

How to Evaluate Olive Oil Quality

You can use this simple, three step “See, Smell, Taste” technique to evaluate olive oil quality or to compare two oils side-by-side to determine which offers superior flavor.

STEP # 1

See

Pour a little olive oil on to a white plate. Because exact olive oil color is not important to flavor, professional tasters ignore color by tasting oil in clear blue cups.

However, exceptionally pale oil may indicate that it was “cut” or diluted with cheap, inferior olive oil, made colorless and flavorless through harsh industrial heat processing.

STEP # 2

Smell

Place a few tablespoons of oil in to a small glass or plastic cup and warm the cup with your hands. Warming the oil helps it “bloom” and release its delicate aroma volatiles. Gently swirl the warmed oil and bring the cup directly under your nose; gently inhale the aromas through your nose.

Fresh, superior quality olive oil should have a fruity, clean, pleasing fragrance, like fresh olives. Unpleasant aromas (dull, musty, stale, rancid) indicate oil which is old, stale, or otherwise mistreated.

STEP # 3

Taste

Gently sip small amounts of warmed oil. While the oil is on your tongue, gently inhale through your nose and mouth; noticing any aromas and flavors. Immediately after swallowing, pay attention to its “finish” (lingering aroma notes towards the back of the palate and throat).

Fresh, superior quality oil should taste intensely fresh and crisp, not dull or stale. Unpleasant tastes, blandness, or lack of flavor indicate inferior quality oil.



CORTO® Extra Virgin Olive Oil is
“Always Fresh, Never Heated!”

