

Liquid gold

They're essential in any kitchen and now our cooking and olive oils are even easier to find in store, too.

Oils for cooking:

1

Crisp deep-frying
A blend of mild-flavoured oils that cooks food crisp and dry. essential Waitrose Vegetable Oil, 98p/1 litre



2

Great all-rounder
Light and high in polyunsaturates, it's ideal for frying. essential Waitrose Sunflower Oil, £1.04/1 litre



3

Salads and frying
A blend of olive and sunflower oils, it has a mild taste. Ideal for salads and shallow frying. Sunolive Oil, £1.29/500ml



4

Frying delicate food
The mild flavour of this oil won't taint subtly flavoured foods such as fish. Grapeseed Oil, £1.89/500ml



5

Baking and frying
This superb oil is light and versatile, cholesterol-free and rich in vitamin E. Alfa One Rice Bran Oil, £1.79/500ml



6

Dressings and frying
A great general-purpose oil, with a distinct, nutty flavour. Clearspring Organic Sunflower Oil, £2.69/500ml



7

High temperatures
This oil, made from peanuts, has a high smoking point making it ideal for stir-frying. Ground Nut Oil, £1.39/500ml



8

Flavoured stir-fries
A blend of sesame, sunflower oil, ginger and garlic to add an oriental flavour to dishes. Wok Oil, £1.39/250ml

