

# Cooking with Extra Virgin Olive Oil

A recently published research paper assessed the most common supermarket cooking oils, and determined which is the most suitable for use when cooking.



## OILS TESTED:



## TESTS PERFORMED:



Oils heated gradually (over 20 minutes) from 25 to 240°C / 77–464°F



Oils heated at 180°C / 356°F for 6 hours

## MEASUREMENTS:

- **Polar compounds** - Group of substances commonly measured in cooking oil as an indicator of the oil degradation. Levels above 25% are considered unsafe.
- **Smoke point** - the temperature at which the oil produces a thin, continuous stream of bluish smoke.
- **Trans fats** - unhealthy fats that have a negative impact on health.

## OUTCOMES

- Cooking oil smoke point is NOT the best way to decide if an oil is suitable for cooking at high temperatures, and for repeated use in a commercial kitchen.
  - The initial smoke point of the cooking oil did NOT correlate with the stability of the oil, and the final levels of polar compounds after the heating trials.
- Oxidative stability is the most important factor in determining the safety and suitability of an oil when used for cooking.
  - More stable oils will produce less polar compounds when heated.

## KEY RESULTS:

EVOO was the most stable oil of those tested, EVOO yielded lower levels of polar compounds and trans fats when compared with other oils – Canola oil, Grapeseed Oil and Rice Bran Oil performed the worst and produced very high levels of polar compounds and trans fats. EVOO is naturally high in antioxidants which contributes to the stability of the oil when heated.

**This shows that EVOO is the safest and most stable oil to cook with**

