
OAK MOUNTAIN WINERY

Our Avocado oil is a hidden treasure. Alone, the flavor of avocado oil is delicious and delicately buttery. Our unique flavor infusions will add depth and flavor to your favorite dishes! All of our avocado oils are GMO free and gluten free.

Its unusually high smoke point and aromatic flavor make it an excellent choice for both high temperature frying and grilling, The higher a fat's smoke point, the more cooking methods you can use it for. The smoke point of an oil or fat is the temperature at which, under defined conditions, volatile compounds occur and smoke becomes visible from the oil. The smoke point indicates the temperature limit up to which that cooking oil can be used. Above the temperature of the smoke point is the flash point, at which the oil can ignite. Avocado oil has a very high smoke point by comparison to other cooking oils. It will not burn or smoke until it reaches 520 F (271 C), which makes it ideal for grilling, sautéing, and stir frying. It will retain its healthy properties and flavor while cooking at high heat

Smoke Point

- Avocado Oil 520°
- Peanut Oil 450°
- Canola Oil 400°
- Coconut Oil 350°
- Butter 350°
- Extra Virgin Olive Oil 320°

Our Avocado Oil is GMO free, gluten free and Certified Organic! Great for skin and hair care. Excellent in salads and in cooking and baking also. Contains no cholesterol, no artificial flavor or colors added. Excellent for use in all your baking needs. Substitute avocado oil for olive oil in all your recipes. Here is one of our favorite recipes:

Lemon Pesto Pasta Salad:

Pesto Dressing:

- 2 garlic cloves
- 3 Tbs. toasted pine nuts
- 1 1/2 cups fresh basil leaves
- 1/2 cup fresh flat-leaf parsley leaves
- 1/4 cup grated Parmesan cheese
- 1 tsp. lemon zest
- 1 1/2 cups Oak Mountain Coastal Lemon Avocado Oil
- Salt and pepper

In a food processor, add garlic, pine nuts, basil, parsley, cheese, and lemon zest. Pulse until ground to a fine paste. Slowly drizzle in the avocado oil as the processor is running. Add salt and pepper to taste.

Pasta Salad:

- 1 8oz box of farfalle pasta
- Mixed salad greens
- Cherry tomatoes, halved, for garnish

Cook farfalle pasta according to package directions. Pour pesto dressing over the pasta and chill in the refrigerator. Place pasta on top of mixed greens, garnish with cherry tomatoes and serve.

NEW FLAVORS!!!

Our Modena gourmet balsamic vinegars are deliciously rich and thick balsamic vinegars that begin with grape must -- whole pressed grapes complete with juice, skin, seeds and stems. It's then carefully processed and aged for years before it can bear the name of "balsamic".

Traditional Balsamic: Our Traditional balsamic has a rich, mellow sweetness. It is delicious drizzled over fresh berries, assorted cheeses, grilled meats and seafood, and even ice cream!

Flavored Balsamics: Our Flavored balsamic vinegars are infused with a variety of delectable flavors. Try our red varieties: Mission Fig, Blackberry, Dark Chocolate, Raspberry, Bordeaux Cherry, and Pomegranate. Or our white varieties: Strawberry, Peach and Pear.

Uses: Balsamic vinegars go nicely with a number of dishes, both savory and sweet. Our white balsamic vinegars are ideal for fresh vinaigrettes and dip, and perfect for cocktails.

Our red balsamics are sweeter and make excellent marinades and finishing drizzles. Also, great on ice cream or berries!

Pair one of our balsamic vinegars with one of our Avocado Oils or Olive to make dressings or a tasty dipping sauce to serve with your favorite crusty bread. Try this vinaigrette recipe on your salad!

Summer Salad Vinaigrette:

- 1/4 cup White Pear Balsamic Vinegar
- 3/4 cup Tuscan Herb Avocado Oil
- 2 teaspoons Dijon mustard
- Dash of salt and pepper

Try one of our new flavors and let us know what you think!

[SHOP AVOCADO OILS NOW!](#)

Avocado Oils & Balsamic Vinegars

Avocado Oils

Chipotle Avocado Oil	Tuscan Herb Avocado Oil
Roasted Garlic Avocado Oil	Lemon Pepper Avocado Oil
Natural Avocado Oil	Toasted Onion Avocado Oil
Roasted Chili Avocado Oil	Blood Orange Avocado Oil
Coastal Lemon Avocado Oil	Key Lime Avocado Oil

Balsamic Vinegars

Bordeaux Cherry Balsamic Vinegar	Mission Fig Balsamic Vinegar
Blackberry Balsamic Vinegar	Strawberry White Balsamic Vinegar
Raspberry Balsamic Vinegar	Pear White Balsamic Vinegar
Traditional Balsamic Vinegar	Peach White Balsamic Vinegar
Pomegrante Balsamic Vinegar	Dark Cherry Balsamic Vinegar
Fig Balsamic Vinegar	Apple Balsamic Vinegar

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