

Cook

# SIMPLE & HEALTHY

The healthy touch  
for all your dishes





# PURO

## OLIVE OIL

### OLIVE VARIETIES

#### Multivarietal olive oil.

GOYA® Puro stands out for **its versatility**. It's the perfect olive oil for cooking any recipe as it adds a **light aroma and subtle flavor** without overpowering the natural flavors and aromas of the other ingredients.

It's olive oil mixed with a good concentration of extra virgin olive oil that has a **light and pleasantly sweet aroma**.

### RECOMMENDED USES



FRYING



MEAT



FISH



RICE



SCRAMBLED EGGS  
& OMELETS



ROASTS



STEWES



SAUCES  
& GRAVIES



### FLAVOR INTENSITY

Medium



### FLAVOR NOTES

- Light aroma
- Sweet flavor
- Slight spiciness and bitterness

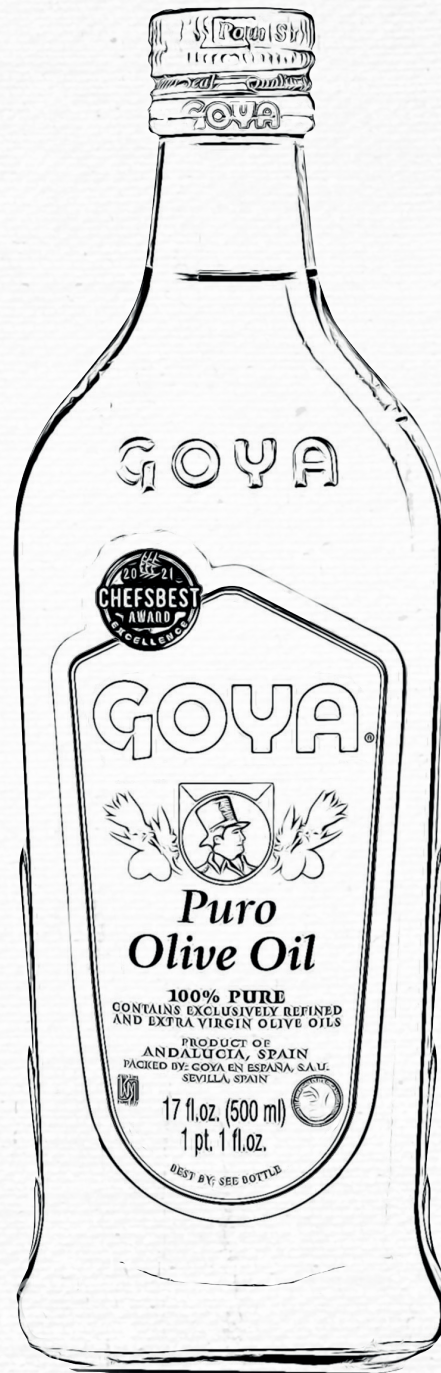


### AVAILABLE IN

Glass bottle  
17 fl. oz. - 500 ml



GOYA OLIVE  
OILS HAVE BEEN  
AWARDED MORE  
THAN 200  
INTERNATIONAL  
AWARDS AT  
WORLDWIDE  
COMPETITIONS



## DID YOU KNOW THAT...?

Depending on varieties and ripeness, olives can develop more than **30 aromas** that would resemble other vegetables, aromatic herbs, and fruits. When the EVOO is **cold-pressed** below **27°C (80.6 °F)** it preserves all its flavor and nutrients.

## WHY IS OLIVE OIL SO HEALTHY?

The answer to that lies in **oleic acid, polyphenols and vitamin E**. The oleic acid present in olive oil helps maintain normal levels of cholesterol in the blood, contributing to **good cardiovascular health**. For their part, the polyphenols and vitamin E are natural antioxidants that help **protect lipids and cells against oxidative damage** that can be caused by external agents like radiation and contaminants.

## TASTING 101:

1



Pour one tbsp of any of our **EVOOs** in a wine glass.

2



Place the **glass in the palm of one hand** for a minute to warm it up, while covering the top with the other hand.

3



**Close your eyes** and deeply inhale.

4



**Transport your senses** to fruit orchards or Spain's countryside.



# ALWAYS KEEP IN YOUR PANTRY A BOTTLE OF EACH

Add to taste! Intense flavor



## UNICO EXTRA VIRGIN OLIVE OIL

**Premium EVOO. Our masterpiece**

This extra virgin olive oil is the result of an **exhaustive and rigorous control of the olive from grove to table**. Opening a bottle of GOYA® Unico is a real experience for the senses and justifies the effort involved in its production. **To produce a litre of this exclusive EVOO, it takes around ten kilos of olives**, compared to the five needed to obtain other extra virgin olive oils on the market.

GOYA® Unico is prepared using the first cold press of the olives, a few short hours after being harvested in order to preserve each and every one of their magnificent organoleptic properties.



## ORGANICS EXTRA VIRGIN OLIVE OIL

**Our top-shelf extra virgin olive oil now Organic!**

This extra virgin olive oil with exceptional **organoleptic properties**, the result of the rigorous control applied throughout the production process. GOYA® Organics is a blend or *coupage* prepared using a mix of oils from extra virgin olives of different varieties that are **carefully selected and harvested by hand in the south of Spain in late October**, the period when their flavor and aroma are at their most intense.



## ROBUSTO EXTRA VIRGIN OLIVE OIL

**Intensity for your senses**

A very **balanced extra virgin olive oil** with an intense green fruit profile that reminds us of fresh cut grass and herbs. The **green fruit is the most intense aroma an EVOO** can have and is achieved through the collection of olives at the start of the campaign and the varieties that develop the typical green aromas, with the Hojiblanca and Arbequina varieties used for GOYA® Robusto.

Without a doubt, unlike other extra virgins on the market, in GOYA® Robusto this **freshness is presented on equal terms with the intensity of the oil**, offering an excellent sensation on the palate.



## GARLIC EXTRA VIRGIN OLIVE OIL

**The Mediterranean flavors in one drizzle**

This extra virgin olive oil offers an intense, **perfectly balanced flavor** that represents the most iconic ingredients of the Mediterranean diet: **extra virgin olive oil and fresh garlic**.

A winner of international prizes, it's the ideal condiment to enhance all kinds of recipes

All purposes! Mild to light flavor



## EXTRA VIRGIN OLIVE OIL

**The best choice for your loved ones**

An extra virgin olive oil recommended for **all uses in the kitchen** thanks to its **great versatility** and health benefits.

GOYA® Extra Virgin Olive Oil is a blend or *coupage* prepared using a mix of extra virgin olive oils from different varieties harvested in the south of Spain, characterized by the unmistakable **aroma of ripe banana** and a delicious, **sweet flavor**.



## LIGHT FLAVOR OLIVE OIL

**Subtle and genuine at the same time**

This light olive oil is the perfect replacement for other vegetable oils in your recipes as it adds **no flavor or aroma to the dish, respecting the original ingredients**.

It's olive oil mixed with a small quantity of extra virgin olive oil, ensuring a **mild aroma and neutral flavor**.



*If it's GOYA ...it has to be good!®*



**GOYA®**

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