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Using and Storing Oils

Michigan State University Cooperative Extension Service

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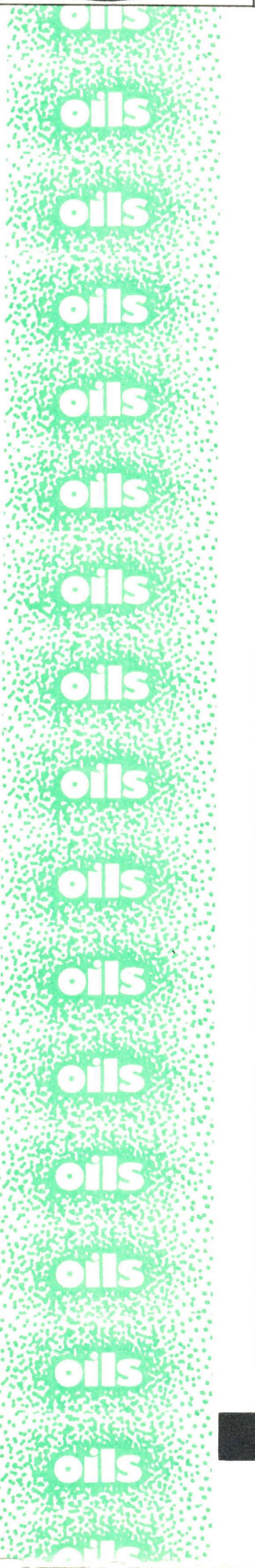
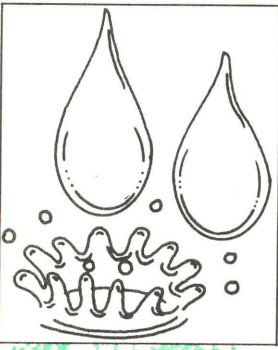
2 pages

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USING & STORING

OILS



Common vegetable oils include corn, peanut, cottonseed, soybean, sesame, safflower and olive oils. Oils are high in calories and are 100% fat.

How to Use Oils

Oils are used for frying, baking and in salad dressings.

Refined oils can be used for high temperature frying.

Unrefined oils can break down and smoke at high temperatures. They are appropriate for frying temperatures up to 250°F.

For deep fat frying, avoid oils that foam, such as soy oil.

To get the best results when deep fat frying, use temperatures from 365° to 375°F.

Oil and solid fat are not interchangeable in recipes. Best results are obtained by using the type of fat called for in a recipe.

Nutritional Value

Oils are 100% fat.

One tablespoon contains about 125 calories.

With the exception of olive oil, oils are a good source of polyunsaturated fatty acids, including linoleic acid, which is an essential nutrient. The best sources are safflower and sunflower oil.

Oils are a good source of vitamin E. Most vitamin E is destroyed, however, when oil is heated to temperatures suitable for deep fat frying.

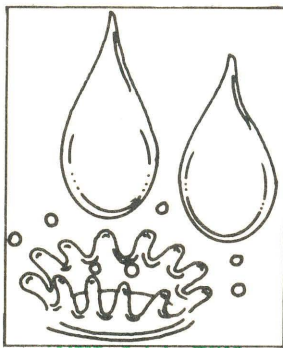
How to Store Oils

Keep oils well capped and store at room temperature.

Refined, processed oils are pale and tasteless. They have a storage life of up to one year. These are the oils typically found in grocery stores.

Unrefined oils are darker and have a stronger taste. They also contain more vitamin E. These oils can be stored at room temperature for 4 to 6 months. Unrefined oils are available at food cooperatives and health food stores.

Storing oil in the refrigerator can cause it to become cloudy. This does not affect the quality of the oil.



Greek Salad Dressing

1/3 cup red wine vinegar
2/3 cup olive oil or other salad oil
1 tablespoon oregano
1/4 teaspoon pepper
1 garlic clove, split in half

Combine all ingredients in a cruet or jar. **Cap tightly and shake** vigorously until mixed. **Let stand** several hours for flavors to develop. **Remove** garlic before pouring on salad.

Golden Onion Rings

6 Bermuda onions
1 cup + 2 tablespoons sifted flour
1/2 teaspoon salt
1 slightly beaten egg
1 cup milk
2 tablespoons oil
enough oil for deep frying

Beat together flour, salt, egg, milk and 2 tablespoons of oil until dry ingredients are just moistened. **Slice** onions 1/4 inch thick and **separate** into rings. **Coat** onion rings with batter. **Heat** oil to 375°F. and **fry** rings a few at a time. When golden, **remove** from oil and **drain** on paper towel.

Three-Bean Salad

1 1-pound can cut green beans
1 1-pound can cut wax beans
1 15-ounce can dark red kidney beans
1/2 cup chopped green pepper
1/2 cup sugar
2/3 cup vinegar
1/3 cup salad oil
1 teaspoon salt
1/4 teaspoon pepper

Drain green beans, wax beans and kidney beans. **Combine** beans and green pepper. **Mix** sugar, vinegar and salad oil; **pour** over vegetables. **Add** salt and pepper; **toss**. **Chill** overnight. Before serving, toss to coat beans; drain.

Serves 6 to 8.

Prepared by **Mona Ellard**, Eaton County Extension Home Economist, and **Virginia Messina**, Extension Food and Nutrition Specialist, MSU.

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