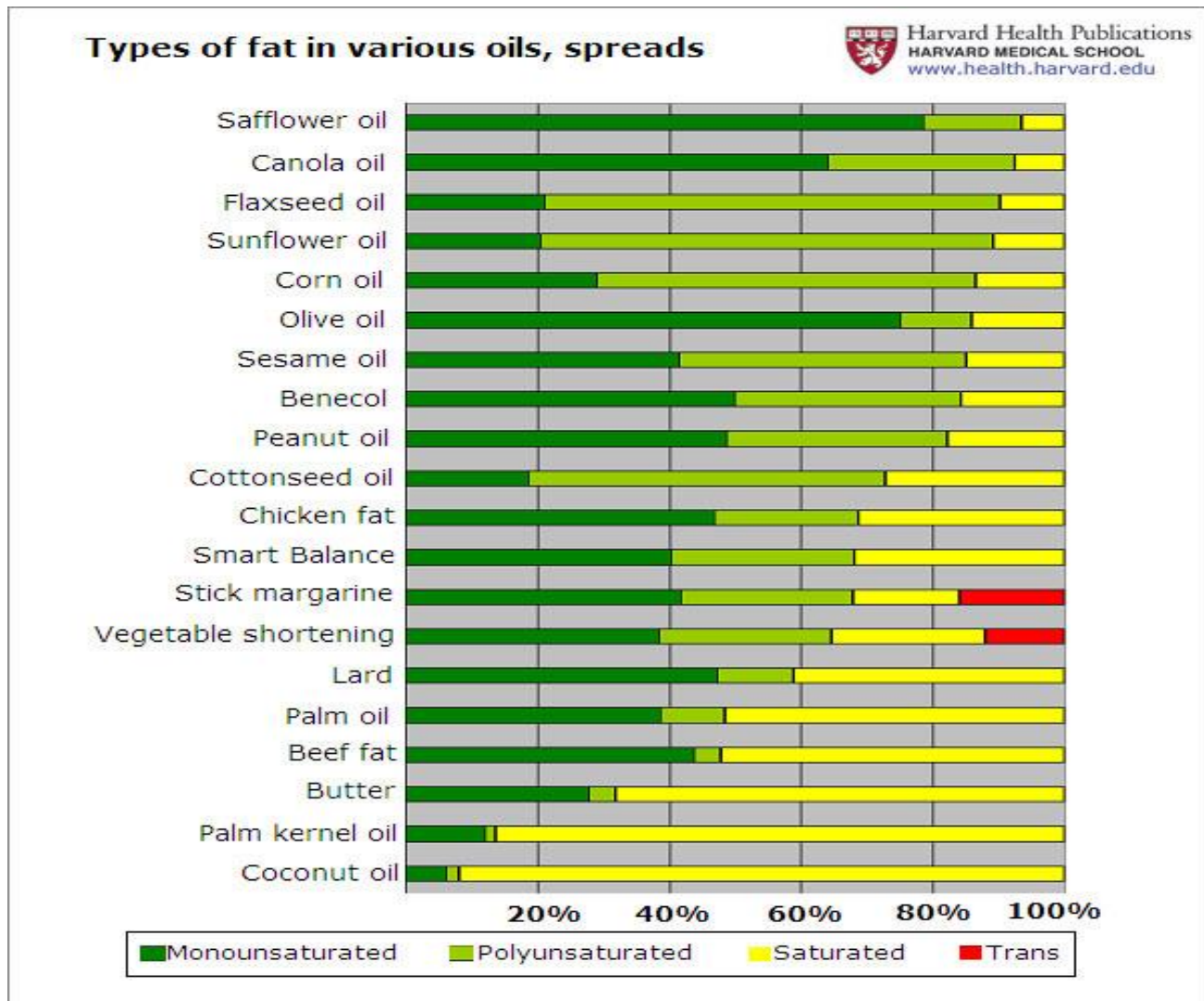


Grate Grinds spices and the use of cooking oils

Throughout the recipes we ask you to spray oil on your meat, chicken, fish or vegetables prior to grinding or spreading on the spice blend. This is a great way to get a light coating of oil on your food as it performs two functions: 1.) the oil is necessary to allow the spices to “bloom” as it is called. Spices are oil soluble, meaning that they react and incorporate with oil to open up their flavors. Water does nothing to open up spices flavors, and 2) the oil acts like “glue” to hold the spice/herb blends onto the food for cooking events like grilling, sautéing or barbequing. The type of oil you use is up to your preference. We use olive oil, even though the rub will over power the oil flavor, in most cases. Olive oil has good health benefits as a fat and it has good flavor, even if we can’t taste it. Use the healthiest oil possible. Below is a basic chart from the Harvard Health Publication on cooking oils at www.health.harvard.edu. Basic rules: Choose oils that are low in saturated fats (bad fats) and high in monounsaturated and polyunsaturated fats (good fats). Don’t use oils with trans-fatty acids (hydrolyzed vegetable oils), tropical oils (palm kernel, palm or coconut) or animal fats (butter, beef fat or lard), as they contain cholesterol. Also try to use oils that have higher smoking points. Below is a chart for reference.



<u>Common Cooking Oil Smoking Points Chart</u>			
In alphabetical order			
Cooking Oil Type	Refinement	Fahrenheit	Celcius
Almond Oil		420°F	216°C
Avocado Oil	Refined	520°F	271°C
Butter		250-300°F	121-149°C
Canola Oil	Refined	400°F	204°C
Coconut Oil	Refined with stabilizers	450°F	232°C
Corn Oil	Refined	232°C	450°F
Cottonseed Oil		420°F	216°C
Flax Seed Oil	Unrefined	225°F	107°C
Ghee (clarified butter)		485°F	252°C
Grapeseed Oil		420°F	216°C
Hazelnut Oil		430°F	221°C
Lard		390°F	192°C
Macadamia Oil		413°F	210°C
Mustard Oil		489°F	254°C
Extra Virgin Olive Oil	Extra virgin	375°F	191°C
Virgin Olive Oil	Virgin	391°F	199°C
Pomace Olive Oil	Pomace	460°F	238°C
Extra Light Olive Oil	Extra Light	468°F	242°C
Palm Oil	Difractionated	455°	235°C
Peanut oil	Refined	450°F	232°C
Safflower Oil	Refined	510°F	266°C
Sesame Oil	Semi-refined	450°F	232°C
Soybean Oil	Refined	460°F	238°C
Sunflower Oil	Refined	440°F	227°C
Vegetable Shortening		360°F	182°C
Walnut Oil	Semi-refined	400°F	204°C