

Olive Oil Tasting Techniques and Classification

Rules of Olive Oil Tasting

Be in good physical and mental conditions
 The best hours for tasting are late morning and late afternoon; not after a meal
 NO perfumes, NO smoking: they reduce the sensitivity and the intensity of the perceptions



How to taste Olive Oil

Olive Oil warming

The tasters shall pick up the glass, keeping it covered with the watch-glass, and shall bend it gently; they shall then rotate the glass fully in this position so as to wet the inside as much as possible.



Olive Oil Smelling

The tasters should first smell the oil to: detect any positive attributes or defects before tasting

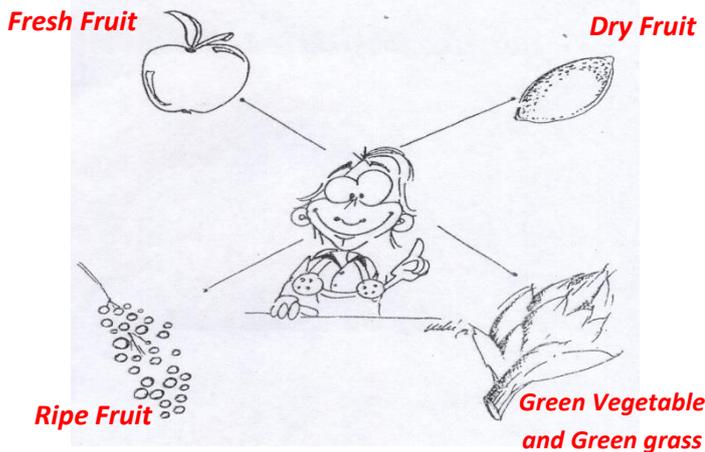


Olive Oil Tasting

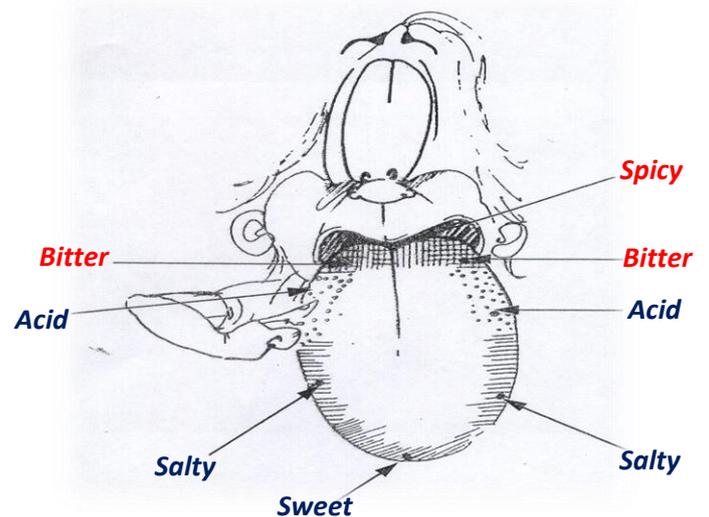
Flavors are determined by several factors including type of olives, ripeness of olives, milling types, and oil storage.



What you should smell



Your Taste buds



Olive Oil Classification

Olive Oil Classification	Acidity (%)	Peroxide (MeqO ₂ /kg)	Organoleptic Attributes
Extra Virgin Olive Oil	≤0.8	≤20	Defect = 0 and Fruitiness >0
Virgin Olive Oil	≤2	≤20	0<Defect≤3.5 and Fruitiness >0
Ordinary Olive Oil	≤3.3	≤20	3.5<Defect≤6
Lampante	>3.3	-----	Defect>6

Extra Virgin Olive Oil Positive Attributes

Attribute	Description	Smell	Taste
Fruitiness	Olfactory sensations, from healthy fresh green fruit, ripe or unripe (Apple, green grass, foliage, green almond)	✓	
Bitterness	Characteristic sensation of oil from green olives. Can be more or less pleasant: depending on polyphenols, ripeness and mill types		✓
Pungency/Spicy	Characteristic sensation of oil obtained at the beginning of the harvest. It is due to the action of phenolic substances		✓

Olive Oil Defects

Defect	Description	Due to		
		Olive Fruit	Milling	Storage
Fusty	Olives Stored in plastic bags (Anaerobic fermentation)	✓		
Musty	Olives Stored in humid conditions (Aerobic-fungi and yeasts)	✓		
Winey	Olive stored in piles for too long before pressing (Aerobic fermentation)	✓		
Rancid	Oil Oxidation		✓	✓
Metallic	Contact of olives and oil with metallic surfaces (crushing, mixing, pressing or storage)		✓	✓
Earthy	Olive milled without washing		✓	
Mats	Aroma of oils obtained by pressure using dirty mats or with residues of fermented olive paste		✓	