

SMOKE POINT OF OLIVE OIL

In cooking, the smoke point of an oil or fat is the temperature at which, under defined conditions, enough volatile compounds emerge from the oil that a bluish smoke becomes visible.

Question: Can you FRY, and DEEP FRY with Olive Oil ??

Put simply... **YES YOU CAN.**

REMEMBER THIS... The better the quality of olive oil you use the higher you can heat it before it starts to smoke.

The digestibility of olive oil is not affected when it is heated, even when it is re-used several times for frying.

AUTHENTIC ✨ ✨

EXTRA VIRGIN OLIVE OIL

with very low Free Fatty Acids (FFA's) is a stable fat, which means it stands up well to high frying temperatures.

✨ ✨ To ensure you get an "authentic" extra virgin olive oil choose a product that carries our triangle certified trade mark. This trade mark is your guarantee that the product is 100% Extra Virgin Olive Oil and AUSTRALIAN



A Message from the



AUSTRALIAN OLIVE ASSOCIATION LTD

www.australianolives.com.au

EV00 has a high smoke point

 **210°C**

Which is well above the ideal temperature for frying food



The **IDEAL TEMP** for deep frying food is **180°C**

DID YOU KNOW...

Fat, such as EV00 is needed to absorb the **carotenoids** and **glucosinolates** phytonutrients in food. Carotenoids give colour to plant products.

Glucosinolates are found in cruciferous vegetables, such as cabbage, cauliflower, broccoli, Brussel sprouts, bok choy and kale.

Both carotenoids and glucosinolates have been shown to possess powerful cancer-fighting proteins when there are sufficient amounts in the body.

Both need fat to be absorbed, so steaming or boiling vegetables with carotenoids or glucosinolates means they don't get into your body.

Cooking in olive oil means you'll get the health benefits of olive oil, plus you'll absorb the healthy components. DR Mary Fynn PhD, Rd, LDN