

Difference Between Cold-Pressed, Wood-Pressed, and Kachchi Ghani Oils

Type	Method	Heat Involved	Tools Used	Common Oils
Cold-Pressed	Mechanical pressing	No	Metal expeller	Coconut, sesame, flaxseed
Wood-Pressed	Slow wood pressing	No	Wooden ghani	Groundnut, sesame, mustard
Kachchi Ghani	Traditional cold press	Wood/metal ghani	Wood/metal gha	Mustard (mostly)

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