

Culinary oil smoke points

Culinary Oil	Smoke Point	
	(°F)	(°C)
Sunflower High-oleic	478	248
Canola High-oleic	475	246
Peanut	471	244
Canola	468	242
Safflower High-oleic	468	242
Sunflower	464	240
Corn	453	234
Soybean	453	234
Safflower	446	230
Grapeseed	435	224
Olive Processed	428	220
Extra Virgin Olive	331	166

SOURCE: UNIVERSITY OF LETHBRIDGE

Optimal deep frying temperature: 365-375°F (185-190°C)

Facts about smoke point

Did you know that the smoke point of oil refers to the temperature at which it starts to burn and visibly smoke?

This is a sign that the oil is less stable for cooking and may produce harmful compounds. Canola oil has one of the highest smoke points of all commonly used vegetable oils at 468°F (242°C) which makes it great for all types of cooking – deep frying, pan frying, grilling, sauteing, and even baking.

When you cook with oil that’s been heated past its smoke point, you do more than impart a burnt flavour to foods. Beneficial nutrients and phytochemicals found in many unrefined oils are destroyed when the oil is overheated. Overheating also creates harmful free radicals.

Oil that has been used previously will have a lower smoke point. If your oil’s smoke point is just above 375°F (190°C), which is the normal deep frying temperature, chances are its smoke point will drop below 375°F (190°C) after its first use.

Did you know?

Restaurants will often choose high-oleic canola oil, a canola variety specifically grown for repeated use in deep fryers, to be less susceptible to deterioration during deep frying.