

## Oils (cooking)

Fat or Oil

use below degree F

- Butter – from grass fed cows 350
- Coconut oil 350 (baked goods)
- Lard 370 (replace vegetable shortening)
- Macadamia oil 410 (stir fries)
- Red Palm oil 410 (popcorn)
- Avocado oil 520

## Oils for Condiments

- Olive oil      salad dressing, gently cooked foods
- Sesame oil    salad dressing, dips, Asian dishes
- Avocado oil   salad dressing
- Yogurt – full fat with live active cultures (probiotic)
  - Good for dips or into soups and stews.
- Sour Cream – full fat with live active cultures (probiotic)
  - Good for dips or into soups and stews.