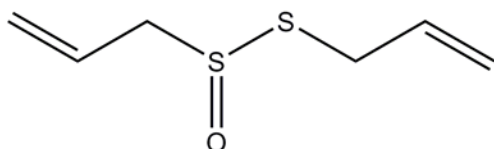




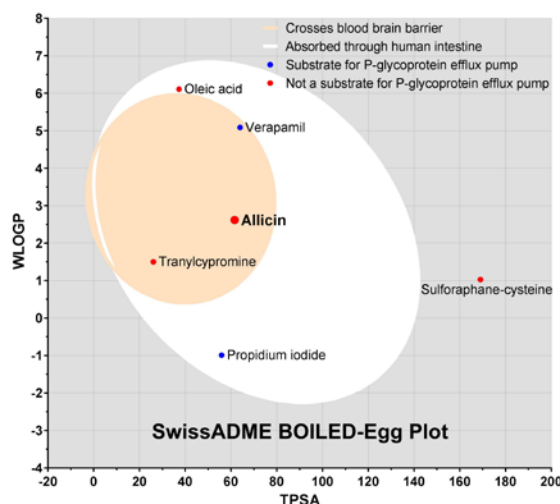
## OliveNet™ Newsletter

### Molecule of the month

#### Allicin



Allicin (diallyl thiosulfinate) is a sulphur-containing compound found in garlic, responsible for its characteristic smell and taste. It is a defence molecule, produced when garlic is chopped or crushed against attacks by pests. Allicin is a potent microbial compound, also possessing antioxidant and anti-inflammatory properties. It has been investigated for its biological activity in diseases such as cardiovascular disease and anticancer effects.



We analysed allicin using SwissADME and the results indicate that allicin is absorbed through human intestines, and is predicted to cross the blood-brain-barrier. The analysis indicates that allicin is not a substrate for the P-glycoprotein pump, and was also shown to not inhibit certain liver isoenzymes.

### Julia Liang's recipe of the month

#### Aioli

Apart from being a talented McCord Research molecular modelling scholar, Julia Liang is an avid "foodie". This month Julia has prepared aioli – a classic Mediterranean sauce made from garlic and olive oil. This rich and creamy sauce forms the perfect accompaniment to almost any meal, and is quick to make too!



[Approximate calculations: Total EVVO = 250 mL (232 g); Serves 16. Per serve = 127 calories (or 6.4% of 2,000 calorie diet), 14.5 g EVVO (or 29% of typical daily recommendation), ~3.6 mg olive polyphenols (assuming 250 mg/kg in average EVOO)]

For further details please see our [OliveNet Library Facebook page](#) and visit [Julia's Cooking Revista](#).

**\* All of Julia's recipes are tried and tested.**

### Upcoming events

China International Edible Oil & Olive Oil Forum;  
May 14 – 16, 2019; Shanghai, China  
<http://www.eoliveoil.com/olive-oil/index.html>

International Fair of the Olive Oil and Allied Industries;  
May 15 – 18, 2019; Jaén, Spain  
<http://www.expoliva.com/expoliva2019/>