



煎炸橄欖油

Frying challenge

...with a coup de théâtre





CHEMIST

resistance

healthy

taste



COUSINE

resistance

healthy

taste



MEDICINE

resistance

healthy

taste

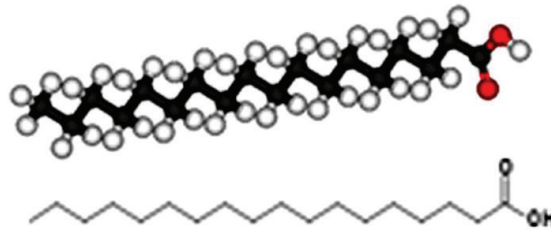
煎炸橄榄油

Fats come from animal and vegetable. The calories are the same, the chemical structure is the same as well but:

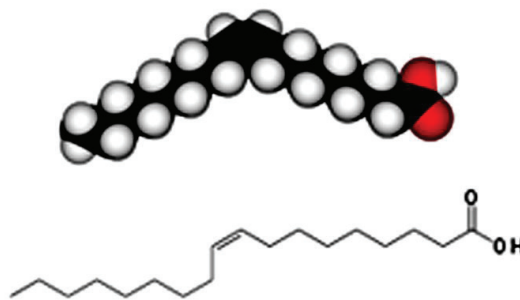
ANIMAL FATS = SATURATED FATS
VEGETABLES FATS = UNSATURATED FATS

WHICH IS THE (CHEMICAL) DIFFERENT?

Saturated Fatty Acid (e.g. Stearic Acid)



Unsaturated Fatty Acid (e.g. Oleic Acid)



CAN ONE OR TWO BONDS MAKE THE DIFFERENCE?

YES...

Many people think that a fat-free diet is the key to losing weight, managing cholesterol, and preventing health problems.

**IT'S NOT TRUE
(IF DON'T OVERDO IT OF COURSE)**

**FATS ARE GOOD FOR HEALTH!
WITHOUT THEM...**

A. WE NEED TICK GLASSES

D. WE NEED A STICK

K. WE NEED SOME STICKING PLASTER

E. WE NEED A BEAUTICIAN

C18. WE NEED A CARDIOLOGIST

**BUT FAT ENEMIES,
ARE NOT ALWAYS WRONG...**

**as we know
ALL FAT ARE NOT EQUAL...**

Saturated fats are bad because they raise cholesterol and increase risk for heart disease. But mono and polyunsaturated fats are good, lowering cholesterol and reducing risk of heart disease.

CHEMICAL DIGRESSION...
FAT/3

OPEN YOUR EYES TO
SATURATED
FAT



黄油 (Butter)

WORLD HEART
FEDERATION®
badfats.eu

**BUT BETWEEN MONO
AND POLYUNSATURATED
THERE IS A BIG DIFFERENCE...**

THE RESISTANCE...

煎炸橄榄油



CHEMIST
PALM OIL

resistance

healthy

taste



COUSINE
SOYBEAN OIL

resistance

healthy

taste



MEDICINE
EXTRAVIRGIN
OLIVE OIL

resistance

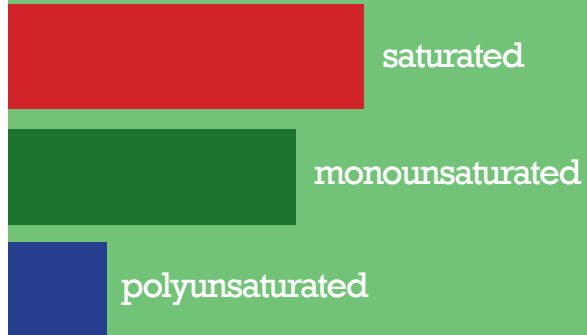
healthy

taste

煎炸橄榄油



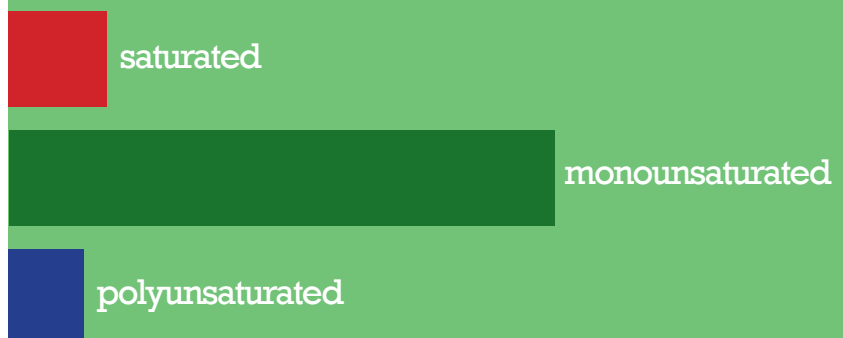
PALM OIL
48.00% saturated



SOYBEAN
59.00% polyunsaturated



EXTRA VIRGIN OLIVE OIL
75.00% monounsaturated



煎炸橄欖油

**CHEMICAL DIGRESSION....
THE SMOKE POINT**

The smoke point refers to the temperature at which a cooking fat or oil begins to break down.

**DEEP FRYING
TEMPERATURE:
180 °C**

**SMOKE POINT
PALM, SOYBEAN, OLIVE OIL:
> 210 °C**

**SMOKE POINT DECREASES
ON REPEATED FRYING**

**SMOKE POINT DECREASES
QUICKLY WHEN ACIDITY
INCREASE**

**SMOKE POINT DECREASES
QUICKLY ON HIGH
POLYUNSATURATED OIL**

煎炸橄榄油

煎炸橄榄油

PROS

CONS

saturated

High resistance

*Bad for health
Heavy taste*

monounsaturated

*Good resistance
Good for health
Good taste*

polyunsaturated

*Good for health
Good taste*

Weak resistance

*Bad for health
Bad taste*

**EXTRAVIRGIN
OLIVE OIL
WINS
BUT...**

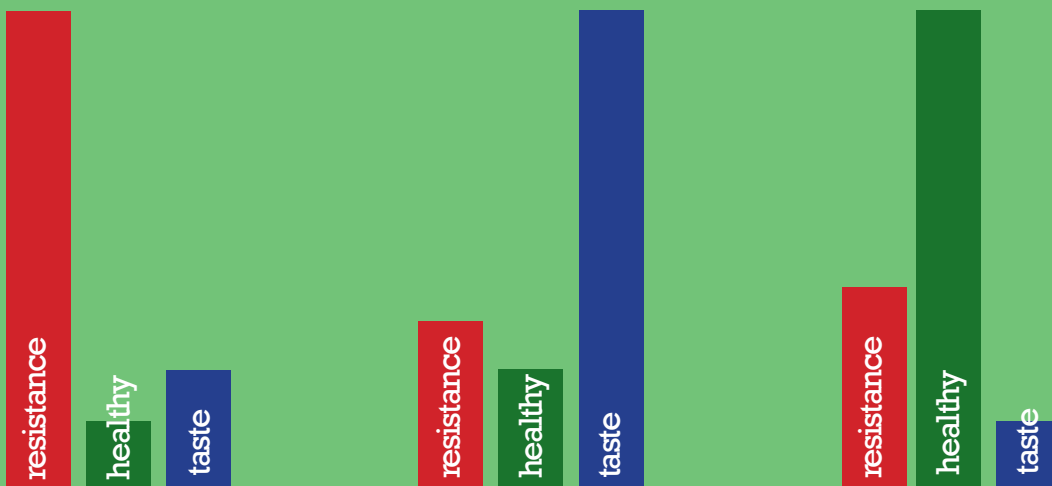
has a strong taste, it's too expensive



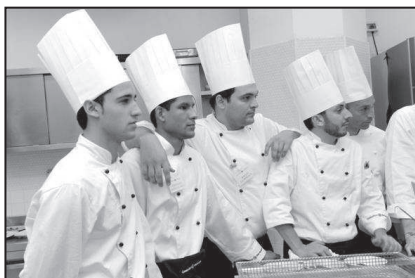
OLIVE OIL WINS

It has the same chemical characteristic of extra virgin olive oil but it's cheaper and has not a strong taste.

Casa Olio Sperlonga developed a special olive oil for frying, 100% natural. Thanks to the addition of selected extra virgin olive oil with very low acidity (less acidity, more resistance), and with a good concentration of vitamin E (Tocoferols) that protect from oxidation, now a good and healthy frying it's possible!



CHEMIST



COUSINE



MEDICINE

**EVERYBODY
WANT SOMETHING
DIFFERENT...**

煎炸橄榄油

煎炸橄榄油



resistance

healthy

taste

**SPERLONGA
NEW FRYING OIL
LET EVERYBODY
AGREE...**

煎炸橄榄油

GOOD RESISTANCE

High smoke point

GOOD TASTE

*Does not interfere
with food flavor*

GOOD FOR HEALTH

*Rich in monounsaturated
fats*



**SPERLONGA
NEW FRYING OIL
IS THE ANSWER**

煎炸橄榄油

**SOFT OILS FRY TASTY
BUT UNHEALTHY**

**MODERN
CONSUMER IS
HEALTH CONSCIOUS**

**MODERN
MARKET DEMANDS
TASTE AND HEALTH**



**SPERLONGA
NEW FRYING OIL
IS THE ANSWER**

煎炸橄榄油

**HEALTHIER THAN
SOFT OILS**

**CHEAPER THAN
EXTRA VIRGIN**

BEYOND THE HABIT

THE WINNER IS...



**SPERLONGA
NEW FRYING OIL**



LET'S TASTE!

煎炸橄榄油