

The Temperature at Which Oil Starts to Smoke: Smoke Point

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If you heat oil in a frying pan and look away for a moment, thin wisps of bluish smoke begin to rise from the pan. An acrid smell spreads through the kitchen, and your eyes may even start to sting. On the same heat, some oils smoke almost at once while others hold out for quite a while. That is because each oil tolerates a different temperature, and the word for that threshold is the “smoke point.” Put simply, the smoke point means “the temperature at which an oil or fat, when heated, begins to give off a continuous, clearly visible bluish smoke.” It is a sign that the oil can no longer withst