

# Chef Todd Mohr's Web Cooking Classes.com

## Smoke Point of Common Oils

Almond Oil	430 F	221 C
Avocado Oil:	520 F	271 C
Butter	300 F	150 C
Canola Oil:	468 F	242 C
Coconut Oil	350 F	177 C
Corn Oil:	457 F	236 C
Cottonseed Oil	420 F	216 C
Flaxseed Oil	225 F	107 C
Hazelnut Oil	430 F	221 C
Hemp Seed Oil	330 F	165 C
Grapeseed Oil	400 F	204 C
Lard	360-400 F	140-200C
Margarine	300 F	150C
Macadamia Nut Oil	389 F	198 C
Mustard Oil	489 F	254 C
Olive Oil: Extra Virgin	375 F	190 C
Virgin	420 F	215 C
Olive Oil	438 F	225 C
Extra Light	468 F	242 C
Palm Oil	446 F	230 C
Peanut Oil:	450 F	232 C
Safflower Oil:	510 F	265 C
Sesame Oil : Unrefined	350 F	177 C
Sesame Oil : Refined	450 F	232 C
Shortening, Vegetable	370 F	187 C
Soy Oil	495 F	257 C
Sunflower Oil:	475 F	246 C
Walnut Oil, Unrefined	320 F	160 C

### Matching the Correct Oil to the Right Cooking Method

#### Cooking At, or Below 212 F

##### Low-temperature pan fry or poach

Unrefined canola oil (smoke point is below 225 F)  
 Unrefined flaxseed oil (smoke point is below 225 F)  
 Unrefined safflower oil (smoke point 225 F)  
 Unrefined sunflower oil (smoke point is below 225 F)

#### Cooking from 212 F to 320 F

##### For delicate, light Saute items

Unrefined corn oil (smoke point is below 32 F)  
 Unrefined peanut oil (smoke point is below 320 F)  
 Semirefined safflower oil (smoke point is below 320 F)  
 Unrefined soy oil (smoke point is below 320 F)  
 Unrefined high-Oleic sunflower oil (smoke point is below 320 F)  
 Unrefined walnut oil (smoke point is below 320 F)

#### Cooking from 320 F to 450 F

##### High heat quick sauté, stir fry, or deep fry

Semirefined canola oil (smoke point is below 350 F)  
 Refined canola oil (smoke point is below 400 F)  
 Refined corn oil (smoke point is below 450 F)  
 Unrefined olive oil (smoke point is below 320)  
 Refined peanut oil (smoke point is below 450 F)  
 Refined safflower oil (smoke point is below below 450 F)  
 Unrefined sesame oil (smoke point is below 350 F)  
 Semirefined sesame oil (smoke point is below 450 F)  
 Semirefined soy oil (smoke point is below 350 F)  
 Refined soy oil (smoke point is below 450 F)  
 Semirefined sunflower oil (smoke point is below 450 F)  
 Refined high-oleic sunflower oil (smoke point is below 450 F)  
 Semirefined walnut oil (smoke point is below 400 F)

#### Cooking over 450 F

##### High, intense heat for stir fry or deep frying

Refined avocado oil has a smoke point of below 520 F,  
 the highest temperature of all the plant oils.