

How to Taste EVOO

1- Pour the EVOO in a small clear glass (shot glass is fine), lift it up to the light (preferably a halogen light) and view it's color and hue. Look to see if there any olive sediment or not...now add a dash of Sea Salt in the glass and gently swirl in order to release all the various aromas...

2- Inhale, first briefly, then deeply trying to capture all the different aromas ...

3- Now sip a small quantity of EVOO from the glass trying to keep it in the front of your mouth between your lower lip and your tightly shut teeth...

4- Now, inhale breathing first delicately then more vigorously, so as to vaporize the EVOO in the oral cavity where the taste buds are...

5- Then, while trying to identify and catalog all the different aromas and flavors, exhale from the nose so that the vaporized oil particles can reach the nasal membrane giving even more precise sensations...

6- Once you have collected sufficient data you can expel the EVOO! ... or drink it ☺

FRAGRANCE

Fruity _____
Grassy _____
Floral _____
Green Tomato _____
Woody _____

FLAVOR

Bitter _____
Robust _____
Pungent _____
Almond _____
Bitter Almond _____

VISCOSITY

Dense _____
Greasy _____

COLOR

Green/Yellow _____
Red Hues _____

CLARITY

Filtered _____ (clear)
Unfiltered _____ (cloudy)

How to Care for Your Fresh EVOO

1. Buying EVOO in a tin can makes a lot of sense, but you should know how to care for your EVOO to insure that it retains its optimum freshness and taste.
2. The two (No-No's) against preserving freshness of EVOO are sunlight and heat.
3. Keep your tin can in a cool, dry and dark place, right along with your wine. If kept in the fridge, keep it on the lowest shelf and allow the EVOO to solidify at room temperature for 30 minutes before using.
4. Decant your EVOO into serving vessels. Two are best: one for the kitchen and one for table.
5. The table cruet should have a narrow spout for gently finishing dishes with a "filo d'olio", a "thread" of fresh EVOO.
6. The kitchen decanter can have a wider pourer, but should have a lid to keep out light and air.
7. Stainless steel or ceramic oil servers are best. Try to avoid clear glass cruets. (if you must, keep in a dark cupboard after use). An alternative is a used oil or wine bottle, but make sure it's dark green or brown to screen out the light out, and wash it good before using.
8. Don't store your kitchen decanter too near the stove or sun drenched window.
9. Wash your decanters frequently to purge old oil that can become rancid. The dishwasher does this best. Otherwise a good bottle bristle cleaner and soap will do.
10. Plug /cover up the air hole opposite from your pouring spout.

Positive & Negative Attributes to the Taste of EVOO

POSITIVE ATTRIBUTES: MERITS

BITTER:

-typical and intense in EVOO obtained from green olives.

ROBUST:

- deeply intense EVOO where you can taste the olives full flavor.

PUNGENT:

- spicy aftertaste, intense in EVOO which are particularly rich in highly beneficial antioxidant.

ALMOND AND BITTER ALMOND:

- characteristic aftertaste which leaves a pleasant almond flavor.

FLORAL:

- extremely pleasant sensation which recalls the penetrating perfume of flowers.

FRUITY:

- taste perception typical of a fresh and healthy EVOO.

GRASSY:

- fruitiness which recalls the fragrance of freshly cut grass.

GREEN TOMATO:

- this fragrance is typical of olives of certain origins (such as southern Italy).

WOODSY:

- sensation which recalls the fragrance of forest wood, typical of EVOO from Northern Italy.

FULL BODY/DENSITY:

- a sensation of thickness or compactness typical of a quality EVOO.

COLOR FROM GREEN TO YELLOW:

- typical colors which can vary according to the area of origin, the extraction process, the point of ripeness of the olives that finally influence the quality of the EVOO. (Green means FRESH – Yellow means aging).

NEGATIVE ATTRIBUTES: DEFECTS

WINEY/VINEGARY:

- smell perceived in EVOO obtained when badly stored in which the sugar has fermented thus forming alcohol or vinegar.

MOLD:

- smell present in oil obtained from olives stacked in a hot and humid environment; recalls the smell of moldy bread.