

Jessica Gavin

[Smoke Points of Cooking Oils and Fats - Jessica Gavin](#)

## Smoke point temperatures

FAT / OIL	SMOKE POINT	APPLICATION
Butter	300-350°F (149-175°C)	Saute, quick pan-fry, baking, roasting
Extra-Virgin Olive Oil	325-410°F (163-210°C)	Saute, finishing oil, dressings, marinades, baking
Coconut Oil	350-385°F (175-196°C)	Saute, pan-fry, baking, roasting
Sesame Oil	350-410°F (175-210°C)	Saute, small amount for stir-frying
Vegetable Shortening	360-410°F (180-210°C)	Baking, saute
Lard	370°F (188°C)	Saute, pan-fry, baking, roasting, deep-frying
Grapeseed Oil	390°F (195°C)	Saute, pan-fry, baking, roasting, dressings
Canola Oil	400-450°F (204-230°C)	Searing, saute, pan-fry, stir-fry, baking, roasting, grilling, deep-frying
Vegetable Oil	400-450°F (204-230°C)	Searing, saute, pan-fry, stir-fry, baking, roasting, grilling, deep-frying
Margarine	410-430°F (210-221°C)	Saute, stir-fry, roasting
Corn Oil	410-450°F (210-230°C)	Searing, saute, pan-fry, baking, roasting, grilling, deep-frying
Light/Refined Olive Oil	425-465°F (218-241°C)	Saute, pan-fry, grilling, baking, roasting
Sunflower Oil	440°F (230°C)	Searing, saute, pan-fry, baking, roasting, grilling, deep-frying
Peanut Oil	440-450°F (227-230°C)	Searing, saute, pan-fry, stir-fry, baking, roasting, grilling, deep-frying
Clarified Butter	450°F (230°C)	Saute, pan-fry, baking, roasting
Soybean Oil	450-495°F (230-257°C)	Searing, saute, pan-fry, baking, roasting, grilling, deep-frying
Safflower	510°F (265°C)	Searing, saute, pan-fry, baking, roasting, grilling, deep-frying
Avocado Oil, Refined	520-570°F (271-299°C)	Saute, pan-fry, baking, roasting, grilling, dressings