

## **FACT SHEETS HOME FRYING**



### **Before deep-frying**

- The correct temperature settings should be selected: 175°C.
- The ratio of the food to frying oil or fat should ideally not exceed 1:10.
- Frozen foods should be fried from frozen for optimal quality.
- Avoid adding salt or spices before or during deep-frying.
- If possible, use separate deep-fryers for fish, potato products,... This prevents the mutual flavour influence.

### **During deep-frying**

- Keep the temperature at 160°C for par-frying and at 175°C for the final frying step.
- Always cook until a golden yellow colour.
- Do not overcook.
- When deep-frying smaller quantities, reduce the cooking time.
- Always follow the cooking instructions on the packaging.

### **After frying**

- Put the fried product on absorbing paper before serving.
- Filter the oil and clean the fryer after using it.
- Don't heat the frying oil longer than needed.
- Check the oil degradation if possible.
- Completely refresh the frying oil after using it maximum 10 times or follow the advice on the pack.