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The invention relates to the fat and oil industry, namely to a method for stabilizing vegetable oils.

The method, according to the invention, comprises the introduction into sunflower or corn oil, or walnut oil, or grapeseed oil of a fat-soluble extract of sea buckthorn or hawthorn, or rose hips in an amount of 0.5...10% by vol., up to a total carotenoid content of 25...250 mg/L, at the same time the fat-soluble extract is obtained by convective drying of raw material, grinding thereof, mixing of the ground raw material with oil, ultrasonic extraction of bioactive components with stirring, separation of the fat-soluble extract from the solid phase by centrifugation with subsequent filtration.

Claims: 1