



TIPS on CHIPS

Guidelines for deep frying

Hot chips are popular with New Zealanders, but they can be high in fat, usually saturated fat which can contribute to obesity and heart disease.

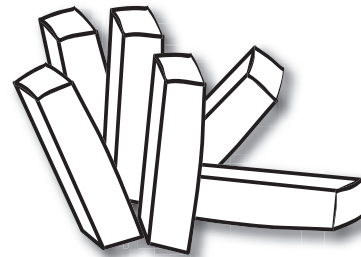
However it is possible to produce chips that are lower in fat:

- it's easy
- saves you money
- increases the life of the frying oil/fat
- makes healthier, crisper, tastier chips that will satisfy customers.

1

Use thick, straight cut chips (greater than 13mm) or wedges

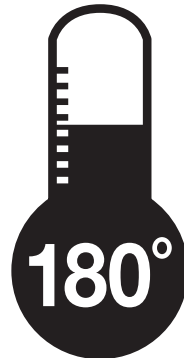
- Thin chips and crinkle chips absorb more oil/fat and therefore use up more oil/fat from the fryer.
- If chips are frozen, don't thaw. Water from thawed chips damages the oil/fat.



2

Cook at 180°C

- Food won't cook more quickly at temperatures above 180°C.
- Higher temperatures damage the oil/fat.
- Damaged fat:
 - cooks more slowly
 - uses more electricity/gas to cook the food
 - takes longer to get back up to temperature.
- Lower temperatures produce greasy food.
- Turn fryer to 140°C during quiet times - save power and save the oil/fat.



3

Check thermostat often

- Fryer thermostats can easily become inaccurate:

- Step 1. Set the thermostat dial at 180°C and let fryer come to temperature.
- Step 2. Check the oil/fat temperature using an accurate catering thermometer. Place it near the thermostat bulb in the fryer.
- Step 3. If the thermometer reads more than 190°C or less than 170°C, have the fryer serviced.



4

Cook chips in a separate fryer

- Fresh batter mix used for battered food, crumbs from crumb coatings, seasonings, sausages and seafood all damage the oil/fat.
- If you have enough fryers, keep one fryer for chips only (and final fry of battered food) - this oil/fat will last longer.



5

Cook chips for 3-4 minutes



6

Avoid big drops in oil/fat temperature

- Big drops in temperature will damage the oil/fat more quickly.
- Put small loads in the baskets, eg no more than 5kg food in 30kg of oil/fat.
- If you have enough fryers, put baskets in alternate fryers.
- Keep fryers topped up with fresh oil/fat. Don't top up while cooking food.



7

Drain chips well

- Bang or vigorously shake the basket of cooked food twice and hang it for at least 20 seconds over the hot fryer. This returns some oil/fat to the fryer.



8

Look for signs of oil/fat degradation

- If the oil/fat is damaged (eg dark colour, smoking) discard it all.



9

Filter oil/fat daily

- Use a funnel or a filtering machine.
- The cost of a filtering machine will be offset by your savings on the oil/fat.
- Filtering extends the useful life of the oil/fat.
- Skim the surface of the oil/fat frequently while cooking.



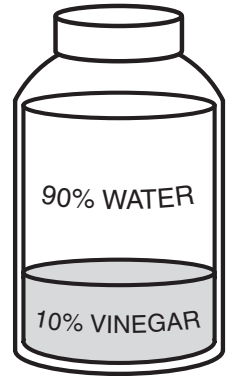
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Clean fryer frequently

Detergent damages the oil/ fat. If use detergent, rinse well with a solution of white vinegar and water (1 cup of vinegar in a 20 litre bucket of water). Finally rinse with water.

Occasionally it may be necessary to fill fryer with water and boil 15- 30 minutes to help loosen any gum formed on the fryer.

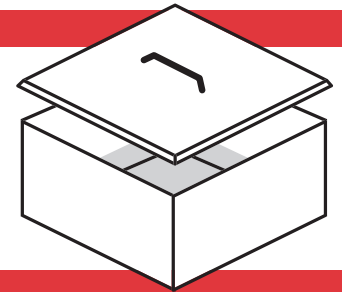
Use an absorbent clean cloth to thoroughly dry the fryer including around the drain and the heating elements. Water damages the oil/ fat.



11

Cover the fryer

As light, dust and air damage oil/fat, cover the fryer overnight and other times during the day when oil/fat is cool.



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Use an oil recommended by the Heart Foundation

The Heart Foundation encourages people to limit the quantities of deep fried food, as it is still high in fat and energy.

For more information contact;
The National Heart Foundation of New Zealand,
P O Box 17160, Greenlane, Auckland.
Tel: (09) 571 9191 Fax: (09) 571 9190
Email: info@nhf.org.nz
Website: www.nhf.org.nz