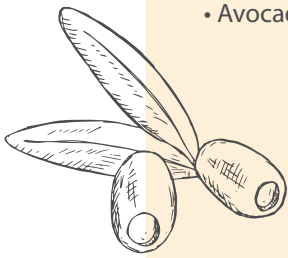


# Choosing the Right Oils for Cooking, Baking, and Frying

## For Frying and Sautéing

### For moderate temperatures (vegetables, meat and fish):

- Olive oil
- Cold-pressed canola oil
- Butter or clarified butter
- Avocado oil for vegetables



### For high temperatures (deep-frying, stir-frying, schnitzel, steaks):

- Clarified butter
- Canola oil
- Coconut oil
- Palm kernel oil

### For very high temperatures:

- High-oleic oils (HO oils, such as high-oleic rapeseed oil)

## For Cold Dishes

- Linseed oil
- Pumpkin seed oil
- Olive oil
- Canola oil
- Walnut oil

## For Baking

- Refined canola oil
- Coconut oil
- Refined sunflower oil
- Olive oil

