



Sabeel-Kairos

Taking Action for Palestine



Olive Oil Tasting Evening

We are all familiar with the term sommelier, who is an expert in the taste, identification and pairing of wines. However, did you also know that you can also get sommelier for olive oil? These experts use their sight, smell and taste to identify, describe and certify olive oil as premium, extra virgin and can even tell you in what region it was grown. Below are some tips and advice to help you be an expert just for a day.

Before we begin you will need:

A glass or dipping bowl, slices of apple, a glass of water, some paper and a pen to jot down your thoughts, Palestinian Extra Virgin Olive Oil and bread and zataar to mop up any remaining oil!

1. Pour a small amount of olive oil into a glass and inspect the colour.
2. Cover the top of the glass with your palm and use your other hand to wrap around the glass to slowly warm the oil to body temperature, which will bring out all its attributes.
3. Release the hand on top and sniff the oil and then recover the oil. Do this as many times as necessary to get a good smell and jot down any thoughts you have on smell.
4. Then slowly sip the oil, ensuring it coats the entire inside of your mouth and moves slowly down your throat. A very fine olive oil will give a slight tingling/ stinging sensation when it first touches your mouth. A rancid oil may feel greasy in your mouth. See the lists below of positive and negative attributes and makes a note of those along with the notes you took for smell and colour.



- If you are trying more than one oil, then drink water and eat some apple in between each oil.
- For a more casual tasting experience pour olive oil into some dipping bowls and serve with good quality plain white bread and maybe even a bit of zataar. You can still use the tips below to talk about the oil.

Sight

Look at the olive oil while swirling it around in your glass, look at the colour.

Yellow- these oils come from more mature olives often picked in warmer climates and towards the end of the harvest. This may also be a sign that the oil is rancid, by being exposed to light, air or heat.

Green- These are picked from younger olives often earlier in the harvest. These are less acidic and often make up a more premium olive oil.

Smell



Positive

Pungent smell / Fruity smell



Negative

No smell / Rancid smell / Crayons / Stale peanuts

Taste

Positive

Spicy / Bitter / Herbal and Spice Notes / Fruity Notes / Nuts and Hazelnuts / Sweet / Apple / Herbal

Negative

Fusty or muddy sediment / Musty or humid / Winey-vinegary/acid-sour / Metallic / Rancid / Cooked or burned / Hay-wood / Full bodied / Lubricant / Water heater / Brine / Earth / Cucumber / Wet wood

Notes:

Take notes as you learn from experience and become an expert

Please send cheques for money raised with a covering letter and any photos you would like to share with us to:

Sabeel-Kairos, 60 The Parade, Oadby, Leicester, LE2 5BF