

17 facts, views and tips on olive oil

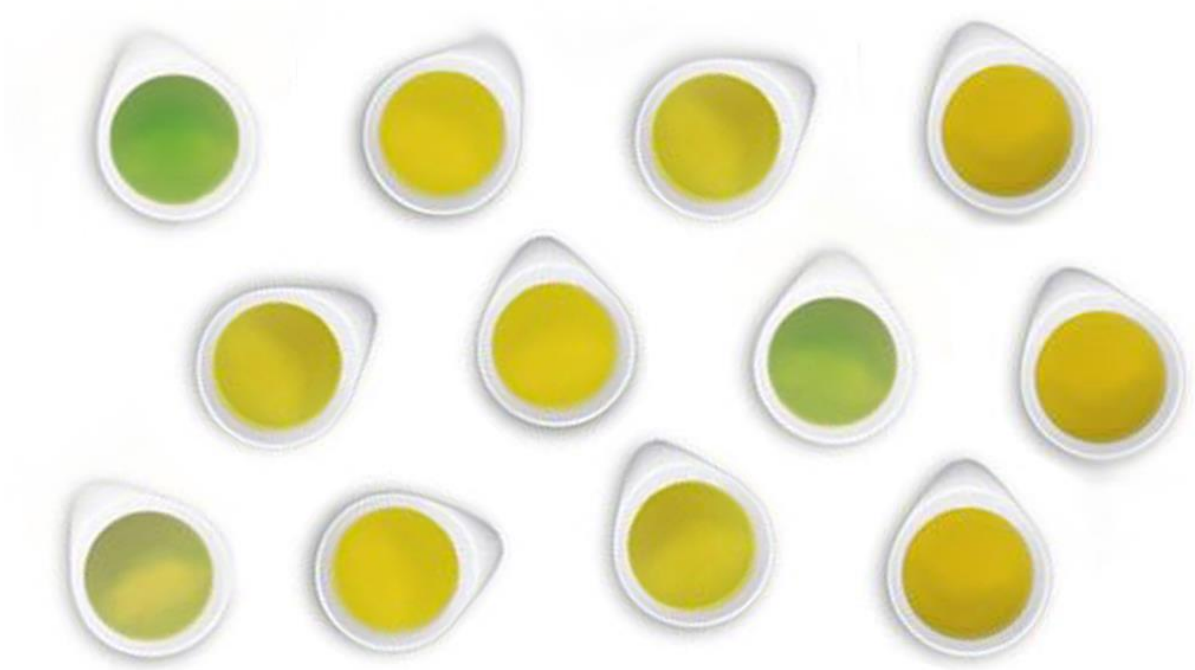
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2. What is the difference between black and green olives?



Each olive fruit is initially green. With time the colour changes from green to violet and at the end of the ripening the olive is black. If you buy olives that have a uniform blackness throughout, it means that these olives are artificially coloured. The black colouring is achieved with iron II lactate (E585) or iron II gluconate (E579). This is legal, but I advise against buying coloured food. You can recognise uncoloured olives by the fact that they do not have a uniform black colour, but several shades of colour from grey to black.

3. What role does the colour of the olive oil play?



As the olives are more unripe when pressed, so the colour of the olive oil will be more green.

In most cases, unripe olives are not pressed separately, but rather together with semi-ripe ones, because the yield of pressed oil is about 50% lower with unripe pressed olives than with ripe ones.

Ripe olives are therefore more fruitful in terms of oil production, although the colour of the olive oil tends to be more yellow in the case of ripe pressed fruit.

4. Why are some olive oils bitter?

when should I use mild and when intensive olive oil?

The bitterness of olive oil comes from the high content of healthy phenols. Phenols are antioxidants and slow down the ageing of cells. The body's own hormone production decreases from the age of about 35 years. As a result, the body can no longer burn fats so well, so it is easier to gain weight. For this reason, it is advisable to boost the metabolism with bitter and spicy foods to compensate for the lack of hormones. Furthermore, the taste "bitter" is undoubtedly a noble component of the human taste spectrum. After all, Campari is also bitter and many people like it, just like bitter chocolate. I personally love bitter. But that does not mean that you should only use intensive olive oil with a bitter note. Even a mild olive oil has its raison d'être. If you make mayonnaise, for example, you should use a mild olive oil. But for frying, the bitter oils tolerate higher temperatures, as the monounsaturated fatty acids are very stable and resistant to heat.

If we have already mentioned the taste characteristics of olive oil, may I ask you if you have ever tasted unfiltered olive oil. The aspect of (non-)filtering is so important that a separate blog post is dedicated to it

DO YOU HAVE ANY QUESTIONS, SUGGESTIONS, ADVICE, MESSAGES, PROPOSALS?

PLEASE CONTACT US.

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