



Characteristics

Safflower Oil is extremely stable and versatile. Its combination of high smoke point and neutral flavour make it suitable for a very wide range of applications. The oil can be found in shades of very light yellow, through to a deep gold colouration.

Application & Use

Safflower Oil's flexibility gives it a wide array of practical applications:

- Dressings, marinades, sauces and vinaigrettes
- Deep and shallow frying applications
- Skin care formulations
- Hand creams and moisturisers
- Anti-ageing products
- Body wash, cleansers and shower gels

Safflower Oil

Carthamus Tinctorius Plant Oil

Grades: Organic CP Kosher, Organic Refined High Linoleic, High Linoleic Refined
Pack Size: 5kg/25kg/200kg/IBC

Background

Safflower Oil is a versatile oil with numerous uses across the culinary and cosmetic industries. It is extracted from the seed of the Safflower plant, known for its bright yellow and orange flowers. Safflower blooms in drier, arid regions. The plant has extremely long taproots, that nourish it from water underground.

Origin

Safflower Oil is one of the oldest known commercial crops, first recorded in use by the ancient Egyptians and may even be traced back to 2500BC. Historically, it is also known as Carthamine. The plant is one of India's major crops, where the bright colouring of the flower is used as a natural dye.

As a food ingredient, Safflower Oil was first explored in the early 20th century, and has been a staple of specialty ingredient cooking stores ever since, as a powerful and flexible alternative to Sunflower Oil.

Benefits

Safflower Oil is a versatile plant-based cooking oil, with a similar nutritional profile to Sunflower Oil. It is becoming popular in a wide array of cooking applications due to its impressive smoke point, which is higher than many alternatives such as Olive, Sesame and Rapeseed Oils.

It is a rich source of oleic acid, a useful unsaturated fatty acid that the human body cannot produce on its own. It is thought that unsaturated fats, such as those found in Safflower Oil, may reduce the levels of harmful cholesterol (LDL) and increase the levels of good cholesterol (HDL) that the body needs. It is therefore considered to be a particularly 'heart-healthy' cooking oil.

As well as its high stability, Safflower Oil also benefits from a neutral taste and aroma, making it a popular addition to salad dressings, sauces and vinaigrettes. The subtle flavour of Safflower Oil allows other ingredients to shine through without overpowering the dish.

The oil is also commonly found in personal care and cosmetic applications. Safflower Oil is a powerful hydrator, able to effortlessly lock moisture into the skin. Its nutritional content also means it could help to protect and repair the skin. Finally, it is found to have noncomedogenic properties allowing it to work without clogging pores.

Extract method

Safflower oil is obtained by the cold pressing of the safflower plant, retaining as many valuable nutrients as possible.

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