



Olive Oil.



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1. Definition

- The olive oil is a vegetable oil which is used mainly to cook. It's extracted from the fruit of the olive tree, called olive. Almost the third part of the pulp of the olive is oil and, because of this reason, from the antique it has been extracted easily by a simple pressure which is applied by a mill. In Spain, the facilities where we obtain the oil are called oil mill. Although its use is fundamentally culinary, it has been employed for cosmetic, medicinal and religious uses.





2. History

- The vegetable oils have been used in the history habitually. It was used in gastronomy, although it had religious and cosmetic uses too.





3. Manufacturing

- The olives harvested are transferred to the oil mill. At this facility we obtain the olive oil. The oil mill consist in three basic areas: the reception ship, the manufacturing area and the cellar. The oil mill which belongs to a businessman or to a market society is called industrial oil mill.





4. Classification

- Extra virgin olive oil: This type of oil is of the highest quality, he is obtained directly from olives in good condition only by mechanical procedures, with a taste and smell blameless and free of defects, and may not exceed its level of acidity the 0.8 °, expressed as percentage of oleic acid free. The median of defects has to be equal to 0 and the median of fruity greater than 0.





- Virgin olive oil: this oil is still the same parameters of quality of the olive oil extra, in terms of the methods for obtaining. The difference is that you can not overcome the 2 ° acidity. The median of defects has to be less than 3.5 and the median of fruity greater than 0. In other words, defects must be practically imperceptible to the consumer.





5. Attributes

- Contains vitamin e, which prevents the oxidation of LDL bad cholesterol, which would result in the appearance of atheroma plaques or arterioscleroticas, that prevent proper blood flow through the blood system.
- Polyphenols: they have an antioxidant action, prevents cell ageing and also the formation of cancerous cells.
- Monounsaturated fats: helps to reduce the levels of LDL-cholesterol or bad cholesterol.