

Vegetable Oil Isn't

Vegetable oil is made from seeds.

They have very high Omega 6 levels, which increase inflammation in bones, arteries, etc.

Seeds don't want to give up their oil, so they heat them to super high temps and cause them to oxidize aka rust.

The vegetable oil production process can be broken down into the following stages: cleaning, pressing, solvent extraction, refining and packaging.

Cleaning

Seeds and nuts need to be cleaned and stripped of their extraneous material before being refined into oil. Once they've been run over magnets to remove any traces of metal, they will be deskinning and then ground up by rollers or hammer mills to increase the surface area that will be pressed. Once crushed up, the nuts and seeds are heated to help facilitate the extraction of the oil.

Pressing

Once prepared, the process of pressing can take place. The heat-treated nut/seed meal is fed into a press that steadily increases its pressure. The oil is pressed out from the meal and falls through slots in the press. With this method, we can extract some of the oil from the plants, but for the most efficient process, further extraction with solvents is necessary.

Solvent extraction

Most oil seeds will be pressed *and* solvent-treated to ensure that the largest amount of oil possible is being extracted. The solvent treatment involves taking the pressed 'oil cake' and adding a solvent to dissolve the oil. The solvent is then distilled out, leaving the oil ready to be refined.

Refining

Once all traces of any solvents are removed, the oil is refined to remove natural colours, odours and bitterness. The oil is heated to 85°C and combined with an alkaline substance in the first part of the refinement process.

Degumming then occurs, where the oil is treated with water or acid. Any gums in the oil will precipitate and any dregs can be removed with centrifugal treatment. Once degummed, the oil will be bleached through a system of filtration that can absorb pigmented material from the oil. Some vegetable oils – such as those in salad dressings – need to be served chilled, in which case the oil is 'winterised' by being rapidly chilled to a low temperature. A deodorisation process also takes place, in which steam is passed through the oil and, often, a small amount of citric acid is added to remove the presence of any trace metals that could shorten the oil's shelf life.