

Fresh Olive Oil is Commonly used in

- Thyme with traditional bread
- Salads (tabbouleh, fattoush, vegetable salads)
- Hummus, fava beans, baba ghanoush, yogurt dishes
- Mujaddara, green bean stew
- Musakhan, manakish, baked goods
- Desserts such as knafeh



Cooking and Frying with Olive Oil

It is a healthy alternative to butter, ghee, and other vegetable oils because it:

- Is easy to digest
- Adds excellent flavor
- Withstands high heat due to its oleic acid content
- Is less absorbed by food ideal for diets and weight loss



Frying Temperatures

- Maximum heating temperature: 210°C
- Ideal frying temperature: 180°C

Do not exceed 210°C to avoid smoking, which indicates breakdown of compounds and formation of harmful substances.

Olive oil can be used for frying 5–4 times if handled correctly.



Olive Oil as a Natural Preservative

Thanks to its antibacterial and antioxidant properties, olive oil is excellent for preserving foods such as:

- Stuffed eggplant (makdous)
- Labneh balls
- Pickles (olives, peppers, carrots, garlic)



Olive Oil:

is now among the most widely used oils globally—not only in Mediterranean countries but around the world—due to its exceptional nutritional and health benefits. Extracted through cold pressing without refining, it is one of the few oils suitable for direct fresh consumption.

Extra virgin olive oil

is ideal for fresh use thanks to:

- Light flavor
- High nutritional value
- High vitamin E content



Olive Oil is not just a food ingredient—it is a natural, healthy, versatile product:

- Rich in antioxidants and vitamins
- Ideal for fresh consumption
- Suitable for cooking and frying
- Reduces fat absorption in food
- Acts as a natural preservative

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**Kurdish Olive Oil Value Chain
KORES Project**

**Olive Oil Nutrition, Health,
and Quality in Every Dish**

