



Olive Oil



What do first pressing and cold pressing mean?

These terms are interchangeable and have been used in the past when initial pressure applied by hand presses produced only a small amount of olive oil from olive paste. To extract even more oil, hot water was applied to the olive paste to improve the flow of oil. This is where the terms cold pressing and first pressing came from.

Producers use these terms on their labeling to affirm that extra virgin olive oil is an unrefined, natural product that has undergone very little processing.

When cooking with olive oil, save your extra-virgin expensive oils for salads, dressings, and vinaigrettes.

When sautéing use either a combination olive oil (one that is simply a blend of extra virgin and regular olive oil) or a straight olive oil.

Butter to Olive Oil Conversion	
Butter	Olive Oil
1 teaspoon	3/4 teaspoon
2 teaspoons	1-1/2 teaspoons
1 tablespoon	2-1/4 teaspoons
2 tablespoons	1-1/2 tablespoons
1/4 cup	3 tablespoons
1/3 cup	1/4 cup
1/2 cup	1/4 cup and 2 tablespoons
2/3 cup	1/2 cup
3/4 cup	1/2 cup and 1 tablespoon
1 cup	3/4 cup

Refined Olive Oil: Made by refining the virgin olive oil. The final product is basically a tasteless olive oil. The acidity level is higher than 3.3%. It also has an unpleasant odor.

Pure Olive Oil: Pure olive oil, usually called just olive oil, comes either from the second cold pressing or the chemical extraction of the olive mash left over after the first pressing. This grade is also called commercial grade oil. Pure olive oil is much lighter in color and blander in taste than virgin olive oil. It is a general-purpose (all-purpose) olive oil. Pure refers to the fact that no non-olive oils are mixed in.

Refined Olive-Pomace Oil: Oil which is obtained by treating olive pomace with solvents is refined using methods which do not lead to alterations in the initial structure. This oil is not recommended for use in the kitchen.

Olive-Pomace Oil: Olive oil which consists of a blend of refined olive-pomace oil and virgin olive oil. This oil is not recommended for use in the kitchen.

Light & Extra Light Olive Oil: Olive oil advertised as "light" or as "Extra Light" olive oil contains the exact same number of calories as regular olive oil and is a mixture of refined olive oils that are derived from the lowest quality olive oils available through chemical processing.

Types of Olive Oil

Olive oil is made only from green olives.

Just like fine wine, the flavor, color, and consistency of olive oils vary. This is due to different olive varieties, location, and weather.

Extra-Virgin Olive Oil: All olive oils that are less than 1% acidity and produced by the first pressing of the olive fruit through the cold pressing process is called extra-virgin olive oil. The Avendra Colavita number is L10. Guaranteed to be Italian.

Most olive oils today are extra virgin in name only, meeting only the minimum requirement. Extra virgin is a chemical requirement that does not indicate quality and taste.

Virgin Olive Oil: Made from olives that are slightly riper than those used in the production of extra-virgin oil. Virgin olive oil is produced in the same way, but it is essentially defective or low-grade extra virgin oil. This oil's acidity is a slightly higher level of 1 1/2%.



Other Colavita Oils

SA009- This is an extra virgin olive oil from the Mediterranean area, which means it can be from Spain, Tunisia, Morocco, Greece, Turkey or other Mediterranean oil producing countries.

L117- A blend of 75% canola oil and 25% virgin olive oil. This oil can be used for dipping, dressings, vinaigrettes, and general cooking.

L116- A 90% canola and 10% virgin olive oil. It can be used for general cooking, including deep-frying because of its smoke point.

L135- A blend of 50% canola and 50% percent virgin olive oil. Can be used for dipping, drizzling, vinaigrettes, and sautéing. It has good flavor and aroma.

L128- An Italian cooking oil blended with canola and virgin oil. It is good oil for deep-frying.

