

OLIVE OIL 101

Presented by the North American Olive Oil Association (NAOOA)

ABOUT EXTRA VIRGIN OLIVE OIL (EVOO)



High in heart-healthy monounsaturated fat, has full complement of naturally occurring antioxidants and polyphenols



Produced through natural crushing of olives without heat or chemicals



100% extra virgin olive oil



Broad range of fruity flavors and aromas

USES



Sautéing, grilling, roasting, baking, pan frying, deep frying



Drizzling, dipping, dressings and marinades

TIP

Delicious used raw as a condiment or in cooking, versatile extra virgin olive oil makes food taste better. Pair different EVOOs with dishes to explore what you like best.

ABOUT OLIVE OIL



High in heart-healthy monounsaturated fat, has some antioxidants and polyphenols



Produced through natural crushing of olives and then refined; no solvents used



A blend of refined olive oil and extra virgin/virgin olive oil



Mild, neutral flavors, more like vegetable oils; 'light-tasting' is most neutral

USES



Sautéing, grilling, roasting, baking, pan frying, deep frying



Dressings and marinades

TIP

Perfect for meal preparation when more neutral flavors are preferred. Excellent substitute for butter, margarine and other more highly-processed neutral oils.



STORING OLIVE OIL? REMEMBER HOLA: Heat, Oxygen, Light, Age



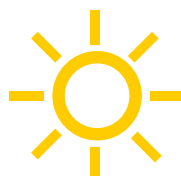
HEAT

Store olive oil away from heat sources, like the stove or oven.



OXYGEN

Always store olive oil in a bottle with a cap or seal, as air exposure can affect taste.



LIGHT

Store olive oil away from windows and fluorescent lighting.



AGE

Shelf life for olive oil is no more than two years from bottling. Look for best-before dates on label.

Bottom Line: Pay attention to best-before dates when purchasing olive oil. Store in a dark, cool place and use within a few months of opening the bottle. Harvest date, if available, also provides useful information, especially for raw uses.