

Fats

Oil



- Vegetable oils are used for making salad dressings, baking, and frying foods.
- The most common kinds are canola, soybean, sunflower, safflower, corn, peanut, and olive oil.
- All oils are light yellow and have little flavor. They can be stored at room temperature for up to 6 months.
- Olive oil is used most for salad dressings. It can be stored in the refrigerator for up to 1 year. If chilled it becomes thick and cloudy. Let it stand at room temperature until it becomes liquid and clear, before using.
- Use more canola and olive oils because they are healthy fats.

Butter and Margarine:



For baking, butter gives good flavor and good results.

- Margarine can be used in place of butter for baking cookies, cakes and puddings.
- Margarine may make softer dough than butter so you may need to chill the dough to make it easier to work with.
- Low fat margarine and low fat soft vegetable oil spreads are for table use and do not work in baking recipes.

Lard and Shortenings



- Lard is made from pork fat and is sometimes used to make flaky pie crusts.
- Shortening is often used in place of lard. It is vegetable oil that has been made into solid form. This is called hydrogenation. Some of the fat will be trans fat.
- Shortening is most often used for baking and frying.
- Keep lard in the refrigerator and once opened use within 6 months.
- These are not healthy fats, so do not use them often.