The Making of margarine
**What is margarine made of?**
Basically, margarine consists of three ingredients:
- a carefully selected blend of naturally healthy liquid vegetable oils containing essential fats that the body needs but cannot make;
- a little bit of solid plant fat to give margarine its pleasurable texture;
- and water.

Essential fats are important as they keep the cell membranes of all the cells in our body flexible, play an important role in maintaining heart health and are building blocks messenger molecules.

**Where do the vegetable oils come from?**
From more than thousands of farms! As the worlds biggest vegetable oil buyer, we have established a quality system to guarantee that only the best quality oils are used for our margarines. Part of the quality system is that we work together with farmers. Despite the fact that thousands of farms deliver oil to us, we know quite some farmers personally: we have visited them to share learnings on how to grow high quality crops.

**The farmers have the ‘know-how’**
Once the sun and rain have done their work, the farmers know exactly the right moment to harvest the plants to collect the best seeds or beans.

**From seeds to oils**
After harvesting, the seeds or beans are pressed and oil is obtained. Subsequently the oil is purified to reduce dominant plant colors, flavors and odors. The resulting oils are similar to the vegetable oils that you buy in your supermarket.

**To the vegetable oils we add valuable ingredients**
Certain vitamins can only be carried by fat, as they are fat soluble. Vitamins A, D and E are fat soluble vitamins. Many vegetable oils, of which margarine is made, are naturally rich in vitamin E. In addition, food legislators in many countries ask us to fortify our margarines with vitamins A and D, because they are a simple and healthy daily food source. Carotenoids, known as the components that give color to carrots, tomatoes and pumpkin, are added to give margarine its yellow color. Flavor gives margarine its subtle, pleasant taste and to ensure freshness, a commonly used food preservative (potassium sorbate) is sometimes added.
Vitamin A is essential for good eyesight, vitamin D for strong bones, muscles and teeth and vitamin E for the protection of body cells. Margarine is a good source of these vital nutrients!

**Making oil spreadable**

To make the large amount of liquid oils spreadable, a little bit of solid plant fat from palm trees is needed. Although simply mixing the liquid and solid plant fats would be enough for a margarine made at home and consumed on the same day, it is not suitable for a supermarket product. Therefore, we apply commonly used processes that improve the texture and the melting properties of the solid plant fats. These processes make it possible to create high quality margarines rich in healthy essential and unsaturated fats, low in unhealthy saturated fats and virtually free of another unhealthy fat: trans fat.

**Mixing oil and water**

The blend of vegetable oils and fats is subsequently mixed with water, milk proteins, citric acid (like in lemon juice) and salt, depending on local taste preferences. Lecithin (also present in egg yolk) is added to help mix the oil and water easily.

In the final step the oil and water mix is cooled down while stirring continuously to make it smooth and soft. Just like you do when you prepare home-made ice cream.

That’s how margarine is made. It only has to be packed and delivered to your local store, before it arrives in your shopping cart!
Besides quality, we also care about the environment!
Vegetable oils and fats are the basis of our products. Therefore we need to ensure a sustainable healthy growth of our crops. Together with partners, like farmers and distributors, we promote usage of sustainable palm and soybean oil and we are working on criteria for sustainable rapeseed / canola and sunflower oil.

Together with our partners we feel responsible for protecting our environment. Now and in the future.

So, remember…
Margarine is a good fat because it is made from a carefully selected blend of healthy vegetable oils. By making margarine we harness the goodness of plant nature and turn it into a simple multi-talented product that is healthy and enjoyable for every day!

Try it yourself with this recipe for homemade margarine

1 Melt 20g of solid vegetable fat in a bowl using the microwave or au bain marie (it can be coconut fat or palm fat - Palmaline, you can buy in a organic food shop).
2 Add 3 table spoons (30g) of vegetable oil (e.g. sunflower oil) to the bowl and put the bowl in ice water.
3 Mix the content of the bowl at the lowest speed of the mixer.
4 Take the bowl out of the ice water and add 2 tea spoons of milk and 2 tea spoons of egg yolk (raw or pasteurized). Start mixing until you have a smooth and soft margarine.
5 Add salt, lemon juice, pepper or herbs to your own liking.

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