

# The right olive oil

The compounds that give olive oil its signature flavor are very sensitive to heat. When used in high-heat applications, the peppery, fruity bite can become bitter or muddy.



## Kinds of Olive Oil

### Extra Virgin



- Unrefined
- Low free acidity
- Most pronounced flavor profile
- High heat alters the flavor profile

### Light



- Pressed or chemically extracted
- Refined
- Lighter taste than extra virgin, virgin, and classic olive oil
- High heat stability

### Virgin



- Pressed
- Unrefined
- Free acidity slightly higher than extra virgin
- Most palates cannot taste difference between extra virgin and virgin olive oil

### Pomace



- Chemically extracted from leftover pulp of previous pressings
- Highly refined
- Mostly flavorless
- High heat stability

### Classic



- Pressed
- May be lightly refined or filtered
- Less flavorful than extra virgin or virgin olive oil
- Higher heat stability
- Sometimes called "pure" olive oil

### Olive Oil Blends



- Combines olive oil with soy, canola, or other plant-based oils
- Retains some flavor from the olive oil
- Highest heat stability

### BEST USES



Finishing touches—for salads, breads, cooked vegetables, etc

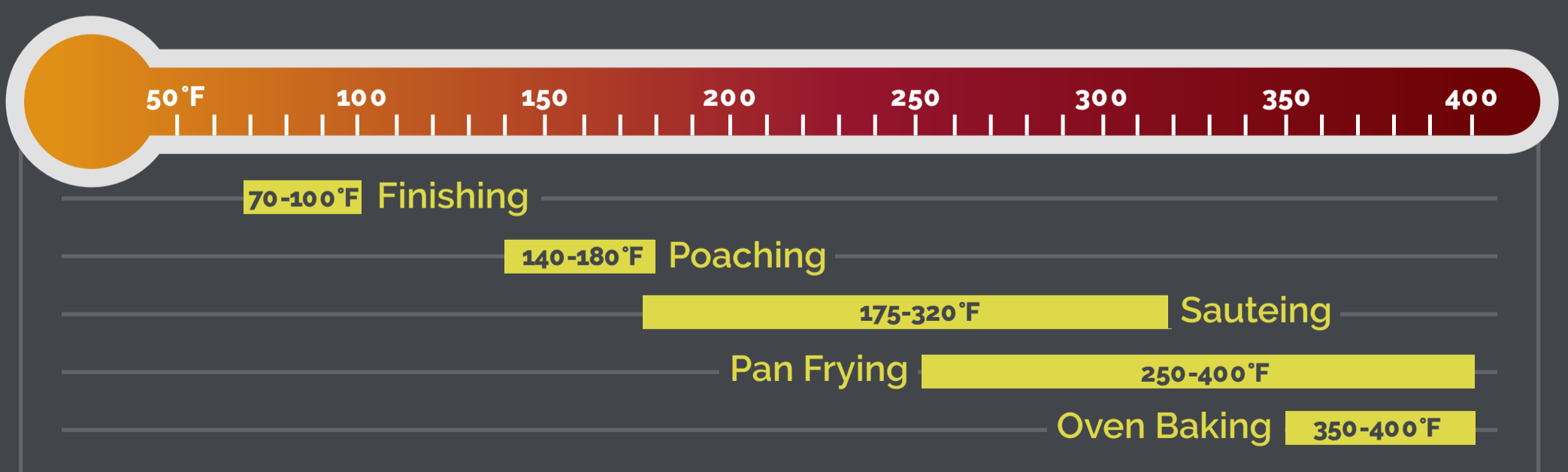


Light sauteing, marinades, basting



Sauteing, pan frying

## How hot is your application?



## Contact Us

Still have questions about the right oil for your needs? Your Catania Oils sales representative can help guide you. Contact us to learn more.



**CATANIA OILS**

Authenticity in Every Drop