

# Extra Virgin Walnut Oil



## General oil profile

### Food applications:

Walnut oil is sometimes used for pan frying, although most culinary uses are as a dressing or finishing oil. Primarily as an ingredient in cold dishes such as salad dressings, where its flavour more easily comes through.

- Bread dipping
- Salad dressing
- Drizzle over cooked fish with herbs

When baking cakes or muffins for a rich nutty flavour. Some say it is a wonderful topping to icecream and chocolate cake or brownies!

Of the nut oils available, walnut oil contain high levels of omega-3 essential fatty acids.

### Other applications:

Walnut oil is favoured by some woodworkers as a finish for violins and for implements that will come in contact with food, such as cutting boards and wooden bowls.

The quick drying ability allows walnut to be used by some artists as paint thinner.

Cosmetic use as a carrier oil is possible.

### Typical Fatty Acid Profile:

C12:0 Lauric Acid	<0.1%
C14:0 Myristic Acid	<0.1
C16:0 Palmitic Acid	8.0%
C16:1 Palmitoleic Acid	2.9%
C18:0 Stearic Acid	2.1%
C18:1 Oleic Acid	24.9%
C18:2 Linoleic Acid	49.79%
C18:3 Linolenic Acid	11.5%
C20:0 Arachidic Acid	0.3%
C20:1 Eicosenoic Acid	0.4%
C22:0 Behenic Acid	<0.1

### Typical analysis:

Additives	Nil
Colour	Golden
Appearance	Clear
Free Fatty Acid	<2% (Max)
Peroxide Value	<5mEq
Aroma	Nutty
Flavour/Taste	Typical Walnut
Refractive index at 25 °C	1.4688 - 1.4696
Saponification Value	190 - 194
Specific Gravity at 25 °C	.915-.925
Iodine Value	147 - 157
CAS number	8024-09-7
Shelf life	24mths
Extraction method	Expeller (cold pressed)
Botanical name	Juglans regia
Smoke point	150-160 °C
Unsaponifiable matter	<1%

