



## Olive Oil Tasting



It's best to try no more than three or four olive oils per tasting so you don't overwhelm your palate. As you taste each oil, you should notice the fruity taste of the olive. Try using some of the descriptors used by official tasters found on the next page to describe the olive oils you sample today. Use the chart on the next page to record the aromas and flavors you experience.

1. **Smell** the oil and note its initial aromas. What do you smell?
2. **Gently swirl** your cup to coat its sides with oil. Hold the cup in your hands for about 20 seconds to warm the oil. Lift the cup to your nose again. This time sniff it rapidly and deeply. Analyze the aroma. Has it changed?
3. **Take a small sip without swallowing.** Roll the oil around in your mouth for a few seconds. The oil should touch all areas of your mouth so that you can note the various tastes and sensations. How does it feel in your mouth? What are the flavors? Do you like them?
4. **Dip a piece of bread into the oil and try it.** Note the effects of food on the oil's flavor. Does the bread enhance the flavor of the olive oil? Does the oil enhance the bread?
5. **If possible, clean your palate** with a sip of water before trying the next oil.
6. **Repeat** the above steps until all the olive oils have been tasted. At the end of the tasting, review the flavors and oils you liked and disliked. Decide if you'd like to add any of these to your home pantry.

# Tasting Sheet

Vocabulary used to assess the flavor principles of extra virgin olive oil:

*Almond Herbs Eucalyptus Tomato Green Chamomile Pine Kernels*  
*Citrus Fruit Grass Artichoke Pepper Pear Fig Leaf Walnut*  
*Flowers Apple Olive Leaf Exotic Fruit Vanilla Fruity*  
*Full Bodied and Earthy Fruity and Peppery Fruity and Herby Mild and Buttery*

Olive Oil	Smell(s)	Flavor(s)
Red		
Green		
Yellow		

Activity adapted from materials originally developed by Oldways Preservation and Exchange Trust.