

HOW TO USE OUR OILS

	Omega 3	Omega 6	Vitamine E	Cooking	Frying	Raw seasoning	End of seasoning	Dessert	Cold storage	Advice
Almond oil		⑥	ⓔ							Appropriate for sweet and savoury recipes. After opening, cold storage is recommended.
Argan oil		⑥	ⓔ							Appropriate for sweet and savoury recipes. After opening, cold storage is recommended.
Avocado oil			ⓔ							Ideal for pan or wok cooking. To be used raw on fish. After opening, cold storage is recommended.
Peanut oil		⑥	ⓔ							Ideal for pan and wok cooking - use on poultry, grilled meat or to season mashed potatoes.
Camelina oil	③	⑥								Do not heat - Appropriate for raw vegetable sauces and recipes. After opening, cold storage required.
Safflower oil		⑥	ⓔ							To be used for sauces, dressings and mayonnaises. A simple dash is enough on carpaccios, or a tagine at the end of cooking.
Hempseed oil	③	⑥								Do not heat - Use on raw vegetable salads or for fish and shellfish marinades. After opening, cold storage required.
Chia oil	③	⑥								Do not heat - Use for vinaigrette sauces or vegetable gratins. After opening, cold storage required.
Rapeseed oil	③	⑥	ⓔ							Use on salads, for vinaigrettes, potato-based recipes. VIRGIN RAPESEED IS NOT SUITABLE FOR FRYING.
Toasted rapeseed oil	③	⑥	ⓔ							Gentle cooking. Use in salads, as a dressing for fish, shellfish, and even on cottage cheese.
Rapeseed/Walnut oil	③	⑥	ⓔ							Gentle cooking - Use on salads, as a seasoning on vegetables, potatoes, white fish.
Pumpkin-seed oil		⑥								Gentle cooking - Use as a seasoning for salads (lamb's lettuce, chicory), lentils, vegetable gratins. After opening, cold storage is recommended.
Linseed oil	③									Do not heat - Use as a seasoning on vegetables, fish tartars... After opening, cold storage required.
Hazelnut oil			ⓔ							To be used for savoury recipes, white meat, poultry... and even in pastries. After opening, cold storage is recommended.
Walnut oil	③	⑥								To be used for sweet and savoury recipes, (salads, cream cheeses) and desserts. After opening, cold storage recommended.
Coconut oil										Gentle cooking - Use to cook or season meat and fish, make sweet recipes, desserts and pastries. VIRGIN COCO NUTS IS NOT SUITABLE FOR FRYING. After opening, cold storage is recommended.

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Extra virgin olive oil										Pan-frying - Use in seasoning salads and steamed vegetables, vinaigrettes, cooking for Mediterranean recipes. To garnish desserts.
Smoked olive oil										Use on a salmon carpaccio, for meat and fish marinades.
White truffle-flavored olive oil										Use preferably for gentle cooking or for seasoning pasta and Italian recipes.
Black truffle-flavored olive oil										Use preferably for gentle cooking on pasta, rice or on an omelette to spice up at the end of cooking.
Oriental oil										Frying pan cooking - To be used for seasoning salads, tabouleh, pastries; in cooking for Moroccan recipes.
Grapeseed oil										To be used for pan-frying and frying. Its neutral taste allows it to be combined with oils of any taste. Think of French fries and beef fondues.
Pistachio oil										Use preferably for gentle cooking. Use for sweet and savoury recipes, fish tartars, salads and desserts, pies or cakes.
Poke Bowl oil										Best used as a seasoning for salads and dishes based on vegetables and diced raw fish.
Sesame oil										Use preferably for gentle and wok cooking - Use for Asian recipes, grilled fish and desserts.
Cooking oil										Pan and wok cooking - To be used on recipes based on meat, shellfish, sautéed vegetables. To prepare hot or cold sauces.
Balanced oil										Use preferably for gentle cooking. Use in recipes based on green vegetables, salads. As a seasoning for a mayonnaise with original flavours.
Fondue oil										Use for your recipes based on red and white meats, fish, for barbecue marinades.
Frying oil										To be used for pan-frying and frying. It resists to high temperatures, perfect for tempura, French fries, fried potatoes, and in dessert for doughnuts, bugnes...
Pizza oil										Use as a seasoning at the end of cooking on pizza, pasta, rice or as a marinade for grilled meats and baked fish.
Sunflower oil										To be used for pan-frying and frying - As a dressing for salads, vinaigrettes, mayonnaises, or green vegetables. As a dessert to make pie dough. VIRGIN SUNFLOWER IS NOT SUITABLE FOR FRYING.
Wok oil										To be used for pan-frying, it is suitable for recipes based on white and red meats, sautéed shellfish and vegetables and for various marinades.