

## Herb Mustard

½ cup white mustard seeds  
 ⅓ cup Melrose Almond Spread  
 1 cup Melrose Organic Sunflower Salad Oil  
 1 cup Melrose Organic Apple Cider Vinegar  
 2 teaspoons salt  
 ¼ cup port  
 1 tablespoon freshly chopped marjoram  
 1 tablespoon freshly chopped oregano  
 1 tablespoon freshly chopped thyme

Blend the mustard seeds and Melrose Almond Spread in a blender. Add the Melrose Sunflower Salad Oil, Apple Cider Vinegar, salt, port and herbs. Blend until thickened. Pour into sterilised jar. Stand for a few days to allow the flavour to develop. Store in a cold dark place. Refrigerate after opening. Makes 2½ cups.

## Pistachio Pesto

3 cups of fresh basil (no stems) firmly packed  
 3 cloves crushed garlic  
 ¾ cup freshly grated parmesan cheese  
 ½ cup Melrose Organic Olive Oil  
 ¼ cup Melrose Pistachio Spread

Puree basil, garlic, parmesan cheese, Melrose Olive Oil and Melrose Pistachio Spread in a food processor until well combined. The end result will be a uniform paste. Sterilise two small jars and keep refrigerated. Toss pesto with hot, drained pasta, ¼ cup of pesto per serve. Try substituting any of the Melrose nut spreads for a unique taste experience.

## Salad Dressing

¼ cup orange juice  
 ¼ cup Melrose Organic Canola Oil  
 1 teaspoon Melrose Apple juice concentrate  
 2 tablespoons fresh chopped mint

Put all the above ingredients into a screw top jar and shake until combined. Serve with salad.

### Salad

Make a salad of rocket, watercress, spring onion, orange segments and the grated rind from the orange. Mix salad ingredients, arrange in a bowl and pour the dressing over the salad.

MELROSE HEALTH SUPPLIES A DIVISION OF  
 MELROSE LABORATORIES PTY LTD A.B.N. 54 005 490 102

4 Redland Drive Mitcham 3132 Australia  
 Telephone: (03) 9874 7800 Fax: (03) 9874 7366  
 Website: www.melrosehealth.com.au

Omega 3 Linoleic	Omega 6 Linoleic	Omega 9 Oleic	Saturated	God pressed Unrefined	God pressed Refined	Cooking	Salads & Dressings	Colour	Aroma	Taste
Almond	0	25%	9%		✓	✓	✓	Pale	Bland	Bland
Apricot	0	25%	9%		✓	✓	✓	Straw	Bland	Bland
Organic Canola	9.5%	19.5%	7%	✓			✓	Golden	Nutty	Nutty
Organic Coconut	0%	1%	94.5%	✓	✓	✓		White	Typical	Typical
Organic Flaxseed	59%	18%	9%	✓			✓	Golden	Nutty	Nutty
Maca- damia	0	4%	12%	✓		✓	✓	Straw	Nutty	Nutty
Organic Olive	1%	6.8%	21.6%	✓		✓	✓	Greenish Yellow	Typical Olive	Typical Olive
Organic Mustard	14%	32%	7%	✓			✓	Golden	Nutty	Nutty
Organic Pumpkin	0	52%	19%	✓			✓	Green	Earthy Nutty	Nutty
Peanut	0	33%	16%	✓	✓	✓		Pale	Bland	Bland
Organic Safflower	0	14%	8%			✓	✓	Straw	Bland	Bland
Organic Safflower	0	78%	9%	✓			✓	Golden	Earthy Nutty	Peanut
Organic Sesame	0	43%	16%	✓		✓	✓	Golden	Earthy Nutty	Peanut
Organic Sunflower	0	15%	10%	✓		✓	✓	Golden	Slight Sunflower	Slight Sunflower
Organic Sunflower	0	56%	9%	✓		✓	✓	Golden	Sunflower	Distinctive Sunflower
Wheatgerm	5.9%	56%	15.5%	✓			✓	Golden	Nutty	Nutty

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SINCE 1979

# A Kitchen Guide — To Oils —

Organic Flaxseed, Sunflower,  
Sesame, Safflower, Olive, Canola



Melrose Fresh Oils

## Facts about Fats & Oils

In our commitment to health and the consumer, we do not stop at the manufacturing and distribution of the highest quality certified organic, fresh unrefined oils. We also aim to educate the user about fats and oils and where possible, shed light on controversial nutritional issues.

**John Finnegan (Author of The Facts about Fats) says:** - "Good quality oils need to be expellor-pressed at temperatures below 45 degrees C and not solvent extracted. They should not be subjected to high heat temperatures, to deodourising, bleaching, alkali refining or winterising processes. They need to be produced by light and oxygen excluding methods, bottled in containers that prevent the further exposure to light which causes rancidity and where possible, they should be produced from organically grown seed."

## Guaranteed Fresh!

**Melrose Fresh Oils** - your best guarantee of freshness, purity and quality. The importance of the essential fatty acids in vegetable oil demands nothing less.

### Complete Food - More Flavour

Melrose Fresh Unrefined Oils have a more distinct flavour and aroma, just like any other whole food which has not been denatured or processed. If you are used to denatured, refined oils, it may take some time to become accustomed to Fresh Unrefined Oils. Besides the nutritional benefits, unrefined oils will impart extra aroma and flavour.

### Education - The right oil for the right result.

Melrose have oils for specific needs and uses. For instance, it is not generally known that it is only in Extra Virgin and Virgin Olive Oil that the antioxidant polyphenols and squalane are present. In "Pure" and "Light" Olive oil, these natural ingredients have been removed in the refining process. Always use Extra Virgin Olive Oil for optimum health and always check the label and the chart which explains why particular oils are best suited to your needs.

## Melrose Organic Unrefined Cold Pressed Oils



### Melrose Organic Unrefined Extra Virgin Olive Oil

Beautiful bouquet and colour. The only reliable and affordable Australian Extra Virgin Olive Oil. Extra Virgin Olive Oil is ideal for cooking and wherever the flavour is needed to complement food.



### Melrose Organic Unrefined Canola Oil

Canola oil has a rich golden colour and a mild savoury flavour. It contains 10% Omega-3 and 20% Omega-6 and is therefore a useful source of these essential fatty acids. Canola Oil is not recommended for cooking because of the Omega-3 fatty acids, and is best used in salads and dressings.



### Melrose Organic Unrefined and Refined Coconut Oils

Organic Unrefined Coconut oil from the South Pacific and East Timor, produced by the DME process, is the highest quality coconut oil. Being over 94% saturated, the oil does not alter on cooking. Organic Refined Coconut oil is a quality, less expensive oil, with the same properties as the unrefined oil.



### Melrose Organic Unrefined Flaxseed Oil

Provides the richest source of Omega-3 essential fatty acids (60%). Omega-3 is a delicate oil, it is not to be used for cooking as structural changes (trans fats) take place. Best used on cereals, salads, potatoes (just before eating), or taken directly off the spoon.



### Melrose Organic Unrefined Safflower Oil

Best for use in mayonnaise, salads, dressings and dips. These oils contain 78% Linoleic (Omega-6), a polyunsaturated essential fatty acid. Safflower Oil is not recommended for cooking as structural changes take place (trans fats). A more stable variety has been introduced see Organic Oleic Safflower Oil (below).



### Melrose Organic Unrefined Sunflower Oil

An all round oil which can be used for cooking and salads. Quite often has a distinct sunflower taste characteristic. A more stable variety has been introduced, see Organic Oleic Sunflower Oil (below).



### Melrose Organic Unrefined Sesame Oil

Suitable for salads, sautes and frying. Excellent stability and resistance to oxidation due to natural sesamol content.



### Melrose Organic Unrefined Pumpkin Seed Oil

The styrian pumpkin is unique to Austria. Styrian pumpkins are grown especially for their seeds. The oil is dark green in colour with an exquisite taste. May be used on salads, cereals, hot potatoes, in yoghurt and other foods.



### Melrose Organic Unrefined Mustard Oil

Mustard Seed Oil (Brassica Juncea) is a valuable source of Omega-3 fatty acids (15%). It is nutty and pleasant to taste. May be used on salads and in salad dressings.



### Melrose Organic Unrefined Oleic Sunflower Oil

A new development which creates a stable oil with excellent temperature stability and highly suitable as a cooking oil.



### Melrose Organic Unrefined Oleic Safflower Oil

A new development which mimics Oleic Sunflower and Olive Oil in fatty acid composition. Stable and bland flavour - a recommended cooking oil.

## Other Special Oils - Cold Pressed Non Organic

### Melrose Almond Oil (Refined)

A pale, light, fine quality oil with minimal colour and aroma expellor pressed from sweet almonds. A multi-purpose oil.

### Melrose Apricot Oil (Refined)

A straw coloured, light fine quality oil pressed from the Apricot kernel.

### Melrose Wheatgerm Oil (Unrefined)

Expellor pressed Wheatgerm oil is extremely rare as most Wheatgerm oil is solvent extracted. Far superior in taste to solvent extracted Wheatgerm oil. Wheatgerm oil is an original source of vitamin E and octacosanol.

### Melrose Macadamia Oil (Unrefined)

Macadamia oil is very high in monounsaturates - 85% and is therefore suitable for cooking and salads where its flavour adds a difference.

### Melrose Peanut Oil (Refined)

Bland, suitable for salads, sauces & cooking.