

Oil Alternatives

Almost all Hestan Cue recipes utilize some type of oil or butter. We use canola oil in many of our recipes because of its relatively high smoke point and neutral flavor, however you can substitute with any of our recommended “high temperature” oils. Below are some of our favorites.

High Temps (Searing, Sautéing, Frying)

These can be used for all preparations, but we added the flavor column to help you decide when to use each. Those with stronger flavor profiles will alter the flavor of a dish.

FAT/OIL	SMOKE POINT	FLAVOR PROFILE
Avocado Oil	520 F / 271 C	Neutral
Safflower Oil†	500 F / 260 C	Neutral
Ghee/Clarified Butter	485 F / 252 C	Strong
Refined Grapeseed Oil†	480 F / 260 C	Neutral
Corn Oil	450 F / 232 C	Neutral
Vegetable (Soybean) Oil	450 F / 232 C	Neutral
Peanut Oil	450 F / 232 C	Medium
Sunflower Oil†	450 F / 232 C	Neutral
Palm Oil†	450 F / 232 C	Neutral

Medium Temps (Sautéing, Frying, Sweating)

These have lower smoke points and more complex flavor profiles so they are better used in lower temperature cooking to enhance a dish.

FAT/OIL	SMOKE POINT	FLAVOR PROFILE
Extra Virgin Olive Oil°	330 F / 166 C	Strong
Butter	350 F / 178 C	Strong
Coconut Oil†	350 F / 178 C	Strong
Lard (Pork Fat)	370 F / 188 C	Strong
Duck Fat	375 F / 190 C	Strong
Schmaltz (Chicken Fat)	375 F / 190 C	Strong
Tallow (Beef Fat)	400 F / 205 C	Strong
Sesame Oil†	410 F / 210 C	Strong

†Many oils have a refined variety, these usually have a higher smoke point and for this reason are recommended for higher temperature cooking.

°There are many different types of olive oil on the market, all with different uses. Here are the terms and smoke points for each: **Extra Virgin** (no refinement) 330 F / 166 C, **Virgin** (no refinement) 400 F / 205 C, **Extra Light** (refined) 468 F / 242 C.