

MORE QUESTIONS AND ANSWERS

Can you use olive oil instead of vegetable oil for baking?

If your recipe calls for vegetable or canola oil, you should definitely substitute those oils with gourmet extra virgin olive oil. Any dessert recipe that calls for vegetable oil as an ingredient is a perfect choice for olive oil. In these recipes, the swap would be a one-to-one ratio.

Can You Substitute Olive Oil With Vegetable Oil?

Just because it is a healthy oil does not mean you need to use it in cooking every single dish. In our home, the usual dish calls for deep-frying meat, and using olive oil adds a bitter flavor after being subjected to high heat. Use olive oil for medium heat cooking, and use vegetable oils for high-temperature cooking.

Can You Use Olive Oil in Place of Vegetable Oil?

Olive oil is not recommended for baking (except for nutty flavored Mediterranean muffins and other baked goods) because of its strong flavor. Unlike the vegetable oil which will literally give no taste to the baked goods, olive oil will taste, well, olivy. It will certainly affect the final result.

Can I Use Olive Oil for Baking?

If substituting olive oil for vegetable oil (or another cooking oil) in your baking recipe, you can use a 1 to 1 ratio. Because of olive oil's distinct flavor, it might affect the flavor of the baked product. Any olive oil is fine, but try using one made with Aberquina olives (\$8, Target) or a bottle labeled as "mild" olive oil for a lighter flavor. You can also try using half olive oil and half vegetable/canola oil if you're just running low on one of the oils.

RELATED QUESTIONS

Can I replace vegetable oil with butter?

Can I use butter instead of vegetable oil when baking brownies from a mix? ... You can absolutely substitute butter for the vegetable oil. Use the same quantity specified in the directions (for example, if it calls for 1/3 cup of oil, use 5 1/3 tablespoons of butter). Melt it down, then let it cool a bit.

Can you use water instead of vegetable oil?

Broth and water are the most common oil replacements for stovetop cooking. But you can also use fruit and vegetable juices. Spices bring out the flavors of food instead of smothering them. ... Use unsweetened applesauce or banana to replace oil in baked goods.

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