USE THE FAT:
WHAT FAT FOR WHAT COMMON USES?

Solid fats
Use for pastries, biscuits, tortillas, crackers, and recipes that call for butter or shortening. You should be able to substitute anything on this list at a ratio of 1:1.

- Butter
- Coconut oil (solid below 76 degrees)
- Lard
- Tallow
- Palm shortening – non-hydrogenated
- Substitute 3x as much ground flax meal for about 1/3 of the fat in a quick bread recipe.
- Do NOT use: Crisco or shortening, margarine (Why?)

Liquid Oils for Baking
Use in any recipe that says “oil” or “vegetable oil”. Most baking recipes can handle any of these choices.

- Melted coconut oil (not sure how to melt it easily? See here.)
- Melted butter
- Refined sesame oil
- Substitute 3x as much ground flax meal for about 1/3 of the fat in a quick bread recipe.
- Grapeseed? More research needed. Some say to use it seldomly because of health concerns.
- Do NOT use: corn, soybean, “vegetable” oils (Why?)
- Use SELDOMLY: canola, sunflower or safflower oils (Why?)

Liquid Oils & Fats for Sautéing and Cold Uses
- Use in low-heat sautéing and cold applications like salad dressing, on veggies (not for baking): Extra Virgin Olive Oil, unrefined sesame oil (Can you Saute in EVOO?)
- Use flax oil ONLY in cold applications like salad dressings.
- Use in higher heat sautéing and when you don’t want the flavor of EVOO (eggs?): Virgin Olive Oil, Lard

High Heat Cooking/Frying
When the smoke point might be too high for EVOO or even butter, try:

- Ghee
- Tallow
- Refined coconut oil
- Peanut oil (although I haven’t actually done this)

Published by KitchenStewardship.com