

# 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

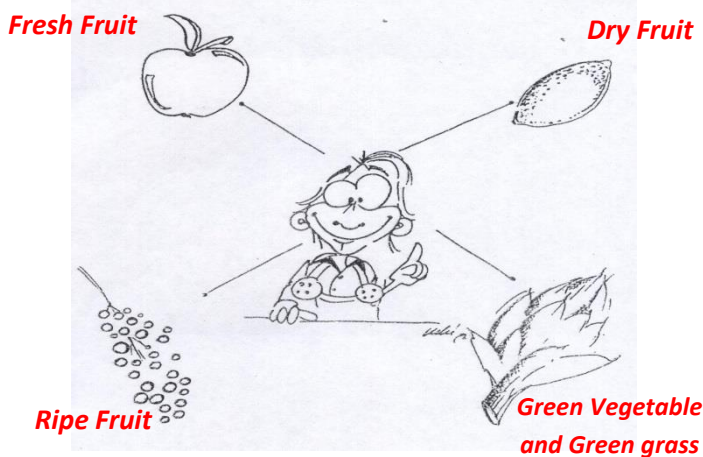


### Olive Oil Tasting

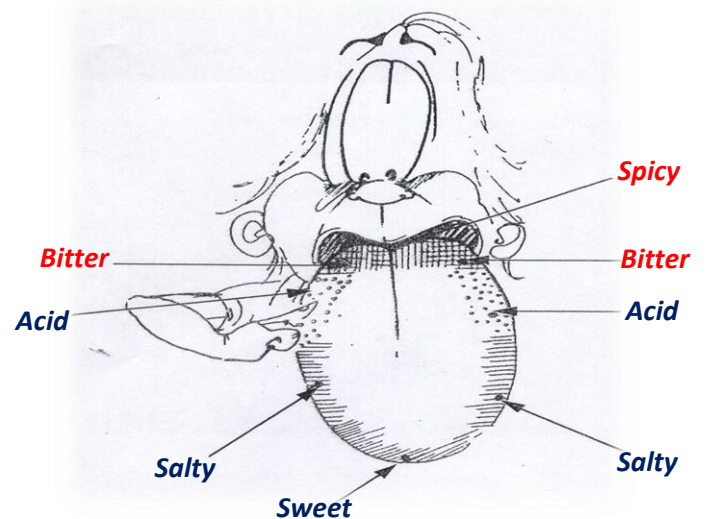
Flavors are determined by several factors including type of olives, ripeness of olives, milling types, and oil storage.



### What you should smell



### Your Taste buds



## Olive Oil Classification

Olive Oil Classification	Acidity (%)	Peroxide (MeqO <sub>2</sub> /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
<b>Fruitiness</b>	Olfactory sensations, from healthy fresh green fruit, ripe or unripe (Apple, green grass, foliage, green almond)	✓	
<b>Bitterness</b>	Characteristic sensation of oil from green olives. Can be more or less pleasant: depending on polyphenols, ripeness and mill types		✓
<b>Pungency/Spicy</b>	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
<b>Fusty</b>	Olives Stored in plastic bags (Anaerobic fermentation)	✓		
<b>Musty</b>	Olives Stored in humid conditions (Aerobic-fungi and yeasts)	✓		
<b>Winey</b>	Olive stored in piles for too long before pressing (Aerobic fermentation)	✓		
<b>Rancid</b>	Oil Oxidation		✓	✓
<b>Metallic</b>	Contact of olives and oil with metallic surfaces (crushing, mixing, pressing or storage)		✓	✓
<b>Earthy</b>	Olive milled without washing		✓	
<b>Mats</b>	Aroma of oils obtained by pressure using dirty mats or with residues of fermented olive paste		✓	