

spray)

corn oil *Substitutes:* canola oil OR safflower oil OR soybean oil OR peanut oil (not as good as corn oil for deep-frying--has a lower smoke point) OR cooking spray (for greasing pans)

dende oil

expressed almond oil

grapeseed oil *Notes:* This oil is pricey, but it has the highest smoke point of any oil, which makes it ideal for sautéing or frying over high heat. It's also a good salad oil. Some claim that it reduces the risk of heart disease by reducing LDL (bad cholesterol) levels in the body. *Substitutes:* avocado oil (also has very high smoke point) OR safflower oil OR sunflower oil OR peanut oil OR corn oil OR soy oil

hazelnut oil *Notes:* Nut oils are best used in cold dishes, as heat destroys their delicate flavor. Store in the refrigerator. *Substitutes:* walnut oil OR almond oil OR extra virgin olive oil



hot chili oil = chili oil *Notes:* Chinese cooks sometimes add a drop or so of this to dishes in order to heat them up. Look for small bottles of this in Asian markets and large supermarkets. *To make your own:* Visit the [Hot Chili Oil](#) recipe posting on the [Kosher Chinese Recipes](#) site, or the [Hot Chili Oil](#) recipe posted on [SOAR](#). *Substitutes:* sesame chili oil OR 2 parts salad oil + 1 part cayenne pepper

huile d'amande

huile de noix



mustard oil *Where to find:* Indian markets

oil *Substitutes:* shortening (use ¼ more) OR (in baking) fold stiffly beaten egg whites into the batter. OR cooking spray (for greasing pans)



olive oil *Varieties:* (ranked from highest to lowest quality) extra-virgin, superfine, fine, virgin, and pure *Substitutes:* walnut or almond or hazelnut oil (for cold dishes and salads) OR corn or peanut oil (for sauteing) OR cooking spray (for greasing pans)

olive oil spray *Substitutes:* other cooking sprays OR olive oil (use a pastry brush to apply it to pans if you're trying to reduce your fat intake)



palm oil = dendê oil (dendê oil) *Notes:* This bright orange palm oil is a staple in Brazilian cuisine, but very high in saturated fat. *Substitutes:* annatto oil (Not as flavorful, but it has a similar color and is lower in saturated fat.) OR peanut oil (This is lower in saturated fat, but it lacks dendê oil's distinctive color. To compensate, add ground annatto seeds to the oil.)

peanut oil *Substitutes:* corn oil OR soybean oil OR safflower oil OR canola oil OR other vegetable oil OR cooking spray (for greasing pans)

rapeseed oil

roasted garlic oil *Substitutes:* 1 C vegetable oil + 1/2 teaspoon minced garlic

safflower oil *Substitutes:* canola oil OR corn oil OR soybean oil OR peanut oil (not as good as safflower oil for deep frying--has a lower smoke point) OR cooking spray (for greasing pans)

salad oil



schmaltz *To make your own:* 1 C: Cook 1 quart raw chicken or goose fat and skins + 1 chopped onion, then strain out and discard onion and skins
Substitutes: corn oil (use more)

sesame chili oil *To make your own:* Cook equal parts crushed red chili peppers and sesame oil until peppers begin to blacken, let sit for several hours and strain.
Substitutes: hot chili oil OR sesame oil

sesame oil (includes light sesame oil and stronger dark sesame oil) **Substitutes:** Cook 1/4 cup toasted sesame seeds plus one cup sunflower seed oil (or other vegetable oil) for two minutes, mix well in a blender, then let stand for at least two hours, then strain out the seeds with cheesecloth or towel. (This is adapted from a recipe given in Jennifer Brennan's excellent book, *The Cuisines of Asia*. See my sources.) **Notes:** Sesame oil has a low smoke point and is relatively expensive, so it's not good for frying.

soybean oil **Substitutes:** corn oil OR canola oil OR safflower oil OR peanut oil (not as good as soybean oil for deep-frying--has a lower smoke point) OR cooking spray (for greasing pans)

sunflower oil **Substitutes:** walnut oil (in a salad dressing) OR safflower oil OR canola oil OR grapeseed oil OR corn oil OR soybean oil OR peanut oil OR cooking spray (for greasing pans)

sweet almond oil

tempura oil *To make your own:* blend equal parts sesame oil and soybean oil

vegetable oil = salad oil **Substitutes:** corn oil OR safflower oil OR melted shortening OR cooking spray (for greasing pans)



vegetable oil spray **Notes:** Pam is a well-known brand. *To make your own:* Combine equal parts liquid lecithin and vegetable (or olive) oil, store in pump spray bottle.

Substitutes: other cooking sprays OR vegetable oil (use a pastry brush to apply it to pans if you're trying to reduce your fat intake)



walnut oil = huile de noix *Substitutes:* hazelnut oil OR almond oil OR sunflower oil OR extravirgin olive oil *Cooking notes:* Nut oils are best used in cold dishes; heat destroys their delicate flavor.

Equivalents and Health notes

1 pound solid fat = 2 C

Nutritionists recommend that we cut down on saturated fats and cholesterol. Fats ranked in order of saturated fat content: coconut oil, butter, palm oil, animal fat, cottonseed oil, vegetable shortening, margarine, soybean oil, olive oil, peanut oil, corn oil, sunflower oil, safflower oil, canola oil. Fats with cholesterol: butter, animal fat.

Links

For tips on how to reduce fat in recipes, visit [Preparing Healthy Food: How to Modify a Recipe](#).

Copyright © 1996-2000 Lori Alden