- Oils and fats

Cooking with olive oil: Know some of its key benefits

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The past few years have seen major changes in food consumption patterns across the world. It has become evident that the pandemic has changed the way we live forever, from our work arrangements to our leisure manners to our social lives. While physical fitness has become a top priority, consumers are also making conscious decisions to choose healthy and sustainable products for daily use. One such healthy decision is to use olive oil for cooking.



Diet expert Mukesh Ghuraiya says, "During the pandemic, people took a lot of interest in the kitchen, and many used their time to understand the science of cooking and became aware of how the usage of cooking oil affects our digestive system. Although we gained some knowledge about the significance of cooking media, we still need to get accurate information about the right choice of oil, especially for everyday cooking. While virgin olive oil is supposed to be eaten raw and not heated, pomace olive oil (extracted from olive pulp after the first press) can be used as a cooking medium. Pomace oil has a high oxidative resistance and does not combine with oxygen when heated," says*
Ghuraiya. Here are a few benefits of using olive oil for cooking:

NEUTRAL FLAVOUR

Olive pomace oil is processed with an extremely high quality refining technique, has a neutral flavour, and is the perfect choice for all types of cooking. It is extracted using organic solvents and subsequently refined using state-ofthe-art equipment. It can be added to various salads and pasta dishes and can also be used to make Indian

HIGH SMOKE POINT

Olive pomace oil has a high smoke point, which makes it ideal for deep frying. Enriched with MUFA and essential vitamins, it strengthens the body with good fat and lowers the effects of bad cholesterol. Olive pomace oil has the goodness of vitamin E, which shields the body from infections and helps in healing tissues. One of its important nutrients, vitamin K sustains normal levels of blood clotting proteins in the body and improves bone density and strength. It also helps digest and absorb meals easily.

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STRENGTHENS IMMUNE SYSTEM

According to Ghuraiya, "With more variety on the platter, olive oil is looked at as the panacea for many health problems, without compromising on taste. With the current testing times, it is imperative that we take care of our health and try to strengthen our immune systems by using olive oil for cooking."

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