



# COLAVITA

## TASTING EXTRA VIRGIN OLIVE OIL



Tip Sample as many as possible to explore differences!



Tip Consider aromas and flavors, not colors, color is not an indication of quality.

Select 2 or 3 Extra Virgin Olive Oils and follow these steps:



Step 1

Place a tablespoon of oil into a glass.



Step 2

Warm the oil by cupping your hands and slowly rotating the glass.



Step 3

Put your nose up close to the glass, inhale the aromas! Is it green, ripe, earthy, fruity?



Step 4

Now taste! Sip the oil, hold in your mouth, and let the flavors cover your tongue, Suck in some air to help release the flavors in the oil.

### Factors to consider when tasting:

Is it bitter, pungent or spicy? Are the flavors balanced or does one dominate?

What notes to you catch? Apple, tomato, herbs, citrus, nuts?



Cleanse your palate with sparkling or still water or a slice of apple such as Granny Smith before moving to the next oil.



When you've tasted a variety of oils, try pairing them with different foods at home!