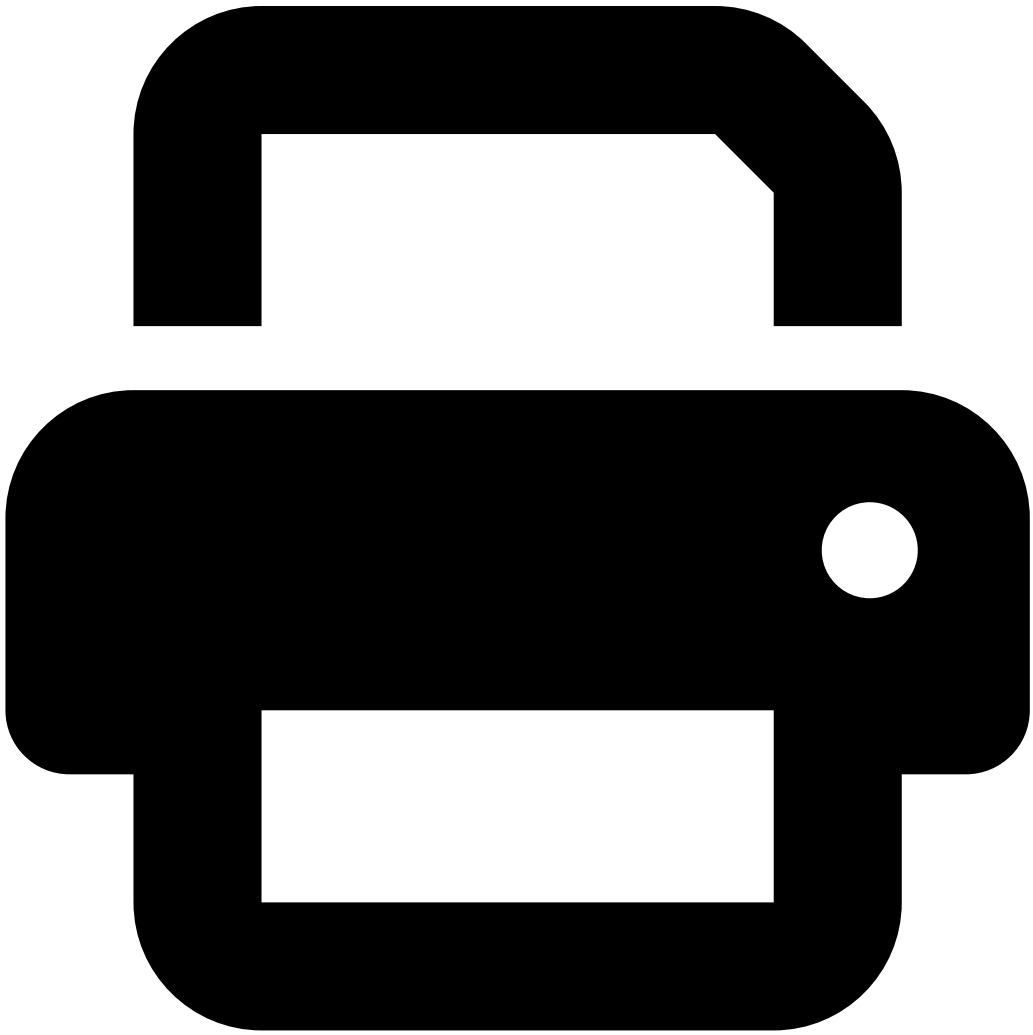
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In our Italian restaurants, we always placed a small bowl of olive oil on the table—simple, unassuming, and always appreciated. It was usually just olive oil, and balsamic vinegar with a touch of garlic or dried herbs. Nothing fancy, but it brought warmth and welcome to the table.

This recipe is a love letter to that memory—with a little more flair. It’s an elevated Italian-style dipping oil made with briny green olives, sweet sun-dried tomatoes, fresh parsley, lemon zest, and plenty of garlic. It’s bold, herby, a little spicy, and totally addictive.

And just like many good Italian recipes, it’s versatile. It works beautifully as a marinade for chicken, shrimp, or vegetables—or spooned over grilled bread or roasted potatoes.

Things to know about this Italian olive oil dip and marinade recipe

1. It’s based on our old restaurant classic.
We used to serve a much simpler version—just olive oil with garlic and dried herbs. This version is a flavorful upgrade that still feels nostalgic and authentic.

2. It does double duty.
This isn’t just for dipping bread! It works beautifully as a marinade for chicken, shrimp, fish, or roasted vegetables. You can even drizzle it over grilled meats, pasta, or use it as a base for bruschetta.

3. It gets better as it sits.
The longer it rests, the more the garlic, olives, and herbs infuse into the oil. Make it a few hours—or even a day—ahead for the best flavor.

4. Use good-quality olive oil.
Because olive oil is the base, the flavor really matters here. Use a bold, peppery extra virgin olive oil for the most authentic Italian taste.

5. Customize it to your taste.
Prefer black olives? Use them! Like more heat? Add extra chili flakes. Don’t have fresh basil? Skip it or swap in thyme. The recipe is flexible and forgiving.

6. It stores well.
You can keep it in the fridge for up to a week. Just be sure to bring it to room temperature before serving—the olive oil will solidify when chilled.

7. It adds instant Italian flavor.
This is one of those “secret weapon” recipes to keep in your fridge. A spoonful can instantly transform roasted veggies, grilled proteins, or even a plain bowl of pasta.

Italian olive oil dip and marinade



- 2 cups extra virgin olive oil
- ⅓ cup balsamic vinegar
- 1 cup total of mixed green olives and kalamata olives, pitted and roughly chopped ( )
- ½ cup chopped sundried tomatoes in oil
- 2 gloves finely minced garlic
- 1 teaspoon red pepper flakes (adjust to taste)
- 1 teaspoon dried oregano
- 1 Tbsp. each chopped fresh Italian parsley and basil

1. Combine all ingredients in a bowl and stir to combine.
2. Let it sit for at least 15 minutes to allow the flavors to infuse.
3. Taste and adjust the seasoning as needed.
4. Serve at room temperature. Enjoy!!!