



## Avocado Oil Short Course

### Module 1. Introduction (Marie Wong)

- History of avocado oil extraction
- Avocado oil as a commercial culinary oil
- Introduction and defining proposed grades for avocado oil (extra virgin/virgin, crude, refined)

### Module 2. Avocado fruit - Development and Harvesting (Allan Woolf)

- Avocado production worldwide
- Factors to consider before oil extraction for different cultivars
- Harvest time and ripening prior to extraction
- Influence of growing region, time of harvest on oil yield and composition

### Module 3. Avocado Oil - Quality and Purity Standards (Selina Wang)

- Quality parameters
- Purity parameters
- Other parameters and minor components
- CODEX proposed and other standards
- Factors need to be considered for quality and purity standards

### Module 4. Avocado oil - Extraction (Marie Wong)

- Overview of extraction processes
- Maximize oil yield and oil quality
- Oil storage in bulk
- Factors that affect quality, pigments and minor components
- Shelf-life

### Module 5. Avocado oil - Further Processing and Refining (Lawrence Eyres)

- Extraction
- Degumming
- Classic caustic refining
- Bleaching
- Deodorizing
- Specification for RBD oil compared to EV

### Module 6. High value oil adulteration protection and recommendations for processors, buyers and consumers (Selina Wang)

- Best practices for processors
- Best practices for professional buyers
- Lessons learned from the olive oil industry and adulteration protection
- Tips for consumers