

17 facts, views and tips on olive oil

Blog post 9/13

12. Where and how can I store the olive oil?

It is best not to store olive oil at all, but to consume olive oil fresh immediately after pressing - which is of course an unattainable ideal, and not only for people who live in the city. Even people who produce their own olive oil should only consume their own olive oil in September, October, November or December. That is not always possible: we have to store olive oil until the next season. It is best to buy bottle sizes that you can consume within a week. Until you open the bottle, store the bottle in a dark, cool and dry room. Olive oil very quickly becomes rancid and inedible if it comes into contact with oxygen, UV light or heat. I have noticed with many friends and relatives that olive oil is stored openly in the kitchen in daylight and even on the windowsill. Daylight and the high daytime temperatures of over 25°C in summer destroy the olive oil. In the blazing sunlight it heats up to over 50 degrees and the UV rays do the rest. You cannot even use this olive oil to protect garden furniture, because otherwise the wood will smell very bad.

Now we come to the most important principle for storage: after you have opened the bottle, you should keep it in the refrigerator. That is the most important thing to do during storage.

Some points are worth knowing about the cool storage of olive oil. Olive oil has the following triglycerides: 55 to 84% oleic acid, 3 to 21% linoleic acid, 7 to 20% palmitic acid and smaller amounts of other fatty acids. It freezes between 4 and 7 °C and already flocculates at below 10 °C. The actual freezing point depends on the respective proportions of the different fatty acids, each of which has its own freezing point.

The more bitter substances are contained in olive oil, the higher the freezing point and the higher the proportion of saturated fatty acids in olive oil, the earlier it flocculates. Mono-, di- and triple-unsaturated fatty acids, on the other hand, are still liquid at lower temperatures.

Intensive oils already flocculate at higher temperatures than the light fruity ones. You should take the olive oil out of the refrigerator about 15 minutes before consumption. However, the extra effort of cool storage is worth it if you are a connoisseur.

Speaking of enjoying: The next article in our blog will finally deal with the various culinary uses of olive oil.

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

PLEASE CONTACT US.

Your Ergin Family

ergin@vinvinowein.de & n.ergin@vinvinowein.de