Contents

List of Contributors xi

Acknowledgements xiii

Introduction 1

Part I The product 3

1 The extra-virgin olive oil chain 5
   Claudio Peri
   1.1 The legal classification and denomination of olive oils 5
   1.2 The subject of this handbook 7
   1.3 The extra-virgin olive oil chain 7
   1.4 Yield and quality 8
   Reference 10

2 Virgin olive oil: definition and standards 11
   Manuela Mariotti
   2.1 The legal definition of virgin olive oil 11
   2.2 Quality standards of virgin olive oil 12
   2.3 Authenticity standards of virgin olive oil 19
   Reference 19

3 The composition and nutritional properties of extra-virgin olive oil 21
   Manuela Mariotti and Claudio Peri
   3.1 Triglycerides and fatty acids 21
   3.2 The nutritional role of olive oil triglycerides and fatty acids 26
   3.3 Minor components and antioxidants in extra-virgin olive oil 28
   3.4 The colour and odour components of extra-virgin olive oil 31
   3.5 Conclusion 32
   References 33
4 The sensory quality of extra-virgin olive oil

Mario Bertuccioli and Erminio Monteleone

4.1 Introduction
4.2 The official evaluation of defects and positive sensory attributes
4.3 The sensory profile
4.4 Sensory performance of extra-virgin olive oil-food pairing

Annex 4.1: The method for evaluating extra-virgin olive oil sensory profiles
References

5 Olive tree cultivars

Luana Ilarioni and Primo Proietti

5.1 Introduction
5.2 Cultivars
5.3 The cultivar’s relationship to productivity
5.4 The cultivar’s relationship to oil quality
5.5 Common-sense recommendations

References

6 The role of oxygen and water in the extra-virgin olive oil process

Bruno Zanoni

6.1 The conflicting roles of oxygen
6.2 The role of water in the transformation of phenolic compounds

References

Further reading

7 Extra-virgin olive oil contaminants

Cristina Alamprese

7.1 Introduction
7.2 Contaminants of virgin olive oil

References

Part II The process

8 Olive harvesting

Luigi Nasini and Primo Proietti

8.1 Introduction
8.2 Olive ripening
8.3 Harvesting systems

Annex 8.1: Methods for olive maturity assessment

References
## Contents

### 9 Olive handling, storage and transportation

*Primo Proietti*

9.1 The autocatalytic nature of olives and oil degradation 107
9.2 Avoid mechanical damage to the olives 107
9.3 Control the time-temperature relationship 109
9.4 Management of the harvesting-milling link 112

References 112

### 10 Olive cleaning

*Claudio Peri*

10.1 Introduction 113
10.2 The separation section 113
10.3 The washing section 114
10.4 Control points 115

### 11 Olive milling and pitting

*Alessandro Leone*

11.1 Introduction 117
11.2 Milling machines 119
11.3 Pitting machines 124

References 126

### 12 Olive paste malaxation

*Antonia Tamborrino*

12.1 Basic phenomena in malaxation 127
12.2 Malaxers 132

References 136

### 13 Centrifugal separation

*Lamberto Baccioni and Claudio Peri*

13.1 Introduction 139
13.2 The three-phase process 140
13.3 The two-phase process 142
13.4 Decanters 142
13.5 Disc centrifuges 148
13.6 Final comments and remarks 151

Further reading 153

### 14 Filtration of extra-virgin olive oil

*Claudio Peri*

14.1 Introduction 155
14.2 Filtration principles 156
14.3 The filter media 159
14.4 Filtration equipment 159
CONTENTS

14.5 Filtration systems 160
14.6 Conclusion 164
Further reading 164

15 Extra-virgin olive oil storage and handling 165
Claudio Peri

15.1 Introduction 165
15.2 Prevention of temperature abuse 166
15.3 Prevention of exposure to air (oxygen) 168
15.4 Prevention of exposure to light 170
15.5 Prevention of water and organic residues in the oil 171
15.6 Prevention of exposure to contaminated atmosphere and poor hygienic standards 171
15.7 Prevention of mechanical stress 171
Annex 15.1: Pumps, tanks and piping 172
Reference 178
Further reading 178

16 Extra-virgin olive oil packaging 179
Sara Limbo, Claudio Peri and Luciano Piergiovanni

16.1 Introduction 179
16.2 The packaging process 181
16.3 The packaging materials 185
16.4 The packaging operation 189
References 198
Further reading 199

17 The olive oil refining process 201
Claudio Peri

17.1 Introduction 201
17.2 The process of extraction of crude pomace oil 202
17.3 The refining process 205
17.4 The physical refining process 208
17.5 The quality and uses of refined olive oil 208
Reference 210
Further reading 210

Part III The process control system 211

18 Process management system (PMS) 213
Claudio Peri

18.1 Introduction 213
18.2 The structure of a PMS 214
18.3 Control of critical points 220
18.4 Risk analysis: a blanket rule for management decisions 224
CONTENTS

Annex 18.1: Excellence in extra-virgin olive oil 226
Annex 18.2: An exercise of integrated risk analysis applied to the
process of extra-virgin olive oil 230
References 243
Further reading 243

19 Extra-virgin olive oil traceability 245
Bruno Zanoni

19.1 Introduction 245
19.2 Four basic steps 246
19.3 Comments and conclusion
References 249
Further reading 250

20 Product and process certification 251
Ardian Marjani

20.1 Aims and approaches 251
20.2 Product and process certification 253
20.3 The selection of a certification system 257
20.4 The certification procedureReference 261
Further reading 261

21 The hygiene of the olive oil factory 263
Cristina Alamprese and Bruno Zanoni

21.1 Introduction 263
21.2 Hygiene of the external environment and buildings 264
21.3 Hygiene of the plant 268
21.4 Hygiene of the personnel 269
21.5 Hygiene management system (HMS) and HACCP
Annex 21.1: Hygienic design 276
Reference 281
Further reading 282

22 Olive mill waste and by-products 283
Claudio Peri and Primo Proietti

22.1 Introduction 283
22.2 Composition, treatment and uses of olive mill wastewater 285
22.3 Composition, treatment and uses of olive mill pomace 291
Annex 22.1: Mass balance of the extra-virgin
olive oil process 296
Reference 302
Further reading 302
<table>
<thead>
<tr>
<th>Chapter</th>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>23</td>
<td>The production cost of extra-virgin olive oil</td>
<td>303</td>
</tr>
<tr>
<td></td>
<td>Enrico Bertolotti</td>
<td></td>
</tr>
<tr>
<td>23.1</td>
<td>Introduction</td>
<td>303</td>
</tr>
<tr>
<td>23.2</td>
<td>Concepts, terms and definitions</td>
<td>305</td>
</tr>
<tr>
<td>23.3</td>
<td>Hypotheses for the cost analysis</td>
<td>306</td>
</tr>
<tr>
<td>23.4</td>
<td>Cost calculation</td>
<td>308</td>
</tr>
<tr>
<td>23.5</td>
<td>Total cost</td>
<td>317</td>
</tr>
<tr>
<td></td>
<td>Further reading</td>
<td>318</td>
</tr>
<tr>
<td>24</td>
<td>The culinary uses of extra-virgin olive oil</td>
<td>321</td>
</tr>
<tr>
<td></td>
<td>Alan Tardi</td>
<td></td>
</tr>
<tr>
<td>24.1</td>
<td>A brief history of the olive</td>
<td>321</td>
</tr>
<tr>
<td>24.2</td>
<td>Old versus new: expanded culinary possibilities</td>
<td>324</td>
</tr>
<tr>
<td></td>
<td>offered by excellent extra-virgin olive oil</td>
<td></td>
</tr>
<tr>
<td>24.3</td>
<td>Excellent extra-virgin olive oil as a condiment</td>
<td>330</td>
</tr>
<tr>
<td></td>
<td>at the table</td>
<td></td>
</tr>
<tr>
<td></td>
<td>and in the kitchen</td>
<td></td>
</tr>
<tr>
<td>24.4</td>
<td>Putting excellent extra-virgin olive oils to work</td>
<td>332</td>
</tr>
<tr>
<td>24.5</td>
<td>Education and communication: revolutionizing the</td>
<td>335</td>
</tr>
<tr>
<td></td>
<td>perception of olive oil one drop at a time</td>
<td></td>
</tr>
<tr>
<td></td>
<td>References</td>
<td>337</td>
</tr>
<tr>
<td>25</td>
<td>An introduction to life-cycle assessment (LCA)</td>
<td>339</td>
</tr>
<tr>
<td></td>
<td>Stefano Rossi</td>
<td></td>
</tr>
<tr>
<td>25.1</td>
<td>Introduction</td>
<td>339</td>
</tr>
<tr>
<td>25.2</td>
<td>Methodological approach</td>
<td>340</td>
</tr>
<tr>
<td>25.3</td>
<td>Limits and advantages of the carbon footprint</td>
<td>342</td>
</tr>
<tr>
<td>25.4</td>
<td>Environmental communication strategies</td>
<td>343</td>
</tr>
<tr>
<td>25.5</td>
<td>The food sector</td>
<td>344</td>
</tr>
<tr>
<td></td>
<td>References</td>
<td>347</td>
</tr>
<tr>
<td>Appendix</td>
<td></td>
<td>349</td>
</tr>
<tr>
<td>Index</td>
<td></td>
<td>361</td>
</tr>
</tbody>
</table>