

# deep

# frying

## liquid oils



## solid oils



deep

frying

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the role of **fat** in food**flavour**

Edible oils help accentuate the flavour of foods because they act as carriers for flavour.

**appearance**

Edible oils help "shorten" a product to give a soft, crumbly texture. They also provide a sheen and help baked goods hold air during mixing and baking.

**mouthfeel**

Edible oils affect the way food feels in your mouth.

**moisture retention**

Edible oils help food stay moist. For example, breads and cakes made without fat tend to lose moisture and become dry and stale rapidly.

**effective cooking**

Edible oils cook food quickly. Fats and oils used during frying transfer heat rapidly and uniformly.

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## why deep fry

1. In deep frying, the food is immersed in a very hot medium which sears and seals the food, keeping in more flavour than by other methods of cooking.
2. It is a fast method of cooking and most foods can be cooked in under 5 minutes.
3. Because of the short cooking period, it is possible to prepare food as it is ordered; in this way, waste is kept to a minimum.
4. The layer of fat or oil deposited on the food during frying improves the eating quality of the food. Frying also imparts a characteristic flavour which is different to that obtained by other methods of cooking.



## a guide to deep frying

1. Heat oil slowly to correct temperature.
2. Check thermostat is working correctly.
3. Use the correct food oil ratio of 1:6.
4. Top up oil regularly to lead level.
5. Avoid mixing different types of food.
6. Do not salt food over fryer.
7. Skim surface regularly to remove debris.
8. Filter oil daily.
9. Keep fryer and equipment clean.
10. Always use top quality oil.

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**brand premium**

| brand premium      | pack size | pack type  | fat/oil type           | frying life |
|--------------------|-----------|------------|------------------------|-------------|
| Crisco Sunola      | 20ltr     | drum       | hi-oleic sunflower oil | 100 hours   |
| Crisco Sunola      | 15ltr     | bag in box | hi-oleic sunflower oil | 100 hours   |
| Crisco Liquid Gold | 20ltr     | drum       | sunflower/cottonseed   | 80 hours    |
| Crisco Liquid Gold | 15ltr     | bag in box | sunflower/cottonseed   | 80 hours    |
| Gold Bullion       | 20kg      | pail       | tallow shortening      | 80 hours    |
| Crisco Canola      | 20ltr     | drum       | canola oil             | 40 hours    |
| Kernol No.4        | 20ltr     | drum       | cottonseed             | 40 hours    |

**value**

|                |            |                    |                              |          |
|----------------|------------|--------------------|------------------------------|----------|
| ETA cottonseed | 20ltr      | drum               | cottonseed                   | 40 hours |
| ETA Sal-Fry    | 20ltr      | drum               | blended vegetable oil        | 30 hours |
| ETA Celestial  | 20kg       | pail               | palm oli shortening          | 50 hours |
| ETA Mel-Fry    | 15/20kg    | carton/pail        | vegetable shortening         | 50 hours |
| Red Band       | 25/20/15kg | carton/pail/carton | tallow shortening            | 60 hours |
| ETA Fryall     | 25/20/15kg | carton/pail/carton | tallow shortening            | 60 hours |
| Reward         | 20kg       | pail               | blended vegetable shortening | 60 hours |
| Reward Canola  | 15ltr      | carton             | canola oil                   | 40 hours |

**budget**

|          |       |        |                       |          |
|----------|-------|--------|-----------------------|----------|
| Gold Cup | 20kg  | carton | tallow shortening     | 40 hours |
| SunVeg   | 20ltr | drum   | blended vegetable oil | 30 hours |

# deep

# frying tips



**Australian Value**  
**ETA**

**do not salt**  
food over fryer

**heat oil slowly**  
to correct temperature

**skim surface**  
regularly to  
remove debris

**check thermostat**  
is working  
correctly (180°C)

**filter**  
oil daily

**use correct**  
food : oil ratio

**keep fryer &**  
equipment clean

**1:6**

**top up** regularly  
to top load

**avoid mixing**  
different types of food

**always use top**  
quality oil

**ideal frying**  
temperatures

- Potato Chips (Blanch) 165°C (Fry) 185°C
- Vegetables 160-165°C • Onions 180°C • Fruit Fritters 180-185°C • Doughnuts (powder & yeast raised) 190°C • Fish (battered & breaded) 170-175°C
- Prawn/Scampi 170-175°C • Chicken (Large) 165°C (Small) 170-175°C • Cutlets 165-170°C

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# deep frying

## trouble shooting



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### oil darkening

- **Frying at too high a temperature...**

Check the accuracy of thermostat. Reduce temperature during slack periods. Fry at recommended temperatures.

- **Salty food...**

Salt food after frying not before.

- **Insufficient oil turnover...** Replenish oil daily to replace contents about 4-5 days.

- **Crumbs burning in vat causing carbon suspension...** Keep vats well skimmed. Strain off regularly.
- **High sugar content of foods...** End of season potatoes are usually high in sugar, resulting in dark chips & oil.

### greasy foods

- **Frying temperature too low...**

Fry at 182-188°C or at recommended temperature.

- **Use a low melting point oil...**

The lower the melting point the more efficient the drain-off.

- **Excess breading or batter...**

Use a minimum of breading or batter.

- **High Moisture content of foods...**

Thaw & drain foods properly.

- **Inadequate preparation of food...** Be sure foods are 'cured' correctly (particularly potatoes).

### rapid oil breakdown

- **Insufficient oil turnover...**

Replenish oil daily to replace contents about every 4-5 days.

- **Overheating of oil...**

Check accuracy of thermostat. Reduce temperature during slack periods. Re-melt & re-heat slowly.

- **Crumbs burning in vat causing carbon suspension...** Keep vats well skimmed. Strain off regularly.
- **Oil in contact with copper or brass...** Do not use copper or brass utensils. Make sure no copper or brass comes into contact with oil.

- **High Moisture content of food...** Thaw & drain food properly before thawing.

- **Overloading of fryer...** Maintain an oil ratio of about 6:1.
- **Condensation of "Drip back" from exhaust...** Keep your flue clean.

- **Some potato chip bleaching agents...** Check bleaching agent used.

### oil foaming

- **Excess Starch in oil from chips or batter...**

Wash & soak chips for at least 1 hour & drain well before frying.

- **Frying at too high a temperature...** Check accuracy of thermostat.

Reduce temperature during slack periods. Fry at recommended temperatures.

- **High moisture content in foods...** Thaw & drain food properly.

- **Overloading of fryer...** Maintain oil to food ratio of about 6:1.
- **Soap or detergent left behind after cleaning...** Wash & dry the fryer thoroughly.

- **Breakdown of oil...** Replenish oil daily to replace contents every 4-5 days.

### high oil consumption

- **Frying temperature too low...**

Fry at 182-188°C or at recommended temperature for minimum oil consumption.

- **Food not drained off properly...** Drain well before wrapping or serving with food.

### smoking

- **Frying too high a temperature...** Check accuracy of thermostat.

Reduce temperature during slack periods. Fry at recommended temperatures.

- **High moisture content of food...** Thaw & drain food properly.

- **Insufficient oil turnover...** Replenish oil daily to replace contents about every 4-5 days.
- **Crumbs burning in vat...** Keep vats well skimmed. Strain off regularly.

- **Use of refined oils...**

Use a refined oil with a high smoke point.

### oil spattering

- **Excess Liquid getting into oil...**

Drain chips well. Roll fish or other food in flour before dipping in batter. Do not use wet tongs or baskets.



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