

Australian  
**Extra  
Virgin**  
Olive Oil  
*Everyday*

## FACT SHEET

### IN THE KITCHEN

With countless health benefits and a range of flavour profiles to suit any type of cooking, Australian Extra Virgin Olive Oil is your perfect kitchen companion.

# IN THE KITCHEN

Australian Extra Virgin Olive Oil is high in good (monounsaturated) fats and antioxidants, and 100% natural, making it a great tasting ingredient that's also healthy.

Australian Extra Virgin Olive Oil (AEVOO) is a truly multi-purpose oil in the kitchen. Use it to slosh, bake, fry, slurp and drizzle on any dish.

## Cooking with AEVOO

Research has shown that Extra Virgin Olive Oil is one of the safest and healthiest oils for any type of cooking because:

- ✔ It is not **refined**
- ✔ It has **healthy**, stable fats
- ✔ It is naturally high in **antioxidants**

## Mythbusting

**Myth: You can't cook with EVOO**  
EVOO is one of the safest and healthiest oils for cooking at any temperature.

**Myth: EVOO has no expiry date**  
EVOO is the fresh juice of the olive fruit and does degrade over time, meaning it's best to use fresh. Look for the harvest date on the bottle and be sure to select and use a AEVOO within 12 months of this date.

**Myth: You can't use EVOO in non-stick pans**  
There is no evidence to support this. The healthy fats in EVOO make it very stable, preventing the oil from breaking down in the pan.

## The Truth About Smoke Point

You may have heard the myth that extra virgin olive oil has a low smoke point and should not be cooked with. Here are some facts about smoke point:

- ✔ Smoke point is the temperature at which an oil starts to smoke constantly when heated.
- ✔ Quality AEVOO has a high smoke point, well above standard cooking temperatures.
- ✔ However, smoke point is not a good measure of how stable an oil is to cook with. It's the balance of healthy fats and natural antioxidants that makes AEVOO very stable and suitable for all cooking methods, including high temperature cooking.



## EXTRA VIRGIN OLIVE OIL

The highest grade and healthiest cooking oil. No chemicals, preservatives or blends.

## OLIVE OIL (Also known as Extra Light Olive Oil)

A refined oil that is subject to chemical processing.

## REFINED OILS (Many vegetable oils such as sunflower and canola)

Oils that are refined using chemical processes.

## Why is AEVOO great value?



AEVOO is a premium quality ingredient. To produce high quality food, you need to work with the best.



While you may pay slightly more for AEVOO over lower quality oils, you will produce a standard of food you can charge more for.



Consumers are demanding the freshest ingredients and seek to understand the origins of their food. AEVOO is a fresh, quality and locally sourced ingredient.

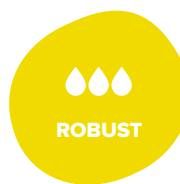
## THE FLAVOUR MAKER



With a lighter taste, mild AEVOO is delicate, subtle and versatile – allowing other flavours to take centre stage. Perfect for uses such as stir-frying, baking and sautéing.



Classic AEVOO is brimming with fresh fruity aromas and pungent flavours, making it a good choice when you want a bit more flavour. Great for uses such as grilling, dressing salads, dipping or roasting vegetables.



For those who relish the delicious full flavour of olive oil, Robust AEVOO is the way to go! Perfect for roast meats and vegetables, or for generously drizzling on salads, and a welcome addition to stews, casseroles and marinades.

## The Flavour Maker

AEVOO comes in a range of flavour profiles to suit any cuisine or dish. Robust styles are best suited to full-flavour dishes, while milder styles of AEVOO can be used when you are seeking a more subtle flavour.

*Everyday*