

Fine apricot oil



This unrefined oil made from high-quality, "sweet" apricot seeds has an exquisite nutty, almond-like aroma and a pleasant hint of marzipan. It goes especially well with exotic salads, sweet-sour dishes, aromatic sauces (e.g. for game dishes) and desserts.

To maximize the seeds' flavour, the apricot seeds are carefully roasted prior to the pressing process. 100% of the oil is from the first pressing of untreated apricot seeds.

The apricot originated in central Asia, where it was been grown for several thousand years. In the central European area along the Danube river, archaeological finds indicate that the apricot (*prunus armeniaca*) was grown as early as in the first century A.C.

In Austria, apricot seeds are used to produce persipan (similar to marzipan, but made from apricot seeds), which pastry chefs appreciate for its intense flavour. Apricots and apricot seeds are also said to have positive health effects. For instance, the longevity of the Burusho (an ethnic group in the Pakistani Himalaya area) is attributed to their high intake of apricots, apricot seeds and the oil derived from them.

Please store in a cool place and do not expose to sunlight.

Average essential fats:

Saturated fats:	13%
Monounsaturated fats:	47%
Polyunsaturated fats:	40%