

Olive Oils

GOYA® Light Flavor Olive Oil

Just like the GOYA® Olive Oil, GOYA® Light Flavor Olive Oil is made with refined olive oil of excellent quality and our Extra Virgin Olive Oil in the proportion needed to maintain a mild flavor.

GOYA® Light Flavor Olive Oil can substitute other vegetable oils in any recipe from the world's cuisine, due to its great smoothness and neutral flavor which respects the original aroma of all other ingredients. Its healthy properties stand out when compared to other vegetable and seed oils, with a higher oleic

acid content and resistance to higher temperatures. Therefore, **Light Flavor Olive Oil** is suited for frying, baking and sautéing.

Preserved in nitrogen until it reaches your table, our **Light Flavor Olive Oil** maintains all of its properties until its best-before date.



GOYA®
SPAIN

Containers: Available in glass bottles, PET bottles, and tinplate canisters
Country of origin: Spain



Tasting and food pairings

Along with its use in frying, **GOYA® Light Flavor Olive Oil** is recommended for dishes where only the flavor of other ingredients and condiments should stand out exclusively, for example, in traditional local recipes and baking. "**Light**" does in no way refer to the amount of calories or mono-saturated fats in the oil, since they are the same as those of extra virgin olive oil. Furthermore, it allows for frying at higher temperatures than other vegetable oils do.

We recommend frying at 356°F (180°C). The higher the temperature of the oil is, the less fats penetrate the food, since a seal is immediately formed around it which diminishes the penetration of the oil and maintains the vitamins inside the food.



SAUCES AND
DRESSINGS



FISH



SOUPS



Suggestions



Baked lobster with olive oil and lemon: Place halved lobsters on an oven tray with **GOYA® Light Flavor Olive Oil** drizzled on top and cover with parchment paper to prevent them from drying out. Cook for 15 minutes and towards the end, cook the side vegetables (peppers and onions). Vinaigrette plays a special role in this dish. To prepare it, we use salt, lemon juice and our **Light Flavor Olive Oil** which we add little by little, stirring constantly. Then, add the vegetables and strips of cooked lemon peel. Once the lobster has been taken out of the oven, the only thing left is to season with salt and pepper and serve with the vegetable vinaigrette.



Vegetable tempura: Eggplant, zucchini, and red and green pepper cut into slices or strips are the main vegetables we will use to make this dish. Once the vegetables have been dipped in a batter made with flour, water and egg, fry them in abundant **GOYA® Light Flavor Olive Oil**. Fry for approximately 3 minutes. This way, we get portions which are crispy on the outside and juicy on the inside. Vegetable tempura can be served with soy sauce, sweet and sour sauce or *wasabi*.

Did you know...?

To fry and sauté, if we mix olive oil with other vegetable or seed oils, it loses one of its main benefits, its resistance to high temperatures, up to 410°F (210°C). Additionally, filtering it after each use allows it to be reused 8 times. It's the most economical option for frying.

GOYA®

SPAIN

*If it's **GOYA** ...it has to be good!®*