## Passion for Fine Organic Oils Oil table



BIO PLANÈTE - créateurs de saveurs au naturel.

В	IO PLANÈTE OIL	Vegan	PAW POOD	PASTRY	HOT RATIONAL	Characteristic features and gourmet tips
Sourmet  Oils for Creative and Gourmet Cuisine.	Apricot Kernel Oil	Ó	٥	Ó	•	FAIR FOR LIFE. The delicate marzipan note refines salads, sauces & desserts.
	Argan Oil	Ó	<u>o</u> *	Ò	•	Made in Berber style. Ideal for seasoning oriental dishes.
	Avocado Oil	Ó	Ó		•	FAIR FOR LIFE. Ideal for salads and for stewing meat and steaming vegetables.
	Safflower Oil	Ó	Ó		×	Rich in Vitamin E & mild in taste. Refines dips, dressings, red beans & pumpkin.
	Peanut Oil	Ó	٥*	Ó	**	FAIRTRADE. The virgin oil for frying gives an Asian note.
	Hazelnut Oil	Ó		Ó	•	Gently roasted: The oil gives desserts a wonderful nougat note.
	Coconut Oil, Virgin	Ó	Ó	Ó	44	Also in FAIRTRADE. An oil for kitchen & cosmetics - virgin, raw food & highly heatable.
	Pumpkin Seed Oil	Ó	٥*			Pressed in "Styrian style". Refines salads, vegetables & desserts.
	Olive Oil, Regional	Ó	Ó	Ó	44	Extraordinary by their origin.
	Almond Oil	Ó	٥*	Ó		Made from sweet, roasted almonds: Gives pastries & desserts a delicious almond note.
	Poppy-Seed Oil	Ó	Ó	Ó	×	A rarity from the poppy seeds of our origin. Sweet-nutty in taste.
	O'citron, O'range	Ó	Ó	Ó		Olive oil specialities without essential essences refine salads, vegetables and fish.
	Balsamic & Olive	Ó	Ó		×	Ready-to-use vinaigrette for seasoning salads and vegetables.
	Olive Oil & Truffle		Ó	Ó		With real truffle. A few drops refine risotto, pasta & carpaccio.
	Mustard Oil	Ó	Ó			A rarity from our origin: fine-aromatic and mildly spicy in taste.
	Sesame Oil	Ó	٥*			Deliciously exotic note. Refines wok and cabbage dishes.
	Walnut Oil	Ó	<u>٥</u> *	Ó	×	Omega-3-rich. Typical French & fine nutty. Refines spinach, salads & desserts.
	Wok Oil	Ó			44	Asian magic with roasted peanut oil and fine chilli note.
	Condiment Oils	Ó	Ó	Ò	•	Olive oils without essential essences: With chilli, basil or garlic.

<sup>\*</sup> In contrast to the virgin oil, the toasted variant is not suitable for a raw diet.

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В	IO PLANÈTE OIL	Vegan	PAW POOD	PASTRY DESSERT	HOT	Characteristic features and gourmet tips			
classic Oils for Everyday Cooking.	Cooking & Frying Oil	Ó		Ò	***	Ideal for baking, roasting and frying. Neutral in taste.			
	Cooking & Frying Oil with Ghee			Ò	44	Vegetable oil with a fine butter taste for frying fish, pasta and vegetables.			
	Cooking & Frying Olive Oil	Ó		Ġ	44	Ideal for baking and roasting with a fine olive note.			
	Coconut Oil Neutral, Deodorized	Ó		Ó	***	Gently steamed for cosmetics & cooking: Very digestible and neutral in smell & taste.			
	Olive Oil, Extra Virgin	Ó	Ó	Ġ	44	Extra virgin olive oils in three taste intensities for the daily kitchen.			
	Rapeseed Oil	Ó	6		•	Its balanced fatty acid pattern is ideal for nutrition. Slightly nutty in taste.			
	Salad Oil	Ó	6		×	Nutritionally balanced oil. Ideal for daily cold cuisine.			
	Sunflower Oil	Ó			×	Mildly nutty in taste. Fits tuna, egg, salads, beetroot and corn.			
+ vitality Oils For Well Being.	Hempseed Oil	Ó	Ó		×	Smells like fresh herbs. Refines asparagus, salads and vegetable dishes.			
	Camelina Oil	Ó	6		×	Nutritional alternative to flaxseed oil. Light & grassy in taste.			
	Flaxseed Oil	Ó	Ó		×	Mild through 3D filtration. Nutty taste. Goes well with curd, potatoes & fish.			
	Milk Thistle Oil	Ó	6		×	Contains the active ingredient silymarin.			
	Omega Blue	Ó			×	The flaxseed oil mixture for mind & gaze. Rich in DHA and vitamin E.			
	Omega Green	Ó			×	The flaxseed oil mixture supports vitality. Rich in Omega-3 and secondary plant substances.			
	Omega Red	Ó			×	The flaxseed oil mixture with Omega 3, DHA, mango and strawberry. Delicious in muesli & yoghurt.			
	Omega Orange				×	The flaxseed oil mixture brings momentum for the day. With a fruity, fresh orange note.			
	Omega Pink	Ó			×	The flaxseed oil mixture for women's power. Raspberry, cinnamon & pepper refine the taste.			
	Black Cumin Oil	Ó	Ó		×	Contains essential oils. Also used in aroma therapy and pet feeding.			

x not heatable ♦ steaming and cooking ♦ frying ♦ 6 deep-frying