

OLIVE OIL

every day



NORTH AMERICAN OLIVE OIL ASSOCIATION

Olive Oil: Types and Usage

Three types of olive oil are available in North America:

- Extra virgin olive oil
- Olive oil
- Light-tasting olive oil

The main difference in the three types is how much flavor you need.

EXTRA VIRGIN OLIVE OIL

Extra virgin olive oil is the most flavorful olive oil, with an unlimited range of flavors spanning from smooth and subtle to peppery and pungent.

Uses: Drizzled straight out of the bottle to finish dishes, for dressings and marinades and for grilling. A finishing drizzle of extra virgin olive oil can enhance the texture, taste and aroma of food. To help select which extra virgin olive oil is best for a dish, consider complementary flavors. More intense tasting olive oils pair well with stronger ingredients, such as red meat and hearty grains; subtle, fruitier oils pair well with delicate foods, such as white fish and crisp vegetables.

OLIVE OIL

Olive oil, sometimes referred to as “classic” or “pure” olive oil, has a milder flavor with just a hint of fruitiness.

Uses: Olive oil is a perfect everyday cooking oil and easily adapts to a number of cooking methods such as grilling, sautéing, roasting, frying and baking. The subtle flavor of olive oil provides a good base for spice-infused dressings and hearty sauces and won't alter the intended flavor of baked goods.

LIGHT-TASTING OLIVE OIL

Light-tasting olive oil is almost flavorless, bringing the benefits of olive oil to recipes without influencing the overall taste.

Uses: Just like olive oil, light-tasting olive oil can be used for a wide variety of cooking methods, from grilling to baking. It's the perfect choice when looking for an oil that won't alter the flavor of a dish.

When used in baking, either as an alternative to other oils or as a substitute for margarine or butter, olive oil produces light, moist baked goods that stay fresh longer.



Helpful Information for Cooking With Olive Oil



Substituting Olive Oil for Butter and Margarine

To substitute olive oil for butter or margarine in any recipe, follow this handy conversion chart.

| BUTTER/MARGARINE | OLIVE OIL |
|------------------|-------------------------|
| 1 teaspoon | 3/4 teaspoon |
| 1 Tablespoon | 2 1/4 teaspoons |
| 2 Tablespoons | 1 1/2 Tablespoons |
| 1/4 cup | 3 Tablespoons |
| 1/3 cup | 1/4 cup |
| 1/2 cup | 1/4 cup + 2 Tablespoons |
| 2/3 cup | 1/2 cup |
| 3/4 cup | 1/2 cup + 1 Tablespoon |
| 1 cup | 3/4 cup |

Cooking Oil Production¹ and Smoke Points²

Olive oil is one of the few popular cooking oils produced through natural extraction vs. chemical extraction. When cooking with oils and fats, each reacts to heat differently. The hotter they get, the more they break down and start to smoke. Oils and fats have different smoke points. When referring to the chart below, keep in mind that the average stovetop cooking temperature is 350°F.

| PRODUCT | SMOKE POINT | PRODUCTION METHOD |
|------------------------|-------------|---|
| Extra Virgin Olive Oil | 320–375°F | Naturally extracted with no heat or chemicals |
| Olive Oil | 391–468°F | Blend of refined olive oil and virgin/extra virgin olive oil; no solvents used |
| Canola Oil | 425–475°F | Refined; solvent extracted |
| Corn Oil | 450°F | Refined; solvent extracted |
| Soybean Oil | 460°F | Refined; solvent extracted |
| Butter | 250–300°F | Churning of cream |
| Margarine | 360°F | Oil is chemically treated and then hydrogenated before being combined with other ingredients and agitated |

1. Harvard School of Public Health; The Culinary Institute of America (1996). *The New Professional Chef*, 6th edition, John Wiley & Sons; www.canolainfo.org; www.madehow.com.

2. http://en.wikipedia.org/wiki/Smoke_point and <http://nutrition.about.com/od/healthykitchen/f/hexane.htm>.



Tasting Extra Virgin Olive Oils

The best way to explore the wide range of extra virgin olive oil flavors is by sampling as many as possible. For a simple, do-it-yourself session, select two or three extra virgin olive oils to compare and follow these steps:

- Consider the aromas and flavor sensations of each oil. Color is not an indication of quality, although it can influence a taster's perception. Professionals use blue-tinted glasses to remove any bias based on color.
- Place about a tablespoon of the oil into a small tasting glass (anything from a wine glass to small plastic soufflé cups will do the trick).
- Warm the oil by cupping your hands around and slowly rotating the glass.
- Remove your hand from the top of the glass and put your nose up close, inhaling the aromas. Think about what you smell — is it green, ripe, earthy, fruity? Take notes of your initial perceptions so you can refer back to them as you compare oils.
- Now, you taste! Sip enough oil to hold in your mouth and let the flavors cover your tongue. Make some noise by slowly sucking in some air, which will help release the flavors in the oil.

Think about the level of intensity of each sensation. Are they balanced or does one dominate?

Do you feel bitterness on your tongue? Pungency in the back of your throat?

What notes do you catch – Apple? Tomato? Herbs? Citrus? Nuts?

Again, take down notes so you can compare later.

- Cleanse your palate with sparkling or still water and slices of apple, such as Granny Smith, before moving on to the next oil.

Once you've tasted a variety of extra virgin olive oils, try pairing them with different foods to explore how they enhance everything from breakfast to dessert. You'll be amazed at the variety and results!



Selecting Olive Oil

Follow these simple tips to help guide you and ensure you're purchasing a quality olive oil that's right for your cooking needs.

- Knowing your intended **USE** will help narrow down which **TYPE** and/or **FLAVOR** best fits your need.
- Purchase bottle sizes you'll use within 8 to 12 weeks of opening.
- Learn to read and interpret olive oil labels. Olive oil from quality sources will contain key pieces of information on the package, including:

The distributing or packaging **company's name and contact information**.

An ingredient statement that only mentions grades of olive oil. *Note that extra virgin olive oil contains no other ingredients, so sometimes the statement is not repeated on the back label.*

A country of origin statement. This is required by federal labeling laws and is typically found on the back label near the nutritional information and ingredient statement. Oils from different countries are often blended in order to produce a specific flavor profile, so don't be alarmed if more than one country is listed here.

A best-by date. Look for one that is as far out as possible, though with proper handling, olive oil can keep in a sealed package for up to two years.

A lot code. This allows the bottler to trace the place, date and time the oil was bottled.

Global Quality/Authenticity Seals.

- NAOOA Quality Seal
- Origin/Specialty Seals
 - PDO (Protected Designation of Origin)
 - PGI (Protected Geographical Indication)
 - USDA Organic
- USDA Quality Monitoring Program or USDA Certified Quality Seal



- Dark bottles or tins are best at reducing potential damage from light, especially for extra virgin olive oil.
- Avoid packages that show signs of improper handling or storage. This includes:

Dust on the bottle.

Broken/loose seal on the cap or evidence of oil drips/leaks.

Orange tint to the oil — this would indicate overexposure to fluorescent lighting and/or that heat has damaged the oil.



Storing Olive Oil

In order to keep your olive oil at its best, it is very important to handle and store it properly. Even a fantastic olive oil will go bad when it is mishandled. The three key enemies of olive oil are heat, light and air. Limit exposure to all three and olive oil can keep well for up to two years in the original sealed package. Once you open it, try to use it within two to three months.

| DO | DON'T |
|--|---|
| Store olive oil in a cool, dark place, such as a cupboard or pantry. | Store olive oil next to or above the stove where heat will affect even a dark bottle or tin. Also note that the top of the fridge is not a good storage place because it is often warm from the components working to keep the inside cool. |
| Use small decanters or containers for tabletop use, rather than a large container or bottle. | Store pretty bottles of olive oil permanently on the table or on the kitchen windowsill. |
| Keep the cap securely closed when not in use. | Leave a pour spout on the bottle if the opening can't be sealed. Allowing continuous exposure to air will promote oxidation that leads to rancid oil. |

Quality Assurance of Olive Oil

Since 1959, the International Olive Council (IOC) in Madrid, Spain, has facilitated international policy and developments in the area of olives and olive oil. The IOC maintains standards that define the grades of olive oil and the methods to test for compliance. Ensuring the authenticity and quality of olive oil is especially important because many consumers choose olive oil for its health benefits.

Demonstrating the NAOOA's commitment to quality, all members abide by the guidelines set by the IOC and agree to random annual compliance testing. Since its inception in 1989, the NAOOA has participated in the IOC's Quality Monitoring Program, collecting hundreds of samples per year from stores throughout North America. These samples are tested by IOC-certified labs around the globe for authenticity and chemical compliance with the grade level. The lab analysis includes measuring more than 35 parameters for each sample. Based on more than 20 years of testing, the NAOOA can assure consumers that more than 98 percent of what is available in North American supermarkets today is authentic olive oil. Combined with the buying and storage tips in this book, consumers can be confident when shopping for olive oil.



Olive Oil Health and Nutrition Information

The beneficial role of olive oil in a healthy diet has been proven time and again in studies around the globe and science related to olive oil's health benefits continues to evolve. The most important aspect of using olive oil for health purposes is to remember that it should replace sources of saturated fat in your diet. In addition, the acclaimed Mediterranean Diet, of which olive oil is a key component, is based on balanced proportions and relies heavily on consumption of vegetables and fruits, nuts, and lean proteins such as chicken and fish. Coincidentally, these all taste better when prepared with olive oil!

Olive oil is a more healthful choice than many other cooking fats due to the fact that it is a monounsaturated, or “good,” fat. Consuming monounsaturated fat in place of saturated fat has been shown to help lower the bad LDL cholesterol and raise the good HDL cholesterol. The FDA agrees and approved a qualified heart health claim for olive oil in 2004.

Extra virgin or virgin olive oils offer additional health benefits because they are naturally extracted and retain an abundance of vitamins and polyphenols that have antioxidant, anti-inflammatory and antimicrobial properties. A recent study from Spain found that participants with the highest olive oil consumption as a proportion of total calories had a 26-percent-lower mortality rate from all causes and were 44 percent less likely to die from heart disease.¹

A diet with olive oil as a main source of fat has been linked to health benefits related to cardiovascular disease, diabetes, stroke, cancer and more. There is also evidence that olive oil helps the body better absorb beneficial nutrients from vegetables and other healthy ingredients in meals.²

1. Buckland G. Am J Clin Nutr, 2012. 96(1):142–9.

2. Mitrou PN. Arch Intern Med. 2007; 167(22):2461-2468.
Shellen R. Goltz, Wayne W. Campbell, Chureeporn Chitchumroonchokchai, Mark L. Failla, Mario G. Ferruzzi. Meal triacylglycerol profile modulates postprandial absorption of carotenoids in humans. *Molecular Nutrition & Food Research*, 2012; 56 (6): 866 DOI: 10.1002/mnfr.201100687.



Olive Oil Recipes and Resources



Olive oil is a healthful replacement for saturated fats and is extremely versatile. Try these uses:

- **Extra virgin olive oil:** Flavor vegetables, potatoes, pasta, grilled meats and even some desserts.
- **Extra virgin olive oil:** Make your own dressings and marinades.
- **Olive oil or light-tasting olive oil:** Sauté, fry and roast.
- **Olive oil or light-tasting olive oil:** Replace other vegetable oils when baking.

For a fast dish that pleases even the kids, make your favorite type of pasta, drizzle with extra virgin olive oil, top with grated parmesan cheese and toss with whatever veggies you wish. This is also a great dish to use for experimenting with various extra virgin olive oil varieties or brands to find the flavor you like best.

AboutOliveOil.org

This is the official website for the North American Olive Oil Association (NAOOA). It includes information regarding the NAOOA Quality Seal Program; facts about olive oil, including varieties, production and health news; and olive oil recipes.

AddSomeLife.org

This website is sponsored by the International Olive Council (IOC). It includes health and nutrition news; olive oil and olive information, including types, varieties and usage; and an extensive database of olive oil and olive recipes.

Find the recipes at right and more at AboutOliveOil.org and AddSomeLife.org.



Crispy Garlic Shrimp Skewers



Vegetable Breakfast Skillet



Citrus Salad Veronique



Pork and Mushroom Sliders



Grilled Summer Vegetables with Herbed Olive Oil



Gazpacho



Chimichurri Chicken



Chocolate Macadamia Cake



Visit *AboutOliveOil.org* for news, recipes and more information about olive oil and the North American Olive Oil Association.

For even more news and delicious recipes, visit *AddSomeLife.org* and follow *[Facebook.com/AddSomeLife](https://www.facebook.com/AddSomeLife)* and *[Twitter.com/AddSomeLife](https://twitter.com/AddSomeLife)*.

Please contact the North American Olive Oil Association at info@naooa.org or 732.922.3008 with questions or requests for information.