

## HEALTHY FATS IN MY KITCHENS



### 1. **Extra-virgin olive oil**

The best fat to use for all your cooking. Very good to pour a little on top of cooked grains or vegetables once they are on your plate. Do not use for high-heat oven cooking. It has a low smoke point of 320°F and heat makes it susceptible to oxidative damage. Extra light olive oil (highly processed oil) has a high smoke point of 468°F. Olive oil has many health benefits and the #1 staple in our kitchens.

### 2. **Almond oil (refined)**

High smoke point of about 420°F. Great for sautéing, stir fries, baking and also good in desserts because of its natural almond flavor. For gourmet cooking, look for the more flavorful cold-pressed almond oil where it can be appreciated for its delicate, nutty flavor. It is best not to cook at high temperatures with it. Almonds themselves have many health benefits. It is one of the few alkaline protein sources. It has a light, clean flavor that does not alter the taste of the foods. The more unrefined the almond oil, the greater the almond taste.

### **3. Ghee**

Ghee is a purified form of clarified butter used as cooking oil throughout India. It has been purified of all moisture and solids so it can be used at higher temperature and is much more resistant to becoming rancid than clarified butter. 'Highish' smoke point between 410 – 485°F depending on the purity of the ghee. Great in soups, stews, curries, very light heat stir fries. Ghee has been used in cooking and medicines for thousands of years.

### **4. Coconut Oil Extra Virgin**

Unrefined coconut oil (which you definitely want for health benefits) melts at 76°F and smokes at 350°F. It is not good for very high temperature frying but good for lower temperature sautéing. Great in soups, stews, curries, and very light heat stir fries. Wonderful for baking cookies, cakes and pies and chocolate making. Simply add a spoonful on top of your porridge instead of butter, or on your potatoes or vegetables. It is slow to oxidize so is resistant to rancidity. It will last up to two years due to its high saturated fat content. It is best stored in solid form below 76°F. Make sure you buy organic unrefined coconut oil as many commercial coconut oils are refined, bleached, and deodorized containing chemicals. Coconut oil, once thought to be unhealthy saturated fat, is now known for its many health benefits.

### **6. Avocado Oil**

Very high smoke point of 500°F! It can withstand the heat, and is full of healthy fats. Great for sautéing, stir fries, frying, baking — and great in dressings too. The Lowest Smoke Point Oil, not really suitable for cooking, but has many health benefits.

### **7. Flax seed Oil**

Never cook with flax seed oil. It has a very low smoke point of 225°F. You can use a little in salad dressing. Due to its stronger taste and tendency to spoil, I mostly use flax oil as a supplement.