

A GUIDE TO COOKING OIL SMOKE POINTS

| COOKING OIL | °C | °F |
|------------------------|-----|-----|
| Coconut Oil | 177 | 350 |
| Extra Virgin Olive Oil | 190 | 375 |
| Rapeseed Oil | 204 | 400 |
| Olive Oil | 210 | 410 |
| Sesame Oil | 210 | 410 |
| Sunflower Oil | 227 | 440 |
| Groundnut Oil | 227 | 440 |
| Peanut Oil | 232 | 450 |
| Ghee | 250 | 482 |
| Avocado Oil | 271 | 520 |

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