

Fat Smoke Point Comparison and Use Chart

Type of Fat	Smoke Point*	Uses
Butter	280 - 350°F	Baking, cooking
Clarified or Drawn Butter	450 - 485°F	Baking, frying, sautéing
Coconut Oil	350°F	Sautéing, baking
Ghee	450 - 485°F	Baking, frying, sautéing
Lard	340 - 390°F	Baking, frying, candles, soap
Olive Oil, Extra Virgin	320 - 410°F	Sautéing, salad dressing, drizzling
Schmaltz (chicken, duck, and goose fat)	340 - 390°F	Frying, savory baking
Tallow	370 - 420°F	Savory baking, frying, candles, soap

*smoke point temperature range depends on purity