

# Q&A

Yvonne Maffei talks allergies and oils in this month's edition of Halal Kitchen Q&A.



*I have heard that canola oil and grapeseed oils are good to use. Is this true? What's the difference?*

Both canola and grapeseed oils are considered heart-healthy plant-based cooking oils due to their high concentrations of unsaturated fats and essential omega fatty acids, although canola oil contains higher concentrations of vitamin E and Omega-3 fatty acids and less saturated fat out of the two. One reason chefs like to cook with both of these oils is that they have high smoking points, essential for frying, baking and stir-frying foods. Fats break down and cancer-promoting free radicals begin to accumulate when oils reach their smoking point, which for refined canola oil is 400° F/200° C and grapeseed is 420° F/215° C.

*I have a son with food allergies to egg, wheat, dairy and soy. What kinds of foods, particularly grains, can I use to make homemade roti or breads for sandwich wraps?*

There are many wonderful grains that are gluten-free, most of which can be found in health food stores and some of which can be made into a type of bread that would allow for sandwich making. Grains that are gluten-free include sorghum, amaranth,

flax, rice, wild rice, corn, cornmeal, millet, teff, buckwheat, arrowroot and millet. Even some flours made from these items can be found in stores with a gluten-free section. Keep in mind, however, that some oats are processed with wheat, which means they will not be gluten-free - but some natural food companies do offer oats in their natural form, providing a gluten-free product. You could try making tacos from corn tortillas or rice paper wrappers filled with all sorts of fresh veggies for delicious

and healthy snacks or lunch items even kids will love. Check out myhalalkitchen.com for recipes.

Do you have any cooking-related questions for Sister Yvonne? Email her on [info@myhalalkitchen.com](mailto:info@myhalalkitchen.com) with 'SISTERS Column Q&A' in the subject line.