

## 7 MYTHS ABOUT COOKING WITH OLIVE OIL

### **Myth 1: Dark green colour signifies purity of Olive Oil**

The purity of olive oil is not linked to its colour at all. You must buy branded olive oil from proper retailers to ensure that you are buying good quality olive oil.

### **Myth 2: The smoking point of olive oil is too low for frying.**

Some cooking oils and fats will reach what is referred to as the smoking point before reaching temperatures required for a good fry. The smoking point is the temperature at which a chemical change takes place resulting in undesirable smoke and flavor. Olive oil is not one of them. The smoking point of extra virgin olive oil is somewhere between 180 and 220 degrees, depending on the impurities and acid content of the olive oil: the better the quality, the higher the smoking point. So, it appears that the smoking point of olive oil is well above the temperature required. In fact, Olive Pomace Oil – a lesser-known variant of olive oil, has a high smoking point – which makes it perfect for frying.

### **Myth 3: Frying temperatures will change olive oil from a ‘good oil’ to a ‘bad oil.’**

Cooking fats and oils are considered dietary fats of which there are three types, saturated, trans and unsaturated. The first two are bad, but the third, unsaturated fat, includes olive oil, a healthy plant-derived dietary fat. The heat required to raise the temperature of olive oil high enough to fry food cannot change the chemical composition of olive oil from a good one to a bad one. Not only can you fry with extra virgin olive oil, but you should. Frying with EVOO not only satisfies our desire for Southern-fried comfort foods, Asian stir fry, Mexican fajitas and Italian veal piccata, but it does all of that in addition to fulfilling our nutritional requirements for a healthy dietary fat as well.

### **Myth 4: Olive Oil has similar calories as other oils**

Olive oil is rich in Good Fats (MUFA, PUFA), antioxidants, and has zero trans-fat/cholesterol. EVOO, a variant of different types of olive oils, is cold-pressed and contains essential vitamins for the body as well. Even though the calorie amount is almost the same for all olive oil types, olive oil contains significantly less calories as compared to canola and vegetable oils.

### **Myth 5: Cloudy Olive Oil is rancid**

Cloudiness is a common phenomenon linked to changes in temperature at the place of storage – It doesn't mean that oil has turned rancid. For e.g: In winter, lower temperatures tend to solidify oils. Bringing the oil back to its liquid form by raising temperature at place of storage, is known to restore its normal state.

### **Myth 6: Olive Oil increases cholesterol**

Olive oil has zero cholesterol and zero trans-fat. It is rich in monounsaturated oleic acid, which has many beneficial effects and hence it is a healthy choice for cooking. Therefore, olive oil is totally safe while retaining its nutritional value in high heating uses in cooking. If consumed regularly, it surely will help in developing the body functioning, promoting a better and healthy lifestyle. It's the facts that matter, and one will believe it only after consuming/experiencing it.

### **Myth 7: Fried foods absorb cooking oil, making you fat.**

Properly fried food will absorb much less cooking oil if the temperature of the oil is hot enough before food is introduced. Otherwise, the food will indeed soak up the oil, producing a soggy, flaccid product. You know, like those oil-soaked fries you had last week from your favorite fast-food chain.