



Les Arcs sur Argens

Sainte Cécile



The fruity, smell and flavour



According to the ripening degree of the fruits used in the oil preparation and the variety of olive grown, depending on where the fruits were stored and then where the oil was kept, the oil will have a different color and smell: an oil exposed to air oxidizes and develops a rancid taste, a winery or even vinegary taste comes from fermented olives, etc.

All olfactory sensations perceived directly (orthonasal) or through the back of the palate (retro nasal) are called “fruity”: there are three nuances.

The “green fruity” is dominated by herbaceous aromas and artichokes. The olives are picked very early which will give bitterness*, and ardence oil** but also freshness and a light texture. The obtained oil will then be greener because fruits contain more chlorophyll.

The “ripe fruity” is characterized by almond, berries, and ripe apple flavors and floral flavors such as linden. The olives are picked after their veraison (that is to say their maturity period) which will produce a richer and more fruity oil with very little bitterness and a little ardence.

The “black fruity” results in notes of cocoa, mushrooms, or vanilla. The olives have been stored longer and have been fermented. If the environment is humid mushrooms have developed on it. These olives give a darker and stronger taste to the oil but without bitterness or ardence.

Training programs exist to become “élaïologue” (it is a specialist in the olive oil sector) or “oléologue” (it is someone who can taste olive oil. It is like enology but for olives), mostly in Spain. A university degree in oléologie was also created at Montpellier University, plus a tasting training program at the Centre of Professional Training Program and of Agricultural Promotion of Saint Rémy de Provence.

The tasting is done in small blue glasses (so as not to be influenced by the oil color) that are held in the palm to warm the oil and release the aromas. We invite you here to smell and find the corresponding smells.

*bitter, rough, sour, hard, or even spicy flavor.

**A specific term for olive oil: it is a tingling pepper that is felt at the bottom of the throat at the time of the tasting.



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Bastide Sainte Cécile



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