

10 HEALTHY COOKING OILS

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KITCHEN

OIL	TYPE	HEAT	FLAVOR PROFILE	USES
Avocado Oil	Unsaturated	High (+500° F)	More neutral in flavor, slight hint of avocado	Cooking / Baking, Dressings, Finishing Oil
Butter	Saturated	Medium (up to 350° F)	Rich and creamy	Cooking / Baking, Spread
Coconut Oil	Saturated	Unrefined - 350° F Refined - 450° F	Can range from mild coconut flavor to heavier coconut flavor	Cooking / Baking, In beverages and other non-cooked foods
Flaxseed Oil	Unsaturated	Unrefined - Low - 225° F	Lightly nutty flavor	Dressings, Finishing Oil
Ghee (Clarified Butter)	Saturated	High (375° - 485° depending on clarity)	Rich, buttery flavor	Cooking / Baking, Spread
Lard - Pork Fat (Un-hydrogenated)	Saturated	Up to 370° F	Generally neutral in flavor	Cooking / Baking (especially pastry)
Olive Oil (Extra Virgin or Virgin)	Unsaturated	Extra Virgin - Low (up to 325° F) Virgin - Medium (up to 400° F)	Can vary from mild, buttery to rich, robust, grassy and peppery.	Cooking / Baking, Dressings, Finishing Oil
Sesame Oil	Unsaturated	Unrefined - Medium (up to 350° F) Refined - High (up to 445° F)	Medium to strongly nutty, sesame flavored; use sparingly	Cooking, Dressings, Finishing Oil (use sparingly)
Tallow - Animal Fat	Saturated	High - up to 400° F	Can vary from neutral to very light beef flavor	Cooking
Walnut Oil	Unsaturated	Unrefined - Low (up to 320° F) Refined - High (up to 400° F)	Can vary from light nuttiness to strong walnut flavor	Cooking, Dressings, Finishing Oil (use sparingly)