

# Spectrum

THE TASTE OF GOODNESS™

## 1-2-3 COOKING

### Using the Right Oil for the Right Reasons



#### 1 REFINED FOR HIGH HEAT

Use naturally refined oils such as cold-pressed **Avocado Oil**, expeller-pressed **Almond Oil** or expeller-pressed **High Heat Safflower Oil**.



#### 2 UNREFINED FOR FLAVOR

When you want the flavor of the oil to be part of the final dish use unrefined oils such as **Peanut Oil**, **Toasted Sesame Oil**, **Extra Virgin Olive Oil**, **Corn Oil** or **Coconut Oil**.



#### 3 NUTRIMENTS FOR HEALTH

Oils with nutriment qualities include **Flax Oil**, **Enriched Flax Oil**, **Flax/Borage Oil** and **Wheat Germ Oil**.

# Spectrum





THE TASTE OF GOODNESS™

5341 Old Redwood Hwy. Suite 400 • Petaluma, CA 94954 • Visit us on the web at [www.spectrumorganics.com](http://www.spectrumorganics.com)

# KITCHEN GUIDE

**SMOKE POINT** An oil's 'smoke point' indicates how high a heat the oil can take before, literally, beginning to smoke. When an oil smokes, it releases carcinogens into the air and free radicals within the oil. For the healthiest approach, discard any oil that has gone beyond its smoke point.

All oils are refined except where designated with an asterisk.

USES	OIL TYPE	SMOKE POINT
 <p><b>UP TO 510°F</b></p>	<b>ALL PURPOSE COOKING</b> Oils with a high 'smoke point' are ideal for sautéing, frying and other high heat applications.	<b>HIGH HEAT OILS</b> Avocado 510°F Almond 495°F Apricot Kernel 495°F Canola (Super High Heat) 460°F Safflower (Super High Heat) 460°F Sunflower 460°F Palm Fruit 450°F Safflower, High Oleic 445°F Sesame 445°F
 <p><b>UP TO 425°F</b></p>	<b>BAKING &amp; SAUTÉING</b> Oils with a medium-high 'smoke point' are best for sautéing at medium-high heat or, because of their neutral flavor, for baking.	<b>MEDIUM HIGH HEAT OILS</b> Canola 425°F Grapeseed 425°F Walnut 400°F Safflower, High Oleic* 390°F Coconut 365°F Soy 360°F
 <p><b>UP TO 350°F</b></p>	<b>LIGHT SAUTÉING &amp; SAUCES</b> Medium heat oils normally have fuller flavors, making them ideal for sauces and salad dressings, or for sautéing at medium heat where the oil's flavor is intended as an integral part of the finished dish.	<b>MEDIUM HEAT OILS</b> Sesame* 350°F Peanut* 350°F Toasted Sesame* 350°F Olive* 325°F Corn* 320°F Coconut* 280°F
 <p><b>NO HEAT</b></p>	<b>NUTRIMENT</b> Oils with low 'smoke points' have such rich, robust flavor and fragile structure that they're best poured directly onto a finished dish, or blended into a dressing, simple sauce or taken directly.	<b>NO DIRECT HEAT OILS</b> Borage* 225°F Evening Primrose* 225°F Flax Oil* 225°F Enriched Flax Oil* 225°F Ultra Enriched Flax Oil* 225°F Wheat Germ* 225°F