

Cold Pressed Or Refined Oil | The Better Choice | Ft. @krishashok Masala Lab

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SUMMARY

The discussion explores the complexities of cooking oils, particularly the differences between cold-pressed and refined oils, and their impact on health. It emphasizes that while refined oils have been linked to modern health issues like diabetes and heart disease, the historical context of life expectancy and genetics complicates the narrative. Ultimately, the speaker suggests that the quantity of fat consumed is more critical than the type of fat.

- *Cold-pressed oils are often perceived as healthier, but their benefits diminish when heated.*
- *Life expectancy and health issues must be viewed in historical context; many people died young before developing chronic diseases.*
- *Both cold-pressed and refined oils are primarily fats, and the overall amount of fat consumed is more crucial than the specific type.*
- *Different fats can be beneficial depending on the cuisine; using oils suited to specific dishes is recommended.*
- *Cold-pressed oils should be used for light cooking, while refined oils are better for high-temperature frying.*
- *There is no universal agreement on which fats are "good" or "bad," and individual genetics play a significant role in fat metabolism.*
- *The focus should be on reducing overall fat intake rather than fixating on specific oils.*
- *Mustard oil is banned in some countries despite its traditional use in Indian cooking, highlighting the complexities of dietary regulations.*

all this refined oils came the last 100 years and look at the amount of you know diabetes and heart disease and clearly that is to fault although that reasoning is wrong because uh the life expectancy in India at 1947 was like 40 in India we heat oil to very high temperatures but the moment you heat them you've lost whatever benefits of whatever extra you paid [Music] for for parenting tips celebrity interviews recipes conversations with experts DIYs and lots more subscribe to

kidstop press now hi everyone and welcome to kidstop press you know when you are cooking in the kitchen what happens is that we all have um a little rice that comes down from mothers grandmothers and we kind of Just Go With It Like You know the Chana cup you put the portley in the Chana or you have a chalk and you have there's a particular way of doing it but there's a science behind it and I have somebody with me

who is going to make that and he's going to tell us how that happens and what is the science behind all of this and actually everything that happens in the kitchen is based on science and we don't even think about it so let's dive into it because I'm super excited to get to know what else he has to say what is your take on cold pressed oils and refined oils there a very natural tendency to try and say that we've been

eating oils in a certain way for thousands of years and that should be the healthier way because we have evidence that it did not harm people and so whereas all this refined oils came the last 100 years and look at the amount of you know diabetes and heart disease and clearly that is to fault right um although that reasoning is wrong because uh uh the life expectancy in India at 1947 was like 40 okay so most people died young so they died

before they got cancer and diabetes that's the point right and the ones who survived were all genetic freaks like they were already pre-selected to be super healthy so everyone is like my grandfather was so healthy yes because three of his siblings died in childhood he is the lucky one right so people forget that right people had like seven children only three would survive right so people people only have two children and I think the people forget that in

the modern day because of medicines and vaccines and all that lack of you know malnutrition and all of that people with very poor genetics and unhealthy lifestyles are living up to 80 and so visibly you see them with diabetes you see them with arthritis you see them with all of these things in pre 1940 they're being dead by their 40s so this is something that people don't kind of recognize right so therefore the way I see it is that and

again so cold pressed and refined oils fundamentally they're both fat okay at the end of the day amount of fat in your diet is far more important than what fat you eat and Depend and you can find research that tells you ghee is healthy you can find research that says ghee is unhealthy you can find research that says coconut oil is unhealthy you can also find research that says it's unhealthy right people demonize palm oil here palm oil is the default fat in

Malaysia Indonesia several parts of Africa and people are quite healthy right so clearly the problem is fats are complicated they have a ton of calories 9 calories a gram so you get a lot of calories in very short amount of time there are genetic variations in how people process it so there are some people clearly a lot of people in Punjab can consume all the butter and ghee they want and they seem to be quite okay M

but there are other people if they consume a lot of ghee arteries going to get Clogged so there are genetic variations as well so the problem with a lot of this that it's impossible to provide Universal advice on what is good or bad right but cold press oils one they're more flavorful but the moment you heat them you've lost whatever benefits of whatever extra you paid for so the flavor comes from things that are not fat right the other phytochemicals

polyphenols and all that which are all heat sensitive in India we heat oil to very high temperatures TKA and all of that right moment that temperature of oil is over 100 you've lost all of those all of those molecules are destroyed so you have effectively you're paying extra for really nothing much right if you really want to enjoy the values of cold pressed oil use them in salads or use them in very low temperatures like you

know very light saut and so so the way I normally say it is because the evidence is so complicated eat as many different fats as you can in fact the good approach is if you eating a Bengali dish cook it with mustard oil if

you're eating Kerala dish cook it with coconut oil and eat four or five different f fats because we don't know which one is good or bad but you focus on keeping overall fat consumption low and keep

saturated fats to about 10% of calories and so on is about the only consensus that people have everything else is tricky we know monounsaturated fats are probably relatively slightly better in terms of evidence than polyunsaturated and uh but it's all complicated so the way I would say it is that use cold press oils for very light sautéing and use refined oils for deep frying if you're making puis the temperature has to be 180 170 CI in fact you should

not be using the cold press oils because they will burn and smoke and create carcinogenic substances you do not want to use cold press oils for deep frying right exception being mustard oil which is remarkably high smoke point even even in the Ki the yeah yes yeah I think it's right because for me it when I use different kinds of things it's depending on what I'm cooking so if I'm cooking my Bengali food then I will definitely use

my mustard oil yes a little bit of ghee when I'm doing North Indian and like you said so it's yeah it's about I for me it's more about the flavor yeah but uh yeah a lot of people are very very stringent about what they it's sort of a lot of people because of social media people focus on the pig pocket and ignore the bank robber right basically amount of fat is the bank robber and you don't pay attention to that

cardiologists say that you should eat in an individual should eat 500 mL of fat a month okay that's that's 1 tbsp a day do you think we eat just 1 tsp of fat a day way more we eat three times more so first Focus if you bring that down then it doesn't matter what you're eating could be palm oil for all we care or extra virgin olive oil it doesn't really matter but if you are eating like

large amounts of fat then if you're only eating one fat then you increase the risk that if it so turns out research finds out that oh no there is actually a problem with mustard oil because it is it has aroic acid by the way mustard oil is banned in the US and European Union really yes so bengalis who live in the US and Europe uh they have they have to buy mustard oil from Indian stores that

has to carry the label not for cooking and they buy it it's supposed to be only for hair but they buy it and use it for cooking because mustard oil naturally has high levels of acid called arusc acid which for some reason based on Research in the 1960s Europeans and Americans have said no it is unhealthy for the heart okay despite Bengali and North Indians and Bangladesh is you know using it for centuries right yeah um

lots of you know conspiracy theories about the fact that the Canadians genetically modified mustard to make canola oil right which is low aosc acid and they say that perhaps it's that Lobby preventing mustard oil being imported into the us so that canola oil is what they use Kola oil is basically low aosc acid mustard like oil right so it's similar right um but so therefore the thing is that these are all complicated right people will say cotton

seed oil is very bad but the entire Cotton Belt of India Cooks in cotton seed oil for parenting tips celebrity

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