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.

© Copyright 2026 Richard B. Aiken | www.practicalhalacha.com