

Oil Smoke Points

An oil's smoke point is the maximum temperature you should heat it to. If taken past this temperature, it will start to burn and smoke. Heating past its smoke point can make food taste burnt, destroy beneficial nutrients and phytochemicals found in many unrefined oils, and even become carcinogenic.

Highest Heat Oils

- Avocado oil
- Peanut oil (refined)
- Safflower oil
- Sunflower oil
- Almond oil
- Vegetable oil (refined)

Use for frying, stir frying, sautéing, broiling, or any other high-heat cooking methods.



Medium Heat Oils

- Grapeseed oil
- Olive oil (refined)
- Sesame oil (refined)
- Canola oil
- Walnut oil
- Macadamia nut oil
- Lard

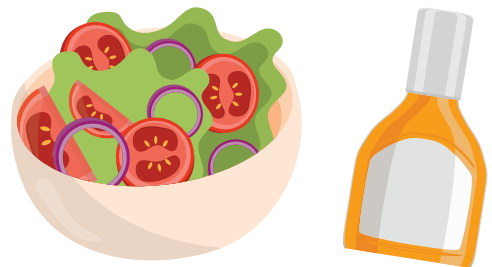
Use for baking, sautéing on medium heat, marinades, sauces, simmering, and dressings.



Low Heat Oils

- Hemp seed oil
- Corn oil
- Coconut oil
- Peanut oil (unrefined)
- Extra virgin olive oil
- Butter

Use for low-medium heat cooking, sautéing, and sauces. Usually fuller flavors for finishing part of a dish.



No Heat Oils

- Flaxseed oil (unrefined)

Use in salad dressings and no-cook marinades.