And remember: the same polyphenols that make extra virgin olive oil so hardy under heat also get absorbed by your food, and your body. They are tasty and healthy! If the price of a high smoke point is a refined oil, stripped of this nutrition: that price is too high.

That's it for this edition. If you encounter any problems with your shipment, don't hesitate to get in touch: *robin@fat.gold*

We hope you enjoy this issue of Fat Gold. Remember: use it up!

–Kathryn, Robin, and Bryan

FATGOLDZINE

FALL 2021 HARVEST / ISSUE 4

Welcome to the fourth issue of Fat Gold's fifth year, made from koroneiki olives harvested in November 2021!

THE BASICS

Here's how to open your tin: pull the cap up by its "ears," extending the translucent pouring spout below. This can be puzzling, so we've posted a demonstration at *fat.gold/open*

The label is a magnet for you to keep and save, if you wish! This issue's magnet is based on a poster drawn by the artist Harry Herzog sometime in the 1930s for the Works Progress Administration, the government project that put millions of Americans—including artists—to work for the public good.

Herzog's original poster bears the headline: FORGING AHEAD. You can see it at *fat.gold/art*

We chose this blacksmith as homage to the source of this issue's oil. These are koroneiki olives from the San Joaquin Valley, milled by David Garci-Aguirre at Corto Olive Oil in Lodi. David is a longtime friend of Fat Gold, and an important influence, in terms of both milling and understanding olive oil. He is the one who is always insisting: "This is the fresh juice of the olive!"

Not only is David a mechanical wizard in the mill, he is also, outside of his day job, a metalwork artist, no stranger to the forge. He, and this issue's magnet, remind us that olive milling isn't some airy craft: it's a deeply mechanical, technical process.

TASTING YOUR FAT GOLD

Compared to many previous Fat Gold shipments, this oil is more delicate, less bitter and spicy, with notes of fresh-cut grass and dried flowers. This makes it easy to use—it's not going to overpower your food.

Continued →

HOW TO USE YOUR FAT GOLD

Robin's Pesto
Robin has lately been pesto-crazy. It's totally easy, totally flexible: a bracing dose of nuts and greens. Take a bunch of basil, a handful of arugula, a BIG handful of nuts (Robin likes pistachios or pine nuts), and two cloves of garlic. Put those in a mortar and pestle with a generous pinch of flaky sea salt and grind it all up until the greens have totally broken down. As you're grinding, pause every so often to glug in some Fat Gold. Taste as you go! Finally, grate a generous layer of pecorino cheese over the top, then pound the pesto a couple more times. Scoop it out, add it to your pasta.

Kathryn's Pesto
Same as above, substituting food processor for mortar and pestle.

Chimichurri
In a small bowl, mix some dried chile flakes with about a quarter-cup of vinegar, any kind, as long as it's tasty. In a mortar and pestle, smash four cloves of garlic, again using flaky sea salt as an abrasive. Glug in Fat Gold, stirring the oil and garlic together until they emulsify into a smooth paste—cool!

Then, mix that garlic/oil paste together with the vinegar. Finally, mince a bunch of parsley along with any other herbs you have lying around. You can add anything else that sounds interesting: paprika, dried oregano, crushed black pepper...

Steak is a classic companion for chimichurri. Read Robin's steak manifesto at *fat.gold/recipes*

SMOKING HOT

If you have ever investigated the differences between cooking oils, you have heard about the dreaded SMOKE POINT.

The story goes like this: Oils have different "smoke points," or temperatures at which they begin to smoke. You never want that to happen, so you should choose an oil with a smoke point above the temperature at which you'll be cooking.

At the very least, this story is incomplete. It might simply be wrong.

The oils with really high smoke points are all refined: canola oil, vegetable oil, and peanut oil. They have high smoke points because they have been "pre-burned" for your convenience, processed with high heat and chemicals. It's like buying a loaf of burnt bread with the promise that it has a high "toast point." Mmm, thanks!

In many of the charts you'll find online, "olive oil" is listed with a smoke point of 350-375 degrees F. As a Fat Gold subscriber, this ought to raise your eyebrows. What kind of olive oil? Refined? Virgin? Extra virgin? High-quality extra virgin? You've learned by now that there's huge variation among extra virgin olive oils.

Good news: the polyphenols that make a high-quality extra virgin olive oil tasty and healthy also make its sturdy under heat. (New to polyphenols? Learn more at at *fat.gold/guide*) Oxidation is oxidation, whether it's slow (the oil exposed to heat and oxygen over long months on a pantry shelf) or fast (the oil exposed to heat and oxygen over short minutes in a frying pan). So, the same polyphenols that protect your oil from the slow kind of oxidation will protect it from the fast kind, too.

Conversely, an extra virgin olive oil that's poorly-made or past its prime, well on its way to rancidity, won't stand up to heat very well.

So, we encourage you to judge an oil's "oxidative stability" rather than its "smoke point." The phrase isn't as catchy, but oxidation is what we care about, because it is oxidation that produces the compounds that taste bad and hurt your body.

In a 2018 paper titled *Evaluation of Chemical and Physical Changes in Different Commercial Oils During Heating*, the authors write:

> *Extra virgin olive oil (EVOO) and other common cooking oils were heated up to [464 degrees F] and exposed to [356 degrees F] for 6 hours, with samples assessed at various times, testing smoke point, oxidative stability, free fatty acids, polar compounds, fatty acid profiles and UV coefficients. EVOO yielded low levels of polar compounds and oxidative by-products, in contrast to the high levels of by-products generated for oils such as canola oil.*

For our part, we use Fat Gold at all temperatures, from room temperature (glugged on salad) to 350 degrees F (slathered on vegetables) to 500 degrees F (coating crust of Detroit-style pizza), always with great results.

Continued →