

A glass bottle of yellow oil with a stopper, set against a background of white and pink cherry blossoms. The bottle is on the right side of the image, and the blossoms are scattered across the left and top. The oil is a bright yellow color, and the stopper is clear glass.

**The Checklist**

# **FATS AND OILS**

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# FATS and OILS

## The Checklist

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The fats and oils listed here are based upon their stability towards high-temperature cooking. The more stable the oil or fat is, the more it will tolerate high temperatures. You will find here the best temperature to cook them as well.

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# Oils and Fats best to bake, sauté and fry

FATS AND OILS	SMOKING POINT
AVOCADO OIL *	520°F / 270°C
COCONUT OIL *	350°F to 450°F 175°C to 230°C
BUTTER/GHEE **	300°F to 480° 150°C to 250°C
PALM OIL *	455°F / 235°C
TALLOW / SUET (BEEF FAT) **	400°F / 205°C
LARD / BACON FAT (PORK FAT) **	375°F / 190°C
DUCK FAT **	375°F / 190°C
OLIVE OIL *	375°F / 190°C
CACAO BUTTER *	370°F / 185°C

\* These oils are best purchased in dark bottles, organic and unrefined.

\*\* These fats are best when from pasture raised, grass-fed and organic sources.

# Oils and fats best for quick sauté and cold use

<b>FATS AND OILS</b>	<b>SMOKING POINT</b>
MACADAMIA NUT OIL *	410°F / 210°C
SESAME SEED OIL *	450°F / 230°F
FLAXSEED OIL *	Cold use only
AVOCADO (THE FRUIT)	LESS THAN 300°F / 150°C OR COLD USE
OLIVES	LESS THAN 300°F / 150°C OR COLD USE
FATTY FISH BONE MARROW	LESS THAN 300°F / 150°C OR COLD USE
COCONUT MILK	LESS THAN 300°F / 150°C OR COLD USE
COCONUT BUTTER	LESS THAN 300°F / 150°C OR COLD USE
UNSWEETENED DRIED COCONUT	LESS THAN 300°F / 150°C OR COLD USE

\* These oils are best purchased in dark bottles, organic and unrefined.



# Oils and Fats best to avoid PART I

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<b>FATS AND OILS</b>	<b>SMOKING POINT</b>
SAFFLOWER OIL	225°F to 510°F to 265°C
CANOLA OIL	400°F / 205°C
SUNFLOWER OIL	225°F to 440°F / 105°C to 225°C
SOYBEAN OIL	495°F / 255°C
CORN OIL	445°F / 230°C
GRAPESEED OIL	420°F / 215°C
WALNUT OIL	400°F / 205°C
VEGETABLE SHORTENING	330°F / 165°C



# Oils and Fats best to avoid PART II

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**Spray oils**

**Margarine**

**Vegetable oils**

**Hydrogenated oils**



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