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Differences in chemical properties of cold pressed oil and refined cooking oil

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Cold pressed and refined oils vary in sensory properties, chemical composition and nutritional properties. Cold pressed oil is an unrefined sunflower oil which has greater nutritional properties, but oxidizes much faster and at lower temperatures than refined oil. There were analyzed two sunflower oils: cold pressed sunflower oil "Fila" and refined sunflower oil "Kristal". Iodine, peroxide and acid number in the two oil types were determined. Iodine and peroxide number were determined by ISO 3961: 1996 while the acid number was determined by ISO 660: 39, 2009. Iodine number of refined oil is 127 and it is higher than the iodine number of cold pressed oil which is 86. Peroxide and acid number are indicators for the oil oxidation and they are almost five times higher in cold strained oil than in refined oil. Oils were analyzed in accordance to the Oils Rules and fats and oils quality.

Biography

Gorica Pavlovska has a PhD in chemical sciences. She earned her PhD at the Institute of Chemistry at the Faculty of Natural Sciences and Mathematics at Ss Cyril and Methodius University in Skopje. She has published more than 40 papers in prestigious journals. According the Scopus database, she has published 17 papers with impact factor and she has been cited more than 300 times..

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