

Oils

Name	Extracted From?	High Heat	Fry Smell**	Allergen*	Use for
Vegetable	Soybean	Yes	Bad	Yes	C, B, F
Peanut	Peanuts	Yes	Good	Yes	C, B, F
Corn	Corn germ (housed in the kernel)	Yes	Bad	No	C, B, F
Coconut (Refined)	Dried Coconut (Copra)	Yes	Good	No	C, B, F, Fi
Coconut (Virgin)	Coconut milk	No	Good	No	C, B, Fi
Palm	Palm fruit	Yes	Good	No	C, B, F
Palm Kernel	Palm seed	Yes	Good	No	C, B, F
Canola	Specialised Rapeseed	Yes	Neutral	No	C, B, F
Grapeseed	Grape pomace ^a	Yes	Good	No	C, B, F
Nut Oil	Dried kernel	No	Good	Yes	C, B, Fi
Sesame	Cold or hot press	No	Good	No	C, Fi
Smoked Sesame	Smoked sesame seed	No	Bad	No	C, Fi
Indian Sesame (Til)	Roasted Sesame Seed	Yes	Good	No	C, Fi
Extra Virgin Olive	First pressing of olive fruit	No	Good	No	C, B, Fi
Virgin Olive	Any oil that's only been pressed	No	Good	No	C, B, Fi
Pure Olive	Mehanical and chemical methods; from olive fruit	Yes	Good	No	C, B, F
Pomace Olive Oil	Olive pomace	Yes	Good	No	C, B, F
Flax	Flax seeds	No	No	No	Fi
Sunflower	Sunflower Seeds	Yes	Neutral	No	C, B, F
Safflower	Safflower seed	Yes	Neutral	No	C, B, F

C is cooking, B is baking, F is frying, Fi is finishing

* Is it a common Allergen

**The smell emitted by deep frying, whether or not it's pleasant. Purely subjective.

^aPomace is the leftovers from other extraction processes. For example, grape pomace is what's left after the winemaking process is done with the grapes. Olive pomace is what's left after higher grade pressings have been completed.