

## ***NSW CWA Product of the Week: Grapeseed Oil***

When you go to the Grocery store do you look at the Oil and wonder just what Grapeseed oil is. Grapeseed oil has a mild nutty flavour and is available naturally from varieties of *Vitis Vinifera* grapes. The extraction process is complicated but the result offers many health benefits. It is made from cold-pressing, a mechanical oil extraction method that crushes the seed to release the oil. Cold-pressing helps preserve the nutritional components of the oil and is a method used extensively around the world.

Grapeseed oil contains high quantities of Vitamin E and F and minerals zinc, copper, iron, calcium, phosphorus, magnesium and selenium. It is also known to have numerous health benefits, including assisting in lowering cholesterol absorption due to the monounsaturated fats it contains. Its antioxidants are also considered to be more powerful than Vitamin C.

There are numerous benefits noted for using Grapeseed oil to aid in cosmetic applications such as reducing acne, aiding skin tightening (due to the astringent which is one of the ingredients contained in Grapeseed oil), or as a moisturiser reducing skin aging. These benefits can be achieved by placing a few drops of Grapeseed oil onto the palm of your hands, rubbing them together then massaging into your skin. Due to its lightness it is easily absorbed.

But the benefits in cooking come not only from the health benefits contained naturally in Grapeseed oil but in its ability to handle high temperatures without smoking, splattering or burning. Its high smoke point allows it to reach 250<sup>0</sup>C without burning.

So why not try something different for your health using ingredients you probably already have in your home.

### **Recipe**

#### **Oat Pancakes**

##### **Ingredients:**

- ¾ cup rolled oats
- 1½ cups buttermilk
- ¾ cup wholemeal flour
- 1½ teaspoon baking powder
- ¾ teaspoon baking soda
- ½ teaspoon grated nutmeg
- ¼ teaspoon salt
- 1 large egg
- 2 tablespoons Grapeseed oil
- 1 tablespoon brown sugar
- 1 tablespoon Grapeseed oil for the pan

##### **Method:**

1. Soak the oats in 1 cup of buttermilk for at least 10 minutes.
2. In a large bowl, whisk together the flour, baking powder, baking soda, nutmeg and salt.
3. Make a well in the centre and add the egg, Grapeseed oil, brown sugar, and remaining buttermilk. Then add the soaked oats and mix well.
4. Heat a lightly oiled skillet over medium heat and using a ¼ cup measure drop the mixture onto the pan. Do not crowd the pan and cook for 1½ - 2 minutes on each side.
5. Keep warm in a 100<sup>0</sup>C oven. These pancakes can also be frozen by placing in a resealable bag for another day.