Does Olive Oil Go Bad?

Description

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of your ingredients will make it less likely they'll go bad before you finish. Follow these best practices: Keep oils out of the direct sunlight. Use sealed bottles, not pretty pitchers that don't keep the air out. Make sure your olive oil is cool and on a pantry shelf away from heat. Only open one bottle at a time, as opened bottles turn more quickly. If you've discovered that your olive oil has gone bad, there's no need to throw it away. While you shouldn't cook with it, olive oil can also be beneficial for a variety of beauty uses. It's a great, natural makeup remover, and it's frequently used as a main ingredient for homemade moisturizers. You can soak your nails in olive oil to strengthen them, or mix old olive oil with some avocado for a rich facial mask.   Olive oil is also frequently used as a wooden polish for furniture, and it can even work to lubricate gears on a bicycle. From the garage to the bathroom to the kitchen, olive oil is a natural solution that's worth stocking up on.

If you enjoy cooking, your pantry probably has at least one bottle of olive oil on the shelves. But how long has it been there? Olive oil is a versatile ingredient for many different kinds of cuisines, but it can spoil if left too long. This is true even if the bottle has never been opened. If you want to use olive oil in your dishes, you'll want to make sure that it hasn't gone bad before you start pouring. So how long is too long? Read on.   Olive Oil Benefits High-quality olive oil is an extremely healthy addition to meals, especially in contrast to other kinds of oils or butter. That's because it contains medium-chain triglyceride fats, which is a "good fat" high in omega-3 fatty acids. It can protect against heart disease and also contains a high amount of antioxidants.   Made from olives plucked from trees, olive oil comes in a variety of grades, infusions, and tastes. Extra-virgin olive oil is the highest grade and made mechanically without chemicals. It is frequently used not only to sauté and in salad dressings and sauces, but also as a main ingredient in hummus and as a standalone condiment.   How Long Can Olive Oil Last? There are a few ways to check that your olive oil is still good. First, look for the date it was bottled, information that should be listed on the label. In general, olive oil can last for around two years if properly stored. If you purchased a natural olive oil without preservatives, it may have a shorter shelf life.   To check if your oil is still useable for cooking, use your senses. Appearance: A bright yellow color may indicate that it's starting to turn. Smell: Rancid olive oil has a pungent, disagreeable odor. Taste: If you take a sip and notice a greasy, bitter flavor, it's likely spoiled. Tips for Preserving Olive Oil Proper storage will help to keep your olive oils tasting great for as long as possible. Taking care