

# Cottonseed Oil vs. Peanut Oil

When comparing Cottonseed Oil to Peanut Oil you have to understand that both oils are a high quality oil. Both oils have very good traits and are very good for high temperature cooking. They both have relatively high smoke points\* and flash-points.\*\* However, cottonseed is slightly higher for both points. The smoke point is important because if you smoke the oil it will ruin it.

One important difference in the two oils is the allergens. Cottonseed oil is non-allergenic, offering an alternative to certain allergen products.

Cottonseed oil offers a neutral flavor to enhance the foods being cooked. This allows the true flavor of the food and marinade to be tasted. Cottonseed oil will not carry the flavor of the foods cooked. This allows you to cook several different foods and not have everything tasting like the first thing you cooked.

Both oils can be reused with proper filtering, but the peanut oil may tend to break down faster depending on the temperature used for cooking. This means you may not get as many uses or cooking opportunities as with Cottonseed oil.

There are a couple of things that affect cooking oils. The first being the marinade that is used when cooking. The marinade will go rancid before the oil. The next factor is the storage of the oil. Any cooking oil needs to be stored in a cool and dark place. Sunlight will break down cooking oils and cause them to deteriorate faster.

\* *Approx. 425 ° Fahrenheit*

\*\**Approx. 650 ° Fahrenheit*