

17 facts, views and tips on olive oil

Blog post 8/13

11. Which bottle size is right for me?

For how long does the olive oil keep?

Of course it depends on how much olive oil you use. If you run a gastronomic business with Mediterranean cuisine and sell 500 dishes every day, olive oil in a 5-litre canister is exactly the right choice. You can consume it within 3 days.

If you live in a two-person household and cook predominantly Bavarian food - i.e. olive oil is perhaps only used to dress salads - then a 0.5-litre bottle will probably last for several weeks.

No matter whether you use a lot or a little: Always buy the appropriate bottle size. You should buy approximately the quantity that will be used up after two weeks at the latest.

You should also bear in mind that you may have several types of oil in stock at home. For example, we use two types of olive oil at home (intensive and **medium**), pumpkin seed oil, walnut oil, sesame oil, grape seed oil and linseed oil (linseed oil offers the highest proportion of the important omega-3 fatty acid alpha-linolenic acid).

However, these seven types of oil are not always available in our shop. We sometimes alternate - but two types of olive oil, Steirisches Kernöl and also linseed oil are always available.

The question of durability leads us directly to the aspect of the storage of the olive oil. This is what the next part of the blog is about.

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

PLEASE CONTACT US.

Your Ergin Family

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