



TYPE OF OIL	SMOKE POINT	SAUTEING	SEARING	ROASTING	FRYING	BAKING	FINISHING	SALAD DRESSING	SEASONING*	FLAVOR NEUTRAL?
Avocado Oil (Virgin)	520° F	✓	✓				✓	✓	🔥	No
Safflower Oil	500° F	✓	✓	✓	✓			✓	🔥	Yes
Light/Refined Olive Oil	465° F	✓	✓	✓	✓	✓		✓		Yes
Rice Bran Oil	450° F	✓	✓	✓	✓				🔥	Yes
Soybean Oil	450° F	✓	✓	✓	✓	✓			🔥	Yes
Peanut Oil	450° F	✓	✓	✓	✓				🔥	Yes
Corn Oil	450° F	✓	✓	✓	✓	✓			🔥	Yes
Sesame Oil	450° F	✓					✓	✓		No
Sunflower Oil	440° F	✓	✓	✓	✓	✓			🔥	Yes
Canola Oil	425° F	✓	✓	✓	✓	✓		✓	🔥	Yes
Grapeseed Oil	420° F	✓	✓	✓	✓	✓		✓	🔥	Yes
Vegetable Oil	400° F	✓	✓	✓	✓	✓			🔥	Yes
Extra-Virgin Olive Oil	375° F	✓		✓			✓	✓	🔥	No
Vegetable Shortening	360° F				✓	✓			🔥	Yes
Coconut Oil	350° F	✓		✓		✓			🔥	No
Flaxseed Oil	225° F						✓	✓		No

• Different oils have different flavor profiles. They also smoke at different temperatures. At Lodge, we recommend adding oil to your cookware after each use and when re-seasoning cookware at home. Before you start, consider your oil's smoke point. Check out the chart above for information on smoke points, neutrality, and helpful cooking suggestions for different oils.

\*Note: all cooking oils and fats can be used for seasoning cast iron. We considered availability, affordability, effectiveness, and smoke point to recommend the oils listed with a "🔥" above.

The values in this table represent the typical smoke point for commercially available edible oils. Smoke points may vary within a source oil due to such factors as processing techniques and/or seasonal variations. Sources: *Bailey's industrial oil & fat products, 6th edition 2005, Wiley-Interscience New York Fats and Oils Handbook, 1998*

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