



## Do you know where your oil comes from? Use fresh quality cooking oil for a quality finish

In today's increasingly competitive foodservice environment, we all have to "work smarter". Purchasing the right products and raw materials is vital.

A key example is the use of cooking oils as a deep frying medium.

You might think all oils are the same – but if you do, you're making a fundamental mistake.

The smart foodservice professionals pay close attention to the origin and ingredients of products they purchase, and your choice of cooking oil should be subject to the same close scrutiny.

Some people think that cheap imported oils are a bargain, but that's another mistake – as Theresa Sukkar, Research and Development Manager of Goodman Fielder Food Services points out.

"Some cheaper offshore oils are processed at high speeds to keep production costs down," Theresa explains. "To achieve this level of production through-put, the oil may be heated to very high temperatures. This excessive heating can stimulate premature deterioration of the oil, potentially shortening its fry life."

So what appears to be a bargain on the surface can result in shorter frying-life and higher longterm oil costs.

"In contrast, manufacturers like Goodman Fielder have the processes in place to ensure that no short cuts are taken during production and that the appropriate levels of care required to produce a high quality oil are adhered to," Theresa says.

*Quality cooking oil should offer you greater efficiency, performance and lifespan, and not adversely affect the taste of your final product.*

"Goodman Fielder has both local experience and expert knowledge in the area of oil processing," she adds. "Our systems are successfully audited year after year against tough Australian standards by our major customers, some of whom are leaders in the market."

"Using quality cooking oils like those produced under the ETA and Crisco brands supplied by Goodman Fielder Food Services will maximise the quality of the food cooked in them, while also optimising fry life," Theresa says.

Oils supplied by Goodman Fielder Food Services deliver consistent reliability and boast a loyal following from in-the-know professionals.

One example is the husband and wife team of Steve and Sue Meadowcroft who run the award-winning East Brisbane seafood eatery, The Fishmonger's Wife.

After managing the very successful Laughing Buddha Café on North Stradbroke Island during the 1990s, the couple recognised there was a niche to be filled in Brisbane's seafood offerings.

"We saw that people had the choice of an expensive seafood restaurant or the local fish and chip takeaway, with nothing in between. So we opened up a fish and chip store cum restaurant which fills that middle



range, offering a good selection of quality seafood which people can eat at a reasonable price."

Steve initially used ETA Cottonseed Oil, impressed by the consistency of its performance.

"Obviously with frying oils you want a product which is better for your customers – with no cholesterol, low in saturated fats and higher in healthier poly and monounsaturated fats. ETA Cottonseed Oil was the best of the oils I found. It's fairly flavourless and leaves the product you're cooking very clean – minimising the amount of oil you actually serve with the product.

After winning the title of "Australia's Best Fish and Chip" shop in a Crisco promotion sponsored by Goodman Fielder, Steve tried Crisco Sunola, a premium quality sunflower oil.

"Again it's cholesterol free and very low in saturated and trans fats – and it certainly has a great frying life. It gives a very clean finish and has a terrific lifespan."

Steve adds that he also filters his oil up to two times daily to maintain longevity, cleanliness and taste and recommends this procedure to all high-volume frying operations.

But, he emphasises, the most important thing is to choose quality oil to start with.

"A quality cooking oil should offer you greater efficiency, performance and lifespan, and not adversely affect the taste of your final product. You don't want the oil to leave a flavour, you want to stick with a clean product and a good performer." ❖



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