

COLD PRESSED OIL





Cold-pressed oil refers to edible oils that are extracted from seeds, nuts, or fruits using a mechanical process known as **cold pressing. This method involves applying pressure to the raw material without the use of heat or chemical solvents.**

- The term "cold-pressed" indicates that the extraction process occurs at a temperature that is typically lower (40-50°C (104-122°F)) than the temperatures used in conventional oil extraction methods, which often involve heat and chemical treatments.

Processing



1. Cleaning and Preparing

- The raw material is cleaned and prepared to remove dirt, debris, and any foreign materials.



2. Crushing or Grinding

- Cleaned raw materials are then crushed or ground to create a coarse paste.
- It increases the surface area and facilitates oil extraction.



3. Pressing

- The crushed or ground material is placed in a hydraulic or screw press, which applies mechanical pressure to extract the oil.



4. Filtering

- Extracted oil may undergo additional filtration to remove any remaining impurities or particles, resulting in a clearer and purer oil.



5. Storage and Packaging

- Cold-pressed oils are best stored at temperatures ranging from 50°F to 70°F (10°C to 21°C).
- Further packaging helps protect the oil from light, heat, and air, which could degrade its quality.

Benefits

- Higher Nutrient
- Rich in Essential Fatty Acids
- Antioxidant Properties
- Natural Flavor and Aroma
- Environmentally Friendly

Disadvantage

- Lower Yield
- Slower Process
- Sediment and Cloudiness
- Flavor and Aroma Variability
- Nutrient Losses

