

# THE ROOT OF FLAVOR: oils

BY *Katherine's*  
Catering • Event Planning

	Saturated Fat	Smoke Point
<b>PUMPKIN Seed Oil</b> <i>Uses: sautéing, frying, salad dressing</i>	8%	250F
<b>Hemp Oil</b> <i>Uses: sautéing, salad dressing</i>	9%	329F
<b>COCONUT Oil</b> <i>Uses: baked goods, non-dairy sweetener</i>	92%	351F
<b>Olive Oil</b> <i>Uses: all-purpose</i>	14%	374F
<b>Canola Oil</b> <i>Uses: all-purpose</i>	6%	399F
<b>Walnut Oil</b> <i>Uses: sautéing, salad dressing</i>	9%	399F
<b>Grapeseed Oil</b> <i>Uses: sautéing, frying, salad dressing</i>	12%	399F
<b>Macadamia Oil</b> <i>Uses: all-purpose</i>	12.5%	410F
<b>COTTONseed Oil</b> <i>Uses: frying, salad dressing</i>	24%	421F
<b>ALMOND Oil</b> <i>Uses: stir fry, baking, sauces</i>	8%	430F
<b>Palm Oil</b> <i>Uses: sautéing, baking</i>	52%	446F
<b>PEANUT Oil</b> <i>Uses: sautéing, frying, salad dressing</i>	18%	448F
<b>Sesame Oil</b> <i>Uses: sautéing, searing, frying, salad dressing</i>	14%	450F
<b>CORN Oil</b> <i>Uses: frying, baking, salad dressing</i>	13%	457F
<b>SOYbean Oil</b> <i>Uses: sautéing, salad dressing</i>	15%	466F
<b>SUNFLOWER Oil</b> <i>Uses: sautéing, salad dressing</i>	11%	475F
<b>Tea Seed Oil</b> <i>Uses: all-purpose</i>	22%	486F
<b>MUSTARD Oil</b> <i>Uses: all-purpose</i>	13%	489F
<b>Rice BRAN Oil</b> <i>Uses: all-purpose</i>	20%	489F
<b>SAFFLOWER Oil</b> <i>Uses: sautéing, salad dressing</i>	10%	509F
<b>Avocado Oil</b> <i>Uses: sautéing, searing, dipping</i>	12%	520F

**SMOKE POINT:** This is the temperature at which the oil starts to smoke (and therefore go bad), so depending on your cooking method (sautéing, frying, etc) you want to choose an oil that will heat up to the appropriate temperature without smoking.

**SATURATED FATS:** Raises blood cholesterol