

Processing Guide Culinary Oils

How Spectrum Products Compare to Mass Market Oils

At Spectrum we strive to make the freshest, best tasting, and most healthful oils to be found. Fortunately, nature does much of the hard work for us, and we have long resisted the urge to try to “improve” what she has given us. Starting with the best raw ingredients we can find, we gently transform them into oils that preserve as much of their natural character as possible. The result? – Goodness you can actually taste.

RAW INGREDIENTS

From olives and peanuts, to walnuts and sesame seeds.

Spectrum Oils

Fresh, organic or certified GE-free ingredients are always used.

Mass Market Oils

GE and pesticide-grown seeds and fruits are frequently used.

EXTRACTION

Raw ingredients are transformed into an oil state.

Spectrum Oils

Depending on the ingredient, the oil is gently coaxed out using either expeller (mechanical) pressing or cold pressing. No harsh chemicals are ever used.

Mass Market Oils

Oils are extracted using harsh chemical solvents that destroy the natural flavor and nutrients.

REFINING

Oils are refined to ensure they will perform well when used in higher heat culinary applications like stir-frying. Refining results in neutral-tasting oils.

Spectrum Oils

Spectrum limits refining to oils that are intended for high-heat culinary uses. Oils are gently refined using natural agents like Citric Acid (from citrus fruit) and lower temperatures (250°F).

Mass Market Oils

Almost always refined, often to disguise impurities in the oils themselves. More harsh chemicals like phosphoric acid solvents are used to refine oil which is then exposed to high temperatures (500°F) to remove unwanted odors and colors.

POST (DOUBLE) REFINING

Spectrum Oils

No post-refining is done.

Mass Market Oils

Chemical preservatives are often added to pro-long shelf live. Hydrogenation or interestification creates solid fats from naturally liquid oils.

THE RESULTS

Spectrum Oils

Pure, fresh oils produced in an environmentally friendly manner, with no Trans Fats, and preserving as much of the great natural flavors and nutrients as possible. Shelf-life of 9-24 months—but oils this good rarely sit that long!

Mass Market Oils

Chemically produced oils all but devoid of the natural flavors and nutrients that might otherwise be found. Trans-fat content that can be as high as 27%. Highly unnatural shelf-life of 36-48 months.

