

# SMOKE POINTS OF COOKING OILS

Unrefined flax seed oil	225° F	High-quality extra virgin olive oil	405° F
Unrefined safflower oil	225° F	Sesame oil	410° F
Unrefined sunflower oil	225° F	Cottonseed oil	420° F
Unrefined corn oil	320° F	Grapeseed oil	420° F
Unrefined high-oleic sunflower oil	320° F	Virgin olive oil	420° F
Extra virgin olive oil	320° F	Almond oil	420° F
Unrefined peanut oil	320° F	Hazelnut oil	430° F
Semi-refined safflower oil	320° F	Peanut oil	440° F
Unrefined soy oil	320° F	Sunflower oil	420° F
Unrefined walnut oil	320° F	Refined corn oil	450° F
Hemp seed oil	330° F	Palm oil	450° F
Butter	350° F	Palm kernel oil	450° F
Semi-refined canola oil	350° F	Refined high-oleic sunflower oil	450° F
Coconut oil	350° F	Refined peanut oil	450° F
Unrefined sesame oil	350° F	Semi-refined sesame oil	450° F
Unrefined sesame oil	350° F	Refined soy oil	450° F
Semi-refined soy oil	350° F	Semi-refined sunflower oil	450° F
Vegetable shortening	360° F	Olive pomace oil	460° F
Lard	370° F	Extra light olive oil	468° F
Macadamia nut oil	390° F	Ghee (clarified butter)	485° F
Canola oil (expeller pressed)	400° F	Rice bran oil	490° F
Refined canola oil	400° F	Refined safflower oil	510° F
Semi-refined walnut oil	400° F	Avocado oil	520° F

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