

KASHRUT: OIL

Oils and Kashrut Supervision

You may not use vegetable oil that has been processed in non-kosher equipment.

REASON The main problem can arise from deodorization of the oil, which is done in hot vessels.

Virgin Olive Oil

Virgin and extra virgin olive oils (which have not been deodorized and still smell like olives) are usually kosher without needing supervision.

NOTE A hechsher is recommended anyway due to occasional adulteration.

Non-Olive Oil Oils

Other vegetable, nut, seed, and grain oils normally require kosher supervision to be considered kosher.

NOTE Oils that are cold-pressed, not deodorized, and still smell like their source-fruit or seed require kosher supervision because they may be filtered through the same filter as non-kosher oil.