



# FRYING GUIDE

## Fry to perfection with these 8 golden rules

1

### SKIM REGULARLY AND FILTER DAILY



Skim the surface often to get rid of **leftover food particles**. Filter daily while the oil is still warm, but not hot.

2

### USE THE CORRECT VOLUME



Always use the correct food to oil ratio - 1 part food to 6 parts oil. Top up with fresh clean oil to **extend** and **rejuvenate** the frying life of your oil.

3

### ALWAYS KEEP YOUR FRYER CLEAN



Clean at least **once a week** and ensure the fryer is free of soap and detergent residue.

**Helpful Tip!**  
Add one tablespoon of lemon juice to the final rinse to clear off all trace of soap.

4

### AVOID ICE CRYSTALS ON FROZEN FOOD



Always clear away ice crystals clinging onto frozen food. It will cause **foaming, spattering** and a **breakdown** of the oil.

6

### UNIFORM COOKING FOR BEST RESULTS



Cook **similar portion sizes** and avoid mixing a variety of fast food.

8

### FRY AT THE CORRECT TEMPERATURE



Heat the oil slowly and check the temperature. If the temperature is **too low**, more oil will be absorbed by the food. If the temperature is **too hot**, food will darken too quickly and oil will burn.

**Helpful Tip!**  
See the grid above for oil temperature guidelines.

7

### SALT AFTER FRYING IS COMPLETE



Do not salt the food while it's still in the fryer as it will **break down** the oil.

5

### DO NOT USE COPPER / BRASS EQUIPMENT



It **speeds up oxidation** and severely reduces the frying life of your oil.



### YOUR TEMPERATURE GUIDE FOR PERFECT FRYING

Potato Chips - Blanch	165° C	Fish - Battered & Breaded	170° C
Potato Chips - Fry	180° C	Prawns	175° C
Potato Crisp	175° C	Chicken (Large)	165° C
Potato Straws	175° C	Chicken (Small)	175° C
Vegetables	163° C	Cutlets	170° C
Onions	180° C	Choux Pastry	180° C
Fritters	180° C	Doughnuts	190° C

