

Oils & Fats

Knowing what type of oil to use depending on what you are making will enhance the flavor and prevent burnt or unwanted flavors in your dish. Here are some fats and oils and how they should be used.

Fat	Ideal for:	Smoke Point
Unrefined canola, sunflower or safflower, sesame oil	Dressing, Finishing	225°F
Butter	Baking, Dressings, Finishing	250-350°F
Unrefined olive, corn, peanut, walnut oil	Baking, Dressings, Finishing	320°F
Coconut Oil, Unrefined Sesame Oil	Baking, Dressings, Finishing	350°F
Macadamia Oil	Baking, Dressings, Finishing	380-390°F
Refined Canola, semi-refined walnut oil	Baking, Dressings, Finishing	400°F
Extra Virgin Olive Oil	Baking, Dressings, Finishing	405°F
Refined Sesame Oil	Light Sauté, Dressings, Finishing	410°F
Virgin Olive Oil	Light Sauté, Dressings	420°F
Almond, Hazelnut Oil	Dressing, Finishing	430°F
Refined Canola, Olive Oil	Cooking, Frying	435°F
Refined Peanut, Sunflower Oil	Cooking, Frying	440-450°F
Soybean, Safflower Oil	Cooking, Frying	490-510°F
Avocado Oil	Cooking, Frying	520°F

* Store all oils in a cool, dry place unless otherwise directed by the manufacturer.

