

SAVEUR



For delicious recipes and more information
call 707-251-3900 or
go to: <http://grapeseedoil.com>

SPECIAL ISSUE

The SAVEUR

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*A celebration of our favorite
food, people, places, & things*

MORE PROOF THAT THE GRAPE IS OUR FRIEND

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In America, grape seeds usually get turned into fertilizer. In Italy and France, on the other hand, they're pressed into oil -- oil

prized by cooks for its high smoke point (i.e., it gives you a wicked sear without setting off the fire alarm) and a light flavor that won't overpower food. **Grapeseed Oil** is also a great dietary source of omega-6 (an essential fatty acid), it's full of vitamin E, and it appears to raise levels of HDL ("good" cholesterol). One brand we love is fresh-tasting **Salute Santé!**, made from, well, Italian grape seeds.