

10 WHAT IS OIL'S ACIDITY?

Acidity is a quality control measured by the amount of oleic acid present. It is necessary to carry out a chemical analysis to know how much there is.

The current law legislates that the maximum level of acidity for an oil to still be considered extra virgin cannot go over 0.8% (oleic acid). Although it is not a rule, it is generally considered that the lower the acidity of an oil, the less likely it is for there to be imperfections in the oil's appearance, taste, and smell.

The normal value for a good extra virgin olive oil is usually <0.4%. A GOYA® extra virgin olive oil is usually much below this level of acidity.

11 WHEN TO USE OLIVE OILS?

Extra virgin olive oils are ideal for:

- Drizzling over a light salad or Spanish tostada.
- Stews.
- Garnishes.

Both extra virgin olive oil and olive oil (Light and Puro) are recommended for frying. Thanks to their high stability and resistance to oxidation and high temperatures, they can be reused more often than seed oil.

Puro and Light olive oils have little aroma and a smooth taste. It can be used as a garnish over foods, although it will add little smell and flavor.

The ideal oil for the consumer is the one that presents harmony and balance, between the intensity of fruitiness, bitterness, and pungency of the oil.

There are polyphenols (natural antioxidants) found in extra virgin olive oil. They are the reason the oil has a spiciness and bitterness. Polyphenols do not have any nutritional value (calorie free), but they do have health benefits.

FIND OUT MORE



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Our Secret:
PASSION & MASTERY



Frequent questions about olive oil



1 WHAT IS OLIVE OIL?

Olive oil is **the natural juice that is extracted from the olive fruit** when squeezed. It is done much in the same way as when you squeeze other fruits for juice extraction.

2 HOW MUCH “JUICE” DO YOU GET FROM THE OLIVES?

It depends on the variety, where it is grown and how mature the olive fruit is. **Around 20% of an olive fruit is oil.** For 1 litre of olive oil, approximately 5kg of olive fruit is needed.

3 HOW MANY DIFFERENT TYPES OF OLIVE OIL ARE THERE?

■ EXTRA VIRGIN OLIVE OIL.

Pure olive juice with no defects in its appearance, taste, or smell.

■ VIRGIN OLIVE OIL.

Natural olive juice with slight defects in its appearance, taste, or smell.

■ OLIVE OIL (Contains exclusively refined olive oil mixed with extra virgin olives).

Goya mixes the refined oil with extra virgin olive oil, according to the amount needed to provide flavor. Goya markets it as Light or Pure.

■ SECOND PRESSING OR POMACE OLIVE OIL.

Refined olive oil (obtained organically), mixed with virgin olive oils.

4 WHAT IS COUPAGE?

Although oils made up of a blend of the same types of olives do exist on the market, **it is more common for an olive oil to be made up of a blend of a variety of olive types.** This blend of different olive types is called “coupage”.

Our **GOYA® Olive Oils are prepared with a blend of different EVOOs from olives harvested by hand at just the right time in the south of Spain**, when all the aromatic nuances and all the flavors have been developed. That way we're able to make sure that people are taking an **Extra Virgin Olive Oil with unique and exceptional properties** home with them when choosing **GOYA®**.

5 HOW MANY AROMAS CAN BE DISTINGUISHED IN EXTRA VIRGIN OLIVE OILS?

When tasting the extra virgin olive oil, we change the word aroma for fruit because we match the aroma to the type of fruits and their maturity levels. There is distinction between the types of olive fruit:

- **UNRIPE FRUIT:** This fruitiness should be reminiscent of the colour green, unripe fruits, grass, leaves, freshness, natural and clean smell, etc...
- **RIPE FRUIT:** This oil will be reminiscent of ripe fruits. The most common aroma that reminds us of ripe banana.

6 DOES COLOUR HAVE AN INFLUENCE ON THE QUALITY OF THE OIL?

No. The colour of the olive oil is not an indication of its quality. The colour is dependent on the variety and how mature the olive fruit is.

- **From green olives, the oil has a GREEN colour.**
- **From olives in veraison, the oil is GOLDEN.**
- **From black olives, the oil has a YELLOW colour.**

To check the colour of the oil and to help in sensory analysis, the tasting cups used are blue.

7 WHAT DOES COLD EXTRACTED EXTRA VIRGIN OLIVE OIL MEAN?

It means that the extra virgin olive oil developed using cold extraction, i.e., the temperature of the mass from which they are obtained does not exceed 27°C (80.6°F). The disadvantage of the mass being at 87.6°F is that there is a percentage of oil that is not extracted. This results in higher production costs. To avoid this, the extraction temperature is usually raised, which is detrimental to the oil's quality.

8 EXPIRATION OR BEST BEFORE DATE?

There is no expiration date, but it is recommended to consume within 2 years. If you were to consume olive oil that is more than 2 years old, no harm would be done, but there would be a noticeable deterioration in its quality due to the oxidation process resulting in the presence of secondary reaction products. This is when it stops being extra virgin olive oil.

9 HOW TO STORE YOUR OLIVE OIL PROPERLY TO AVOID SPOilage

There are three main components to consider when storing olive oil: Light (it activates and catalyses the oxidation process); **Oxygen** (it causes the oil to oxidise); and **Temperature** (high temperatures are favourable conditions for peroxide formation, which also causes oxidation).

To reduce oxidation and its negative effects on oil, **Goya substitutes oxygen found in the space at the head of the bottle with nitrogen** (an inert gas). It is recommended to store the oil in a fresh space away from direct light.