

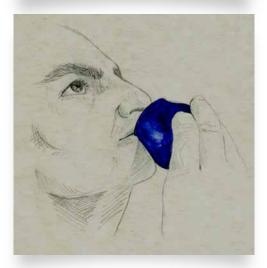
HOW TO DO AN EXTRAVIRGIN OLIVE OIL TASTING TEST EXTRAVIRGIN OLIVE OIL CAN BE PERCEIVED BY THE ORGANS OF THE SENSES: SMELL, TASTE.



- A) Commonly it is used a narrow mouth glass resembling a blue tulip, but for our first tasting test can be used a disposable glass. Pour a small amount of oil in the glass, about 15ml, the equivalent of a soup spoon.
- B) Wrap around your fingers and hand around the glass. Put the other hand on top of the glass to completely cover it. It is essential to heat the oil and bring it to a temperature between 28° C and 32° C, volatile aromatic substances present in the oil will be distinguishable.



C) After a few minutes the oil has reached the proper temperature to give start to tasting test. Remove the covering hand, swirl it around for a couple of times, act slow deep breaths and proceed to aroma analysis. Thus, evaluate the first parameter: fruity. An extravirgin olive oil has always pleasing aromas perceived in a light, medium or mature manner. The smell can be characterized by hints of artichoke, tomato, fresh grass, almond, apple notes and more.



- D) Put a small amount of oil in your mouth, begin inhaling or "sipping" air in quick, decisive gasps, being careful not to swallow the oil. This technique helps to oxygenize the oil and intensify the aromas. The oil should be distributed throughout your oral cavity and in particular across your tongue, from the tip, to the sides, to the back.
- **E)** Spit out the oil. You can experience the other two parameters; bitter and spicy. The bitter shows the presence of phenolic substances soluble in water (saliva) and the spicy is the trigeminal sensation due to elecantale.



MAIN SENSORY CHARACTERISTICS OF EXTRAVIRGIN OLIVE OIL:

POSITIVE ATTRIBUTES

- Bitter: a characteristic flavor of oil made from green or unripe olives; bitterness can be more or less pleasant.
- Astringent: an oil produced from olives that are not yet unripe is particularly rich in polyphenols, sensation similar to the bite of an unripe fruit.
- Artichoke: pleasant flavor of artichoke found in freshly produced oils.
- Sweet: pleasant flavor of oil obtained from olives fully matured in which, without being exactly sugary, not excel bitter, astringent and spicy.
- Herbs: characteristic flavor of oils, seems like fresh green grass freshly cut.
- Almond: this flavor can manifest itself in two ways: typical of fresh almond, or dryed almond which can be confused with incipient rancidity.
- Apple: reminiscent of fresh apple.
- Nutty: reminiscent of kernels of walnuts.
- Spicy: biting flavor normally due to fruity and grassy oils obtained from olives that are still green.
- Tomato: typical flavor of the tomato leaf.

DEFECTS

- Sour/Winey: characteristic flavor of oils reminiscent of wine or vinegar. It is basically due to the fermentation of sugars leading to the formation of acetic acid, ethyl acetate and ethanol in excess of the normal.
- Muddy: characteristic of oil left on decanted sludge, or left too long on its sediment.
- Mold or Humidity: flavor from olives that are grown in humid soil, contaminated by natural microorganisms like fungi and yeast. Recalls the feeling you get entering in a closed humid environment for a long time.
- Rancid: Old oils that have started to oxidize due to exposure to light or air.
- Warm: a flavor that result from fermentation of olives kept too long in bags, which causes them to ferment and gives the oil a warm, unpleasant flavor. It is often accompanied by mold and winey.
- Wormy: flavor from olives infected by olegric fly or olegric worm.