

Recommended Cooking Oil

Almost all Hestan Cue recipes use some kind of oil to ensure excellent results and enhance flavor. Usually we turn to canola oil because its high smoke point and neutral taste make it one of the most versatile options around. But it's just one drop in a sea of choices. Use this chart as a guide to choosing the perfect oil for whatever you want to cook.

SMOKE POINT

520°F
271°C

AVOCADO OIL

SMOKE POINT 520°F 271°C | FLAVOR NEUTRAL

Rich in monounsaturated fats and mildly buttery, it also has an impressively high smoke point.

500°F
260°C

SAFFLOWER OIL*

SMOKE POINT 500°F 260°C | FLAVOR NEUTRAL

A very high smoke point and completely neutral flavor make it ideal for deep frying.

485°F
252°C

GHEE / CLARIFIED BUTTER

SMOKE POINT 485°F 252°C | FLAVOR STRONG

Made by removing the milk solids in butter, this flavorful fat is perfect for high-heat sautéing.

480°F
249°C

REFINED GRAPESEED OIL*

SMOKE POINT 480°F 249°C | FLAVOR NEUTRAL

A byproduct of winemaking, this oil's clean flavor and high smoke point make it incredibly versatile.

450°F
232°C

CORN OIL

SMOKE POINT 450°F 232°C | FLAVOR NEUTRAL

Neutral-flavored corn oil is interchangeable with vegetable, peanut and sunflower oils.

VEGETABLE (SOYBEAN) OIL

SMOKE POINT 450°F 232°C | FLAVOR NEUTRAL

The cheapest oil at the supermarket and just as multi-purpose as corn, peanut and sunflower oils.

PEANUT OIL

SMOKE POINT 450°F 232°C | FLAVOR MEDIUM

Lightly nutty, it doesn't absorb other flavors, making it ideal when frying a variety of foods.

SUNFLOWER OIL*

SMOKE POINT 450°F 232°C | FLAVOR NEUTRAL

An all-purpose option that's high in heart-healthy polyunsaturated fats and vitamin E.

PALM OIL*

SMOKE POINT 450°F 232°C | FLAVOR NEUTRAL

Commonly used in packaged foods, it's also useful for frying. Look for options from sustainable sources.

410°F
210°C

SESAME OIL*

SMOKE POINT 410°F 210°C | FLAVOR STRONG

Light sesame oil adds nutty flavor to sautés, while the toasted version works best as a finishing oil.

400°F
205°C

TALLOW (BEEF FAT)

SMOKE POINT 400°F 205°C | FLAVOR STRONG

Its meaty flavor enriches savory dishes, while its medium-high smoke point adds versatility.

CANOLA OIL

SMOKE POINT 400°F 205°C | FLAVOR STRONG

A neutral, versatile choice high in healthy fats. Choose expeller-pressed oils, as they aren't produced with solvents.

375°F
190°C

SCHMALTZ (CHICKEN FAT)

SMOKE POINT 375°F 190°C | FLAVOR STRONG

Technically schmaltz is rendered with onion, but even plain chicken fat from pan drippings is delicious.

DUCK FAT

SMOKE POINT 375°F 190°C | FLAVOR STRONG

Even more rich and savory than chicken fat, it can enhance anything with luscious depth, especially vegetables.

370°F
188°C

LARD (PORK FAT)

SMOKE POINT 370°F 188°C | FLAVOR STRONG

Its porky flavor can boost a wide variety of dishes. Choose unprocessed lard from butcher shops.

350°F
177°C

COCONUT OIL*

SMOKE POINT 350°F 177°C | FLAVOR STRONG

Virgin coconut oil is especially rich in flavor, making it a flavorful vegan alternative to animal fats.

BUTTER

SMOKE POINT 350°F 177°C | FLAVOR STRONG

Adds sweet dairy richness to a wide variety of sautéed foods, from fish to vegetables.

330°F
166°C

EXTRA VIRGIN OLIVE OIL**

SMOKE POINT 330°F 166°C | FLAVOR STRONG

High in monounsaturated fats and antioxidants, it has a robust flavor ideal for sautéing and drizzling.

* 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.