

Smoke Point of Culinary Oils

Courtesy of SeriousEats.com

Type of Fat	Smoke Point	Neutral?*
Safflower Oil	510°F	Yes
Rice Bran Oil	490°F	Yes
Light/Refined Olive Oil	465°F	Yes
Soybean Oil	450°F	Yes
Peanut Oil	450°F	Yes
Clarified Butter	450°F	No
Corn Oil	450°F	Yes
Sunflower Oil	440°F	Yes
Vegetable Oil	400-450°F	Yes
Beef Tallow	400°F	No
Canola Oil	400°F	Yes
Grapeseed Oil	390°F	Yes
Lard	370°F	No
Avocado Oil (Virgin)	375-400°F	No
Chicken Fat (Schmaltz)	375°F	No
Duck Fat	375°F	No
Vegetable Shortening	360°F	Yes
Sesame Oil	350-410°F	No
Butter	350°F	No
Coconut Oil	350°F	No
Extra-Virgin Olive Oil	325-375°F	No

*All neutral oils listed on this chart are refined; though unrefined versions of them do exist, these are the varieties most common to a home cook's repertoire. Meanwhile, the majority of flavorful oils are expeller-pressed and, though available refined, are often quite costly and uncommon.