

WHAT ARE **FAT, OIL & GREASE?**

FAT

Solid at room temperature: butter, shortening, margarine, peanut butter, meat trimmings, uncooked poultry skin, milk, cheese, cream, sour cream, ice cream.



OIL

Liquid at room temperature: vegetable oil, canola oil, olive oil, corn oil, peanut oil, salad dressings, cooking oils.

GREASE

Turns to liquid during cooking but solidifies when cooled: gravy, mayonnaise, melted meat fat, bacon, sausage, boiled poultry skin, salad dressings.

