

Best Cooking

Oils

For Frying

Chicken



Canola Oil

Canola oil is rich in omega-3 and omega-6 acids. Can reach 400°F which is ideal for shallow or pan frying. .

Peanut Oil

Has a high smoking point - 450°F. Great for deep frying. Has a neutral flavor great for frying meats, vegetables, & more. DO NOT use for anyone with a nut allergy.



Vegetable Oil

Typically a blend of different oils. Has a neutral flavor & can reach up to 450°F smoking point.

Other - Shortening

Crisco is the most popular & a Southern favorite when it comes to frying chicken. Use this vegetable shortening or lard (from animal fats) for high heat frying