

Our virgin Walnut Oil is produced by cold-pressing Franquette walnuts, grown in the Dordogne.

The walnut is a tree nut derived from the Common Walnut tree (*Juglans Regia*). The common walnut is a tree native to the mountainous and temperate regions of Eurasia, and its cultivation is now widespread worldwide.

Botanical species

Juglans Regia

Agricultural area

South West France

Sourcing type

Agriculture

Cultivation method

Conventional

Local Sourcing

Final process area

South West France (Perles de Gascogne)

Part used

Nut

Mode

First Cold Press

Additives

None

There are numerous varieties of walnuts. The Franquette, which we use for our oil production, is the oldest variety (created in 1784) and is widely grown in French walnut orchards. It is also particularly well-suited for the production of high-quality virgin walnut oil.

Local economic vibrancy

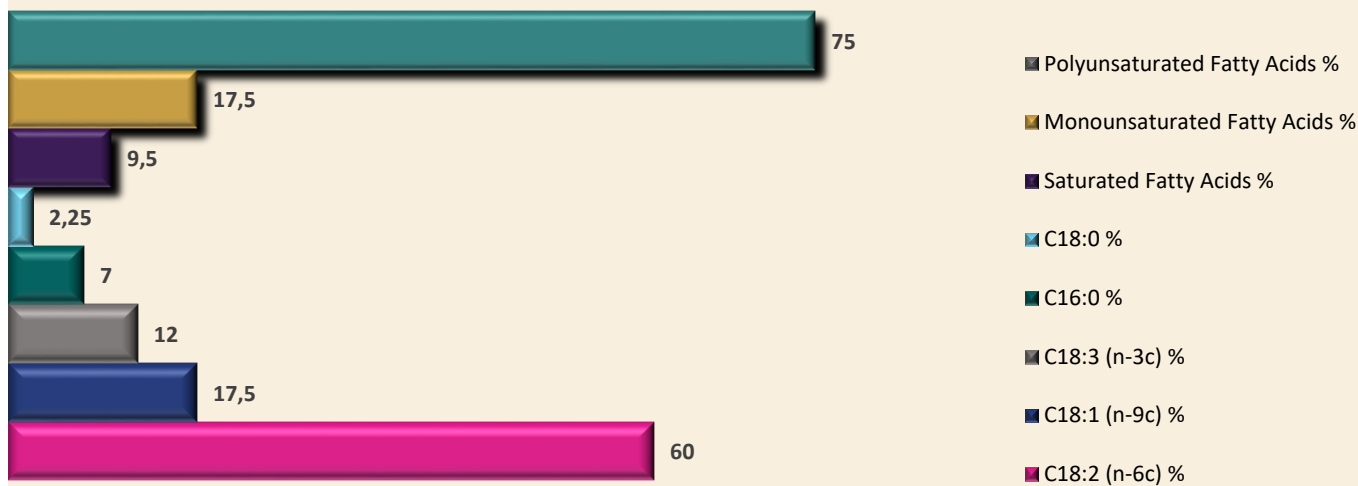
Walnuts are mechanically harvested from the ground after they fall in September. The fruit is still surrounded by a green husk (the hull) which must be detached from the woody shell of the fruit at harvest. The walnuts are then washed and dried for storage. They are subsequently cracked to detach the kernel (the edible part which is the seed) and gently cold-pressed to obtain our virgin oil.



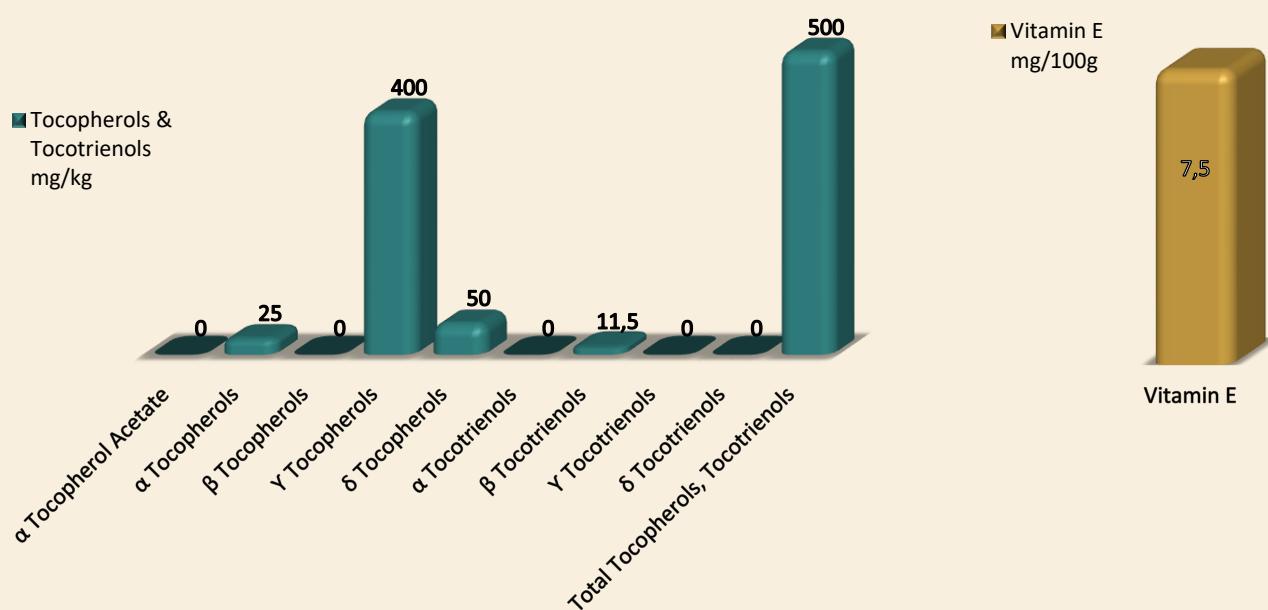
Quality Criteria

Peroxide Index	< 15	meqO ₂ /Kg
Acid Index	< 4	mg KOH/Kg
Saponification Index	188-199	Without

FATTY ACIDS COMPOSITION

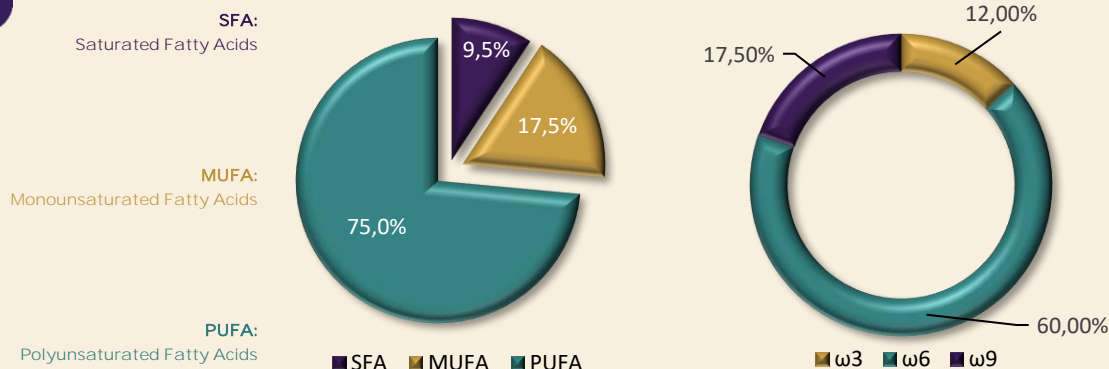


UNSAPONIFIABLE



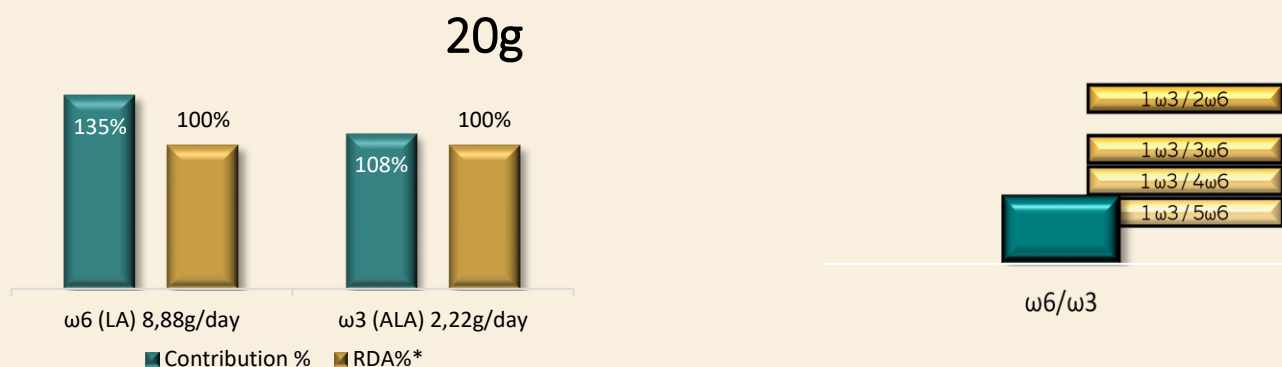
Rich in vitamin E (mainly γ tocopherols)

Contains phenolic compounds



Virgin walnut oil is composed mainly of polyunsaturated fatty acids (PUFAs) and monounsaturated fatty acids (MUFAs). Oleic acid (Omega 9) makes up this fraction of MUFA, while polyunsaturated fatty acids (PUFA) are mainly Omega 6, supplemented by Omega 3.

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



A daily intake of 20g (1.5 tablespoons) provides 135% and 108% of the daily requirements for Omega-6 and Omega-3 fatty acids, respectively. The ratio of these two Omega fatty acids is 5:1, which corresponds to the optimal dietary ratio.

NUTRITIONAL CLAIMS

Is naturally rich in Vitamin E

Is naturally rich in omega 3 fatty acids

HEALTH CLAIMS

Alpha-linolenic acid (ALA) contributes to the maintenance of normal cholesterol levels. The beneficial effect is obtained by the daily consumption of 2 g of ALA.

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


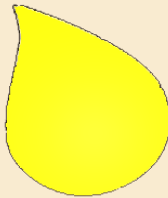
ORGANOLEPTIC DESCRIPTION



7

Yellow gold with green tints

Group Gold


Intensity (1 to 10)



6


Fresh walnut flavor

Group Dry fruit




Intensity (1 to 10)

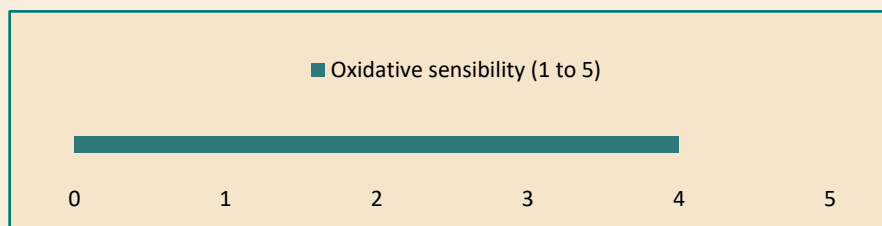
UTILISATIONS

Heating 

>= 180°C

<=180°C

No Heating 



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

To be used cold, as a complement to seasoning raw vegetables or salads.

Can also very pleasantly flavor the entire kitchen from savory dishes, meats to desserts.



Our virgin walnut oil boasts a rich, fresh walnut flavor that complements a wide range of recipes.

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

Omega 3

Ratio ω6/ω3

www.perles-gascogne.com

