

How extra virgin olive oil is made

Pour a small amount of the good extra virgin olive oil into a small glass..



Now warm the glass in your hands for a few seconds, ideally bringing it to the 27°C of the kneading process...



After that, close your eyes and sniff deeply first with one nostril, then with the other.. You'll only smell pleasant scents of the plant world, such as cut grass, olives or aromatic herbs



Now put a small amount of extra virgin olive oil in your mouth and you'll feel a burst of plant flavours such as artichoke, olive, almond, along with spicy and bitter notes in balanced harmony..

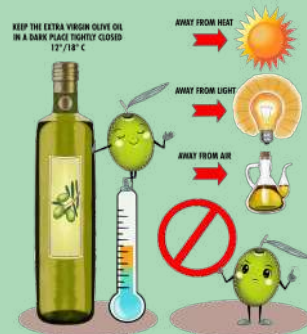


Now drink some water or eat a piece of bread. Get the poor quality extra virgin olive oil and repeat all the tasting steps from the beginning. If the extra virgin olive oil is bad, you'll only smell unpleasant odours such as vinegar, rancid fat or boiled vegetables. This means that the extra virgin olive oil is defective!



So remember!

Only buy top quality extra virgin olive oil and if you want to preserve its excellent quality over time, keep it away from air, light and heat!



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Hi! My name's Olivia! Do you know how extra virgin olive oil is made? It all starts with me... This is my story



I was born in springtime, on a tree called an "Olive" tree.. At first, I was a beautiful white flower..



From the flower I came to life along with many of my sisters and then, in the summer, I grew healthy and strong and my colour has gradually become darker...



After that, between the end of September and November, when I ripened, I was carefully picked from the branch, so as not to hurt me or spoil and waste any of the precious juice inside me....



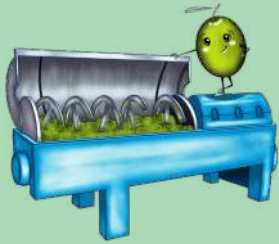
I was then rushed to the oil mill, where my leaves were removed and I was washed...



Then, I was crushed into very small pieces and put into a kneader, where I became "olive paste"

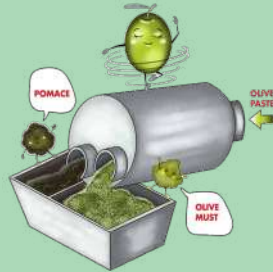


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In the kneader, I was mixed by a huge press that turns to produce heat.. But not too much heat! The temperature must never exceed 27°C.! This is the famous "cold extraction"!

From the kneader I continued my transformation in the separator, where the solid residues (olive kernel, olive skin and olive pulp), which is known as "pomace", are separated from the liquid part, which is known as "olive must"..



This "Pomace" will then be used in industry to obtain derivatives such as "Pomace oil and olive oil", plant fertilizer, animal feed, cosmetics, herbal medicines, etc. Every part of the olive is used and nothing is thrown away!



The "olive must" is separated inside the centrifuge, where vegetation water flows out on one side and on the other side, the so-called "new extra virgin olive oil". But it's not over yet!



In fact, if you want to preserve and keep the quality of the extra virgin olive oil over time, it's advisable to filter it to eliminate water and pulp residues which, if they settle at the bottom, would rot and prematurely age the oil, spoiling its marvellous organoleptic qualities!



How to taste extra virgin olive oil



And so the "new" extra virgin olive oil is created! But to know whether it's really extra virgin olive oil, it must first pass specific tests: chemical and organoleptic analysis!

In fact, to define myself as "extra virgin", the value of my acidity, which can only be known from chemical analysis, must be lower than 0,8%. After that, a Commission of Tasters authorised by the Ministry of Agricultural Policies, uses organoleptic analysis to see whether the extra virgin olive oil is really extra virgin, which means "free from defects".



Before using it, though, you should learn how to taste extra virgin olive oil! Only then you will understand what you're consuming and whether it really is a good or defective extra virgin olive oil! Start by buying two extra virgin olive oils, one of good quality and one of poor quality...



Here's how to do it, it's simple and fun!

First of all, did you know that the colour of the extra virgin olive oil doesn't matter? To do the tasting properly, you only need to evaluate the smell and the taste of the extra virgin olive oil! In fact professional tasters only taste it in blue or brown coloured glasses!

