



WHICH FRYING OIL

IS BEST FOR MY BUSINESS?



FOODSERVICE
SOLUTIONS

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WITH SO MANY DIFFERENT FRYING OILS AVAILABLE TODAY, IT IS GOOD TO KNOW WHICH OIL WILL BE THE BEST CHOICE FOR YOUR BUSINESS, AND ULTIMATELY YOUR END CUSTOMER.

You need to consider more than just cost - oils have a variety of properties that can make a difference in cook quality and customer satisfaction. Crucial factors include:

- **Environment:** sustainability and genetic modification (GM)
- **Smoke Point:** the point at which oil can get to before it begins to break down
- **Health:** low saturated fat, low or free from trans fats - no hydrogenation (artificially saturating fat to improve mouth feel and cook properties)
- **Frying Stability:** solid vs liquid fat
- **Taint:** does it impart other flavour
- **Vegan / Vegetarian:** tallow and lard products are animal based, butter and ghee derivatives are dairy based
- **Religious / Belief constraints:** Halal / Kosher

HIGH OLEIC SUNFLOWER OIL



- Low saturated and polyunsaturated fats vs regular sunflower oil
- Good stability and neutral
- Meets the Heart Foundation tick requirements
- Non GM



VEGETABLE OIL (BLENDED SOYBEAN & OTHER PLANT BASED)



- High levels of (healthier) monounsaturated fats and low levels of saturated fats, virtually trans-fat free
- Non GM
- High smoke point (can go to very high temperatures)
- Neutral flavour



CANOLA OIL (RAPE SEED)



- High levels of (healthier) monounsaturated fats and low levels of saturated fats, virtually trans-fat free
- Non GM
- Mid smoke point but fine for chip cook temperatures
- Neutral taint



PEANUT OIL



- High smoke point (can go to very high temperatures)
- Neutral flavour
- Very long lasting / stable
- RISK - potential allergen



CORN OIL



- High smoke point (can go to very high temperatures)
- Very affordable
- RISK - can have a potential corn taint, okay for fries but not suitable for all foods



PALM OIL

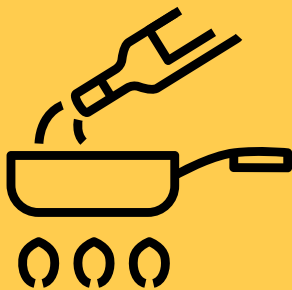


- Neutral flavour
- Lower cost alternative to canola and virtually trans-fat free
- RISK - must be sustainably sourced / palm oil is being deleted in many products due to its contribution to deforestation
- Good stability due to its solid state



How to Maximise your Oil's Frying Life

THERE ARE THREE KEYS TO MAXIMISING OIL LIFE:



1. FILTER REGULARLY

For optimum performance, filter your oil and clean your fryer every day - more often for high-volume frying or heavy sediment products. Regular filtration and cleaning is the best way to preserve your oil life and ensure the quality of your fried food.



2. SKIM OFTEN

You can extend the effective life of your oil 1 - 2 days by using a fine mesh skimmer. Skim to remove floating particles from the oil as needed and after peak periods. This will also improve the quality of the finished product.

Skim oil every 30 minutes between frying to remove loose floating particles.



3. SEASON AWAY FROM FRYER

Do not salt or season over fryer, as this causes the oil to break down, requiring more frequent oil change, as well as changing its flavour.





The Basics of Good Frying

1. START WITH FROZEN PRODUCT

For optimal texture and flavour, be sure the product is completely frozen before cooking.

2. CHECK OIL TEMPERATURE

Ensure oil is always up to the fill level and heated to 175°C - 180°C (never above 180°C). Check temperature regularly and recalibrate thermostat as needed.

3. ADD PRODUCT TO BASKET

Away from fryer, fill basket no more than 1/2 full to ensure all product will be submerged. Shake to remove excess water or ice. Drop first basket and wait 20 seconds before placing another basket in the fryer.

4. SHAKE BASKET GENTLY

After 30 seconds of frying, shake basket to ensure even cooking.

5. DRAIN PRODUCT

After frying, hold basket above fryer for 10 seconds and shake gently to remove excess oil. Shake, bang and hang.



TAKING CARE OF YOUR
Oil AND YOUR Fryer

BEWARE OF OIL SPLASHBACK

Hot oil and water or ice never mix and can result in splashing and flare-up creating burn risk and fire hazard. Never add icy product or watery thawed product to the fryer to ensure safe cooking. Cook undamaged product from frozen.

**DURING NON-PEAK TIMES,
REDUCE OIL TEMPERATURE TO 120°C**

After hours, turn off your fryer and cover it. When cleaning, cover to prevent contamination.

CHANGE YOUR OIL REGULARLY

to maintain food quality and consistency.

PERFORM BOIL-OUT PROCEDURES

every 3-6 months with water and cleaning solution as per the fryer's usage manual.



BEST FRYING

Practice Tips

TO ENSURE YOUR MCCAIN FRIES ALWAYS PRESENT AND TASTE AS APPEALING AS POSSIBLE, IT'S IMPORTANT TO FOLLOW 'BEST PRACTICE' COOKING PROCEDURES.

HERE ARE SOME HANDY HINTS

COOK FROM FROZEN WHERE POSSIBLE

frozen fries will absorb less oil during cooking

AVOID 'DOUBLE DIPPING' (REHEATING FRIES IN OIL) this leads to greater oil absorption and adversely affects flavour and texture

COOK TO MCCAIN RECOMMENDED

COOK TIME cooking times do vary between products, so always check the carton and follow the cooking instructions on the box

SHAKE COOKED FRIES OVER THE FRYER

and where possible, place on absorbent paper to remove any excess oil and grease

DON'T SPRINKLE SALT on fries before serving – many customers prefer unsalted fries

COOK TO ORDER and avoid holding for more than five minutes – this allows fries to stack better, so you'll use less fries per portion



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