

Topic : 1



Frying Oil



What Is The Frying Process?

Cooking food by using oil or fat through exposing it to high temperature.



What Types Of Frying?

- ❖ **Deep frying:** is the immersion of food in the oil or fat
- ❖ **Rapid surface frying:** frying food on a hot metal surface by using a small amount of oil or fat.
- ❖ **Dry frying:** frying food on a metal surface, depends on the extract fat from food to the surface, such as steaks and hamburger ... Etc.



How To Choose The Type Of Oil?



- ❖ The process of choosing frying oil should involve choosing the suitable type of oil, since hydrogenated vegetable fat such as palm oil and coconut oil cause heart disease, clogged arteries, obesity and other diseases, because they contain saturated fatty acids in spite of its tolerance to high temperatures and long periods of time.
- ❖ in frying process We recommend to use regular vegetable oil (Unhydrogenated) such as sunflower oil, corn oil, canola oil)

What Are The Manifestations Of A Spoiled Frying Oil?

- ✓ Dark color.
- ✓ Decreasing of Viscosity.
- ✓ Accumulation of large amounts of impurities in the oil.
- ✓ Oil burns and smoke rising from it.



How To Maintain Frying Oil For A Second Re-use?

- ❖ When frying finished, you must directly filter the oil from impurities by a refinery or a piece of thin and clean cloth.
- ❖ During preparation of the next meal, Make sure to remove the remaining crumbs of food in the oil.
- ❖ Avoid mixing new and Old oil.
- ❖ While re-using frying oil, make sure that it is in good condition.



How To Maintain Frying Oil For A Second Re-use?

- ❖ Its recommended to store the oil in a cool, dark place and in a tight container.
- ❖ Frying should be done in a well ventilated place provided with appropriate hood by taking into consideration the odors emitted from the process.
- ❖ Avoid using iron or copper pan because these metals accelerate the process of oil corruption.



What Are The Best Tools Used In Frying?

- ❖ It is Preferred to use electrical pans and pans that contain red circles in the middle.
- ❖ Avoid using aluminum and copper pans for a long period of time because it is strongly oxidized while frying.
- ❖ Avoid using low quality commercial coated pans, in which their metal surface exposed when they interact with the oil.





With Regards
Food Safety Awareness Team
Food Studies And Planning Section
Food Control Department.

