

Cooking Fats

Kitchen

Smoke points, and which fat suits which method.

Approximate smoke points; refining raises them.

Fat	Smoke point	Best for
Butter	150°C	Low heat, finishing
Extra virgin olive oil	190°C	Dressing, gentle frying
Coconut oil	175°C	Medium heat
Rapeseed / canola	200°C	General cooking
Sunflower oil	225°C	Frying
Ghee / clarified butter	250°C	High heat, butter flavour
Refined avocado oil	270°C	Searing

Clarifying butter removes the milk solids that burn. That single step raises its smoke point by about 100°C.