

Choosing the Highest Quality Olive Oil



Quality Matters

Once thought to be unstable for high temperature cooking, extra olive oil actually outperforms most other commonly available supermarket brand oils for safety and stability when heated. This is thought to mainly be due to its very high concentration of antioxidants and because more recent scientific study informs that there is more to an oil's stability than just its smoke point.

'Cold Pressed and Extra Virgin'

Look for the words 'cold pressed' and 'extra virgin' on the label. This means the oil is the most pure and is extracted by squeezing the olives as opposed to using chemical solvents to extract the oil.

Reference <https://actascientific.com/ASNH/pdf/ASNH-02-0083.pdf>

What to look for on olive oil packaging

'100% Australian olives'

Not just bottled in Australia from overseas olives and not diluted with other (cheaper) types of oils. Australian olive oil is naturally abundant in antioxidants and is often fresher and higher quality than oils imported from overseas.

Organic if possible, as this means there are less chemical residues.

Ignore 'light' on the label. This usually relates to colour or taste rather than quality.

Brands to look for

Cobram Estate, Red Island, Squeaky Gate and Macro Organic. (available from Woolworths).

Using and storing olive oil

Make sure the lid is screwed on tightly and is kept in a dark place (like the pantry) once opened. Buy it in a quantity that you will use within six weeks to avoid oxidation (the oil going rancid – which makes it no longer good for health).