

Peanut Oil (Fats and Oils)

Interesting facts: It is one of the cooking oils with a high smoke point, 450 °F, which makes this oil good for deep-frying food items. Peanut oil can be either cold-pressed, which has a deep yellow color, a pleasant nutty aroma and sweet flavor, or refined, which is light yellow, has a neutral taste, and is devoid of allergens and impurities. You can also buy roasted peanut oil, which has a deeper flavor and color, and is best used for flavoring, drizzled over dishes, or added to dressings, sauces, and marinades.

The FDA exempts highly refined peanut oil from being labeled as an allergen. Studies show that most individuals with peanut allergy can safely eat peanut oil (but not cold-pressed, expelled or extruded peanut oil – sometimes represented as gourmet oils).

How to select: Select organic peanut oil only as others may be contaminated with other oils.

How to use: Used in sauces, sautéing, and high temperature cooking.