

Flavour profile

These characteristics make cold pressed extra virgin rapeseed oil extremely versatile, suitable for a wide range of culinary applications from salads and dressings to roasting and frying. Its balanced flavour profile ensures it can enhance dishes without overwhelming the primary ingredients.

Buttery: Despite being a plant oil, it can have a smooth, buttery taste, making it a great alternative to butter or other oils in both cooking and baking.

Nutty: One of the most prominent notes is a mild, nutty flavour, which adds a rich depth to dishes without being overpowering.

Peppery: Some varieties of cold pressed rapeseed oil exhibit a slight peppery finish, adding a gentle kick to the palate.

Earthy: It often has subtle earthy undertones, providing a natural, wholesome taste that complements many ingredients.

Green: There are often fresh, grassy notes, reminiscent of fresh herbs or green vegetables, enhancing the flavour of salads and dressings.

Mild: Overall, it is known for its mildness compared to stronger oils like olive oil, allowing it to blend well with other flavours without dominating them.

