



INTERNATIONAL
OLIVE
COUNCIL

CONSEJO
OLEICOLA
INTERNACIONAL

CONSEIL
OLEICOLE
INTERNATIONAL

CONSIGLIO
OLEICOLO
INTERNAZIONALE

المجلس
الدولي
للزيتون

Madrid, 11 March 2013

**Addressee/Destino/
Destinataire/Destinatarario**

e-mail : jannis@kretawandern.de

**A la atención de/
A l'attention de/
Alla cortese attenzione**

Mr Ioannis Alexandridis
Meisenweg 1
D-63741 ASCHAFFENBURG

From/De/Da parte

International Olive Council
MADRID

Document/Documento

Heating olive oil

Ref./Réf./Rif.

T.11/

Dear Mr Alexandridis,

Further to your e-mail enquiry, please find to follow some information that might be of use to you.

Regardless of the category (extra virgin, straight olive oil or olive pomace oil), frying in olive oil provides monounsaturated fatty acids, which are known to be beneficial for many diseases such as heart disease, diabetes and hypertension; they are also known to be good for the immune function. The monounsaturated fatty acids in olive oil make it more heat-resistant and stable and its predominant fatty acid – oleic acid, accounting for 55–83% of its fatty acid content – has recognised nutritional advantages. When olive oil is used for frying, fewer (potentially toxic) hydroperoxides and thermoxidation compounds form, so making for healthy food. Besides this excellent fatty acid composition, olive oil – virgin olive oil particularly – has a large content of minor components in its unsaponifiable fraction, which exert a strong antioxidant effect. Extra virgin olive oil is the top quality olive oil and is therefore best suited for all purposes. Owing to its composition and to the minor components in its unsaponifiable fraction it has the highest content of antioxidants, which lend it a host of beneficial organoleptic, gastronomic and health-related properties. The antioxidants concerned are mainly alpha-tocopherol, squalene, polyphenols (hydroxytyrosol) and some phytosterols, the most important of which is delta 5 – avenasterol, which is a powerful anti-polymerising agent. It has a high smoke point (210 °C) and can be heated from anywhere between 100 °C in the case of oil /water mixtures or soups and 180 °C and higher in the case of frying.

On account of its structure and composition, olive oil tolerates high temperatures. Although the excessive heat created during frying does diminish its antioxidant content to a certain extent, olive oil does still retain some of its beneficial properties. All the other oils typically used for frying do not contain these phenolics.

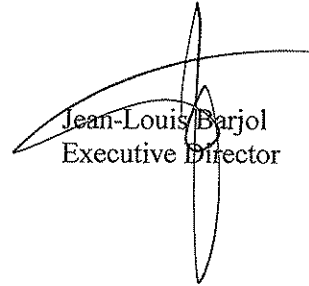


-2-

Another advantage of using olive oil for frying is that it forms a crust on the outside of the food that stops the oil from penetrating and makes the food tastier. For this to happen the oil must be hot so that the food is sealed and does not soak up the oil; at the same time there must be enough oil to prevent the food from burning. Food fried in olive oil contains less fat, which makes it recommended for controlling obesity. Olive oil is, therefore, the most suitable, lightest and tastiest fat for frying.

Also, olive oil can be re-used several times for frying. When re-used, its monounsaturated fatty acids do not undergo hydrogenation or isomerisation processes that cancel out its beneficial effects on lipid metabolism or that affect its digestibility. In other words, olive oils last longer.

Yours sincerely,



Jean-Louis Barjol
Executive Director