

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)