



TURN UP THE HEAT

MAXIMIZE OIL LONGEVITY, REDUCE WASTE AND IMPROVE FRYING PERFORMANCE

Whether you're deep frying in a commercial kitchen or manufacturing recipes at scale, Columbus Vegetable Oils processing ensures your oil stays in top condition, saving you time and money while improving the quality of your products.

| CVO OIL | SMOKE POINT | HEAT STABILITY | BEST FOR | COST |
|---|-------------|------------------|--|----------|
| Corn Oil | 425°F | Very High | General use for frying, neutral flavor | \$\$\$ |
| Canola Oil | 425°F | Very High | General use for frying, neutral flavor | \$\$\$ |
| High Oleic Canola Oil | 425°F | Very High | Versatile from cooking steaks to frying chicken | \$\$\$ |
| High Oleic Soybean Oil | 425°F | Very High | Pan frying, sautéing and stir-frying | \$\$\$ |
| Peanut Oil | 425°F | Very High | Frying, especially crispy foods like fries and chicken, Flavorful, resists breakdown | \$\$\$ |
| Soybean Oil | 400°F | High | General use for frying, neutral flavor | \$ |
| Pan & Grill Oil | 400°F | Moderate | Everyday frying, all-purpose cooking | \$ |
| High Oleic Sunflower Oil | 400°F | High to Moderate | Frying, sautéing, light flavor, GMO free | \$\$\$\$ |
| Pure Vegetable Creamy Shortening | 400°F | High | Frying in high temperatures. It is non-allergenic | \$\$ |
| Clear Liquid Shortening | 400°F | High | Great for deep frying most items due to the neutral flavor | \$\$ |
| Extra Virgin Olive Oil | 375°F | Low to Moderate | Light sautéing, low-heat frying, dressings, health benefits | \$\$\$\$ |
| Sesame Seed Oil | 325°F | Very Low | Light sautéing and cold uses including smoothies, dressings | \$\$\$\$ |

QUICK TIPS

- The smoke point of oils decreases with age. Fresh oils perform better at high temperatures.
- Cooking at high temperatures with unstable oils can lead to the formation of harmful compounds, including trans fats.
- When oils reach their smoke point, they may impart a bitter, burnt flavor to food.
- Using an oil with a matching smoke point for your cooking process ensures better food quality and cooking efficiency, preventing oil breakdown and flavor loss.

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