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Look Before You Eat

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We love to have delicious food, isnâ€™t it? But have we ever given it a thought that the food that we eat outside, places such as big restaurants, country side pubs or even street side vendors are hygienic or not? Most of us love to consume food of restaurants rather than hygienic home made food as the home made food is simple in taste. Some of us tend to ignore the fact that the food cooked by our mother and sister are much healthier then the food of the market. Excess oil isnâ€™t poured by our family members in the food they cook for all of us. In contrast to it, Restaurants made food are excessively oily but also many of us are lured by those unhygienic foods.

Whether food is made in home or delicious dishes are being prepared in restaurants one must be aware of the oil refining process, the process of vegetable oil extraction and vegetable oil processing. The knowledge of these terms can save thousands of lives. Thus, letâ€™s share some of the useful information beneficial for all of us.

Vegetable oil extraction process is generated from a seed from which oil is pressed out. It is even usable without letting it go through any kind of process of refining, bleaching and even deodorizing. Here, they take great care of the natural smell, color, look, appearance and taste of the oil. Nevertheless, in order to meet the necessary standards it is mandatory to be categorized as profitable and commercial marked oil. Further in this process of oil refining vegetable oil is produced by seed oil where it is pressed and processed further using precise methods.

We havenâ€™t ever thought that the oil which is used by the restaurants have got comparatively high smoke temperature as the low smoke or we can call it safe smoke temperatures cannot be touched by the oil which is made from a seed oil pressed without making the use of additional refining, bleaching and deodorizing methods. Restaurants are not the only market buyers to be blamed for commercial grade vegetable oil. To say specifically, many such restaurants ask for oils free seed which carry the natural tastes of the delicious food to which many of their customers are not familiar with.

Now, letâ€™s turn up to biodiesel oil refining process which is also important for all of us know. As, today more and more persons and officialdoms are using biodiesel to fuel their vehicles. Regarding this context, one must be ensured that oil is up to commercial grade standards as safety of the pillion driver and performance of the vehicle is of great concern. Thus, one must have some knowledge of how oil refining process is carried out.

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