

Corn Oil (Fats and Oils)

Interesting facts: Corn oil was extracted in 1898 and was meant for commercial cooking purposes. The oil was extracted using machinery that was created by Benjamin and Theodore Hudnut, owners of the Hudnut Hominy Co., which was in Indiana. This first corn oil produced by the pair was called mazoil. Corn oil is a main ingredient in some types of margarine. Both vegetable and corn oil contain high amounts of omega-6 polyunsaturated fatty acids. These fatty acids have been linked to increased likelihood of breast cancer in women and prostate cancer in men. Unless organic all corn oil is GMO.

How to select: Use cold-pressed unrefined organic only or avoid using due to pesticide contamination.

How to store: Store at room temperature in a cool area.

How to use: High-temperature cooking and salad dressing.

Sautéing: Due to its high-temperature tolerance, it is used in wok cooking and sautéing.