

Our virgin Hazelnut oil is produced with hazelnuts from our own orchards. French hazelnut cultivation is concentrated in two French departments in the southwest: Lot et Garonne (our department) and Tarn et Garonne, a neighboring department.

The hazel, genus *Corylus*, is a spontaneous species of fairly bright undergrowth in northern Europe. This very ancient species, present since the Tertiary era, was cultivated quite early in history, and numerous mentions of it are made in antiquity. All species of the *Corylus* genus produce a dry fruit, but only two species, *Corylus Maxima* and especially *Corylus Avellana*, are the origin of the varieties (cultivars) developed for cultivation today.

Botanical species

Corylus Avellana

Agricultural area

South West France

Sourcing type

Agriculture

Cultivation method

Conventional

Local Sourcing

Final process area

South West France (Perles de Gascogne)

Part used

Almond

Mode

Toasting and first cold pressing

Additives

None

Local economic vibrancy

These varieties are multiplied by layering, using the bushy capacities of the Hazel tree to produce shoots (suckers). But the hazel tree is grown in our orchards as a single-trunk tree, obtained by training pruning. The trees, depending on the variety, are 4 to 8 m high. The hazel tree also has male flowers (catkins) and distinct female flowers (monoecious species), but self-fertilizes little, it is therefore necessary to have different varieties within the orchard in order to pollinate the female flowers.

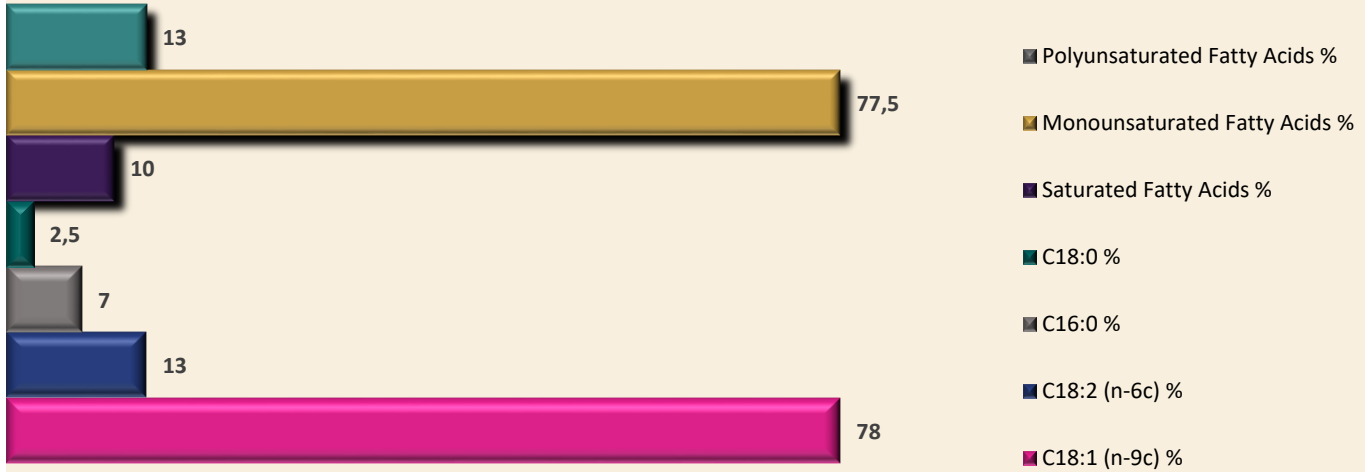
The hazelnuts are harvested mechanically from the ground, in September, after they have fallen ripe. They are then washed, additional drying is carried out for their conservation, then broken as needed. The hazelnuts are toasted before cold pressing to accentuate this incomparable praline aroma.



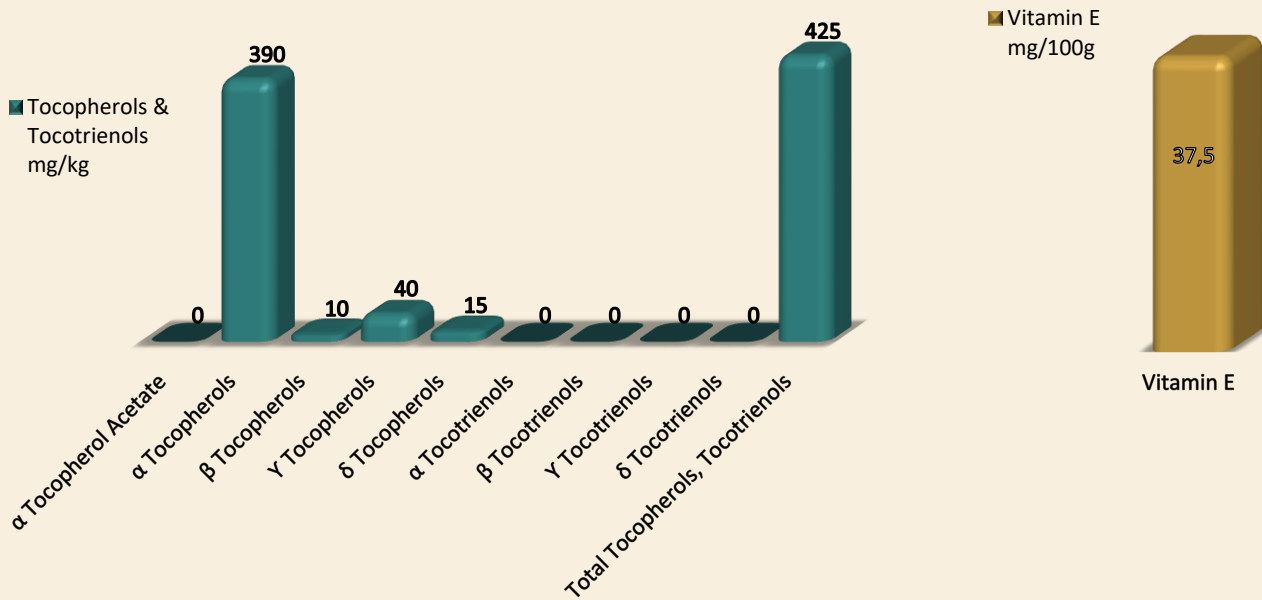
Quality Criteria

Peroxide Index	< 10	meqO ₂ /Kg
Acid Index	< 4	mg KOH/Kg
Saponification Index	190-200	Without

FATTY ACIDS COMPOSITION



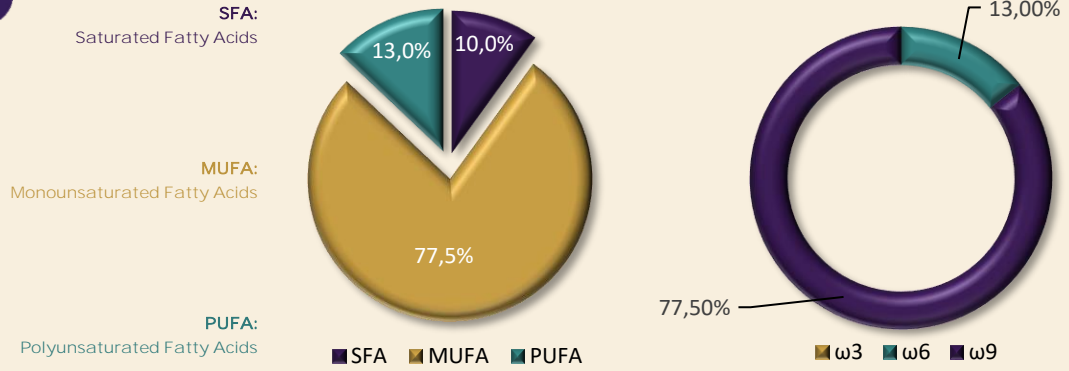
UNSAPONIFIABLE



Rich in Vitamin E (majority α tocopherols)

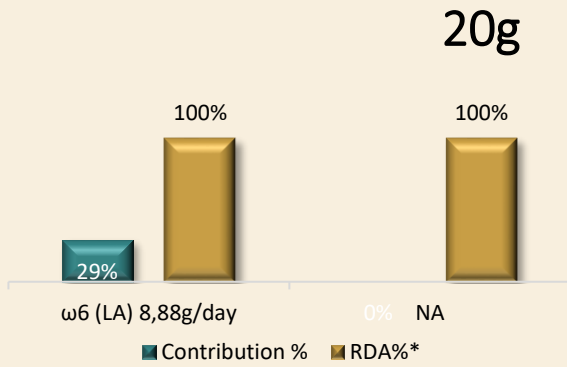
Source of phytosterols, (mainly β sito-sterol)

Contains vitamin A (immune system, growth and development, healthy skin and intact mucous membranes)



Virgin Hazelnut oil is mainly composed of monounsaturated fatty acids. It is therefore one of the vegetable oils richest in oleic acid.

*RDA: Recommended Dietary Allowances (Ref ANSES)
 ANSES: National Agency for Food Safety, Environment and Labour (French equivalent of USDA)



Composed of 13% linoleic acid (LA), essential fatty acid (EFA), a consumption of 20g/day (1.5 tablespoons) provides almost 30% of the daily Omega 6 needs.

NUTRITIONAL CLAIMS

Is naturally rich in Vitamin E

Is naturally rich in monounsaturated fatty acids

HEALTH CLAIMS

Linoleic acid contributes to maintaining normal cholesterol levels. The beneficial effect is obtained by the daily consumption of 10g of linoleic acid.


Consumption of fats rich in unsaturated fatty acids in the diet as a substitute for fats rich in saturated fatty acids has been shown to lower/reduce blood cholesterol levels. High cholesterol levels are a risk factor for the development of coronary heart disease.

Vitamin E helps protect cells against oxidative stress

ORGANOLEPTIC DESCRIPTION

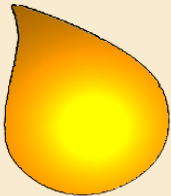


8



Amber yellow


Group Amber



Intensity (1 to 10)



9



Intense roasted hazelnut flavor

Group Dry fruit

Intensity (1 to 10)

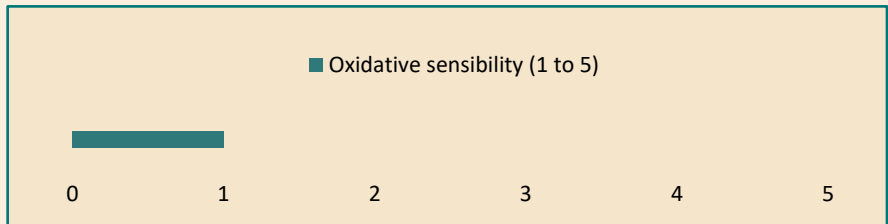
UTILISATIONS

Heating

>= 180°C

<= 180°C

No Heating



Store preferably in a cool, dry place and away from light and heat.

To be used mainly cold, but can also be reasonably heated up to 180°C

Can flavor any cuisine, from raw vegetables to meat and poultry or on fresh cheese, but its praline flavor will be exceptionally useful in "homemade" desserts or spreads.



"Special color and clarity for this luxurious oil. It represents the smell, color and flavor of our region. Indispensable to my starred cuisine since 2003!" Chef Eric MARIOTTAT, Mariotta (47 - Agen)

Many recipes are available on: www.perles-gascogne.com www.perles-gascogne.com

**Exceptional
aroma**

Oleic Acid

www.perles-gascogne.com

