

EDITORIAL

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Choosing a Cooking Oil.

Prabakaran J¹

Affiliation: 1Madha Medical College & RI , Chennai, Tamilnadu.

***Author for correspondence:** Dr.Prabakaran J, Prof. in Community Medicine, Madha Medical College, Chennai, Tamilnadu. Pin 600128. E-Mail: prabakaranpro@gmail.com

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ABSTRACT

This abstract explores factors influencing the choice of cooking oil, including processing methods, smoke points, types of fats, and origins of oils.

Cooking oils are commonly available in processed or raw forms. Processed oils undergo heating and filtration, removing impurities. In contrast, raw or cold-pressed oils retain more nutrients and antioxidants as they are extracted without heat or chemicals. The smoking point of cooking oil is pivotal, determining its suitability for different cooking methods. Oils with higher smoking points, such as refined avocado, peanut, and sunflower oil, are preferred for deep-frying and high-temperature cooking. Conversely, oils with lower smoking points, like extra virgin olive oil, are better suited for moderate- heat cooking like sautéing. Single-source oils like olive and palm are imported, while indigenous options include rice bran, sunflower, soy, mustard, sesame, groundnut, and coconut oils. Understanding the types of fats in cooking oils—saturated, monounsaturated, and polyunsaturated—is essential for making healthy choices.

In conclusion, selecting the right cooking oil involves considering factors such as processing, smoking point, fat content, and origin to enhance both health and culinary outcomes in Indian cooking.

Key word: Cooking oil, processed oil, refined oil, Smoking point, Olive oil

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