



*Tips & Techniques*

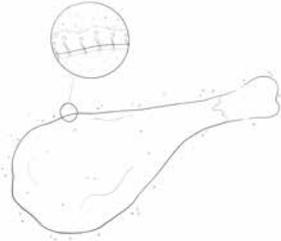
*Deep  
Frying*

**Sage<sup>®</sup>**

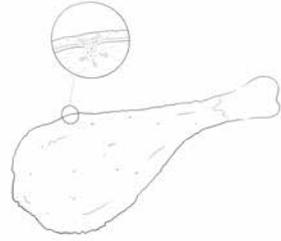
# Deep Fat Frying is Healthy?!

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## Choosing the right oil.



Steam escapes from the food's surface and prevents oil absorption



After cooking, condensation creates a vacuum that draws oil in

When done properly, deep fried food absorbs less fat than pan fried food. With a few simple tricks, it's possible to make fried food both healthier and better tasting all at the same time.

Most oils and animal fats have a smoke point between 190°C and 240°C. Once they get beyond their smoke point, the oil starts to breakdown and produce off flavours. In the Sage Smart Fryer, the thermostat makes sure the oil never goes above the smoke point of popular frying oils, just don't use butter!

Saturated fats are actually more 'stable' than unsaturated fats, and they degrade more slowly when exposed to air, light and heat. Unsaturated vegetable oils tend to build up nasty compounds over time and during use and storage. Try to store vegetable oils in air-tight containers away from heat and light and don't reuse them for frying over and over again. For one-time frying we suggest using fresh vegetable oils such as peanut, grapeseed and rice bran oil. If you plan to fry repetitively with the same oil, some animal fats may make for a healthier alternative because of their stability.

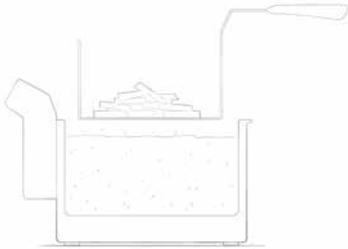
But doesn't deep frying make food fatty? Contrary to popular belief, the oil doesn't actually penetrate the food whilst cooking. Hot oil causes the surface temperature of food to rise quickly and once at the boiling point, moisture in the food turns to steam and pushes through the surface, preventing the oil from entering. It's only when you stop frying that most fat absorption occurs.

### TIP

Prepare a dish lined with paper towels together with additional paper towels nearby. Shake the basket thoroughly as soon as you remove fried food from the oil, quickly tip the ingredients into the dish and pat the surfaces of the food with paper towels. Speed is of the essence. The fried food will start to suck oil in within five to ten seconds of removal. And absorbed oil actually forms a barrier between the taste buds and the food meaning the more oil you remove, the more of the food you will taste. Who said healthier couldn't taste better too!

# Chips

A potato is roughly 75% water and 15% starch.  
Chips cook and taste better by reducing both.



Oil 130°C



Oil < 100°C

Triple Cooked Chips, it's not about making a chip oilier or fattier. It's designed to dry out the middle of the chip, while cracking the outside layer to form a crispy, protective barrier that crunches in the mouth.

The secrets to success are to minimise excess starch and moisture, and to fry at the right temperatures.

## TIP

Remove excess starch by washing freshly cut chips (preferably from Maris Piper potatoes) under cold running water for about 5 minutes or until the water run off becomes clear. After rinsing, simmer the potatoes in boiling water until they're almost ready to break apart and then place them in the freezer to dry out. This creates a fluffier, more delicate inside and a cracked, flaky surface that's necessary for creating a crispier crust.

The chips then need to be fried in oil twice, at precisely the right temperature.

Firstly the chip is 'blanched' at 130°C for several minutes to allow the moisture inside the chip to escape slowly and evenly, and to form an even, protective seal around the outside of each chip. The chips are then removed from the oil to dry out, and then fried again at 180°C until they form a golden crust.

Now this probably sounds complicated, and in most fryers it can be. As well as dialing in different times and temperatures, large batches cool the oil when immersed, so chips fry at 20 or 30 degrees below what they should. Hello soggy!

The Sage Smart Fryer, however, has a 'Twice Fry' setting that not only controls the time and temperature of each fry, it adjusts for the initial thermal shock to ensure both blanching and frying happen at the right temperature. So make sure you use the twice fry setting for chips, as you'll most certainly taste (and hear) the difference.

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