



Extra Virgin Olive Oil Can Fry too! Chef Chang Ko-Chin uses it for Taiwan cuisine

Common cooking methods in Taiwan are pan-frying, cooking in water, stir-frying, deep-frying, baking and mixing. According to FoodNEXT's survey above, 65% of the surveyees will use oil as the heating medium when they are stir-frying. Most Taiwanese consumers believe that extra virgin olive oil can only be used in salad dressings, but they are unaware that westerners also use it for cooking western dishes such as pasta, pizza and risotto. Extra virgin olive oil can pan-fry, stir-fry, cook in water, and deep-fry. It can be used with every cooking methods.

According to a scientific research published on *Comprehensive Reviews in Food Science and Food Safety* in 2017, extra virgin oil has a smoking point of 210 degrees Celsius, which is higher than the temperature that any common cooking method would reach, such as pan-frying (100–150 degrees Celsius), deep-frying (177–200 degrees Celsius), or baking (180–215 degrees Celsius). Therefore, extra virgin olive oil's high smoking point enables it to withstand high temperature heating, thus making it suitable for cooking Chinese cuisine. More importantly, olive oil has high anti-oxidant content, and it does not lose its nutrition even under high temperature conditions, unlike soybean or peanut oil. All in all, olive oil is very suitable for common household cooking.

To demonstrate that olive oil suits stir-frying, our event has also Mr.Chang Ko-Chin, a multiple award-winning chef and currently the Cuisine Director of Hide-N-Seek Tiki Flair Bar & Cuisine, to design a Chinese dish with a Taiwanese touch, and has invited Mr. Tommaso Liodice, President of UNAPOL, to learn with Mr. Zhang on stir-frying delicious dishes with extra virgin olive oil. Mr. Chang has said that, "extra virgin olive oil actually matches with Chinese cuisine well. No matter pan-frying, deep-frying, cooking or stir-frying, olive oil can be used to make dishes more delicious and nutritious. Of course, using olive oil for cold mixing dishes or making different condiments is a great choice too!"

To keep up to date with our latest events, you can download the OurOliveOil APP in [App Store](#) or [Google Play](#).

To find out more about the TAICHI project, visit [OurOliveOil.com](#)

Follow us



CAMPAIGN FINANCED
WITH AID FROM
THE EUROPEAN UNION

THE EUROPEAN UNION SUPPORTS
CAMPAIGNS THAT PROMOTE
A HEALTHY LIFESTYLE.

www.ouroliveoil.com

