

DIFFERENCES IN SENSORY AND CHEMICAL PARAMETERS OF COLD PRESSED, REFINED AND DOUBLE REFINED SUNFLOWER OIL

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Abstract

The study evaluated the sensory and physicochemical characteristics of cold-pressed sunflower oil (CPSO), refined sunflower oil (RSO), and double-refined sunflower oil (DRSO). The aim of this study was to assess and compare the quality of cold-pressed, refined, and double-refined sunflower oil through sensory and physicochemical analyses. Sensory analysis indicated that CPSO received the highest overall quality score (18.69 points), being appreciated for its pleasant taste and aroma similar to sunflower seeds, while DRSO obtained the lowest sensory score. Physicochemical determinations showed variations among the oil types in terms of moisture, free acidity, saponification, iodine, and peroxide values. Refining reduced moisture content, acidity and peroxide value, improving oxidative stability and shelf life, while density remained relatively constant.

Key words: oil, sensory analysis, quality indices, self life