

Salute to the Grape Seed

When Valentin and Nanette Humer discovered that the secret ingredient of the best European trained chefs—grape seed oil—was unavailable in the U.S., they took on the challenge of bringing it to America. “We’ve been creating the market for grape seed oil for the last 25 years,” says Nanette. “No one knew about grape seed oil, so we set out to correct that.”

In 2010, the husband-wife team of Food & Vine began producing Salute Santé cold-pressed grape seed oil in Napa. High in antioxidants (vitamin E and essential linoleic acid), Salute Santé oils have a smooth, buttery feel and a fruity-nutty taste. Best used as finishing oils, try drizzling them over pasta, veggies or salads, or as a dip for bread. For everyday cooking, the company released a cold-pressed, gently refined grape seed oil in one and half-liter cans, protecting the oil from light and oxygen. The high smoke point (485 degrees Fahrenheit) makes them ideal for roasting and grilling. And as a result of their unique pressing method, Food & Vine has also created a new product— grape seed flour, which is rich in antioxidants, potassium, high in fiber and naturally gluten free. **“We’re the only zero-waste food on the planet,** created from a wine industry byproduct. After cold pressing the oil, **we complete the cycle of the grape by creating grapeseed flour,** which is quickly making its name as **the new ‘superfood,’**” says Valentin. “With the highest ORAC value, it fortifies all foods that are typically stripped of nutrients through processing.

Food & Vine products are available at Nugget Markets or online at www.grapeseedoil.com

