

# 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.