

COOKING OIL SMOKE POINTS

Understanding the smoking point for oil is essential for making the most out of your home-cooked meals.



WHAT IS SMOKE POINT?

As fats and oils break down under heat, they create smoke corresponding to an oil's smoke point, or burning point. The higher the smoke point, the more heat an oil can take before burning or breaking down.



COMMON COOKING OIL SMOKE POINTS AND APPLICATIONS

Peanut Oil

Smoke Point: 450°F/232°C
Perfect for: Frying, Stir-frying

Blend Oil

Smoke Point: 428°F/220°C
Perfect for: Frying, Searing, Stir-frying

Vegetable Oil/Grapeseed Oil

Smoke Point: 400-450°F/204-232°C
Perfect for: Stir-frying, Roasting, Sautéing

Canola Oil

Smoke Point: 400°F/204°C
Perfect for: Frying, Searing, Stir-frying

Coconut Oil

Smoke Point: 350°F/177°C
Perfect for: Sautéing, Searing

Olive Oil

Smoke Point: 325-375°F/163-190°C
Perfect for: Sautéing, Searing, Pan-frying



428°F+

400°F+