

BASKET CASE: HOW TO DEFEAT THE SIX ENEMIES OF OIL

Keep Your Cool by Protecting Your Cooking Oil

Proper maintenance of your cooking oil shouldn't be taken with a grain of salt. Knowing the six enemies of oil and how to minimize their impact on your fried foods could help you improve food quality. Routinely caring for your oil extends its life, which ultimately reduces operating costs.

Enemy: Oxygen

Threat:

Exposure to air can negatively impact flavor.

Prevention:

- Cover vats while not in use.
- Recirculate oil for only five minutes during filtering.

1



2

Enemy: Salt

Threat:

Breaks down oil life.

Prevention:

- Don't salt food prior to frying.
- Avoid seasoning food over open vats.



3

Enemy: Soap

Threat:

Produces alkaline flavor, causes oil to darken and contributes to odor, foaming and smoking.

Prevention:

- Don't use soap to clean inside the vats.
- Use only hot water to clean the filter box.

4

Enemy: Heat

Threat:

High temperatures cause oil to oxidize faster.

Prevention:

- Turn off unneeded fryer vats.
- Set fryers to recommended food temperatures.

6



Enemy: Water

Threat:

Weakens flavor and causes oil to darken and smoke.

Prevention:

- Maintain proper thaw times for frozen items.
- Shake off excess water or ice before dropping frozen food into fryer.
- Avoid filling baskets directly over the open fryer.

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Enemy: Carbon Buildup

Threat:

Masks the food's delicate flavor and pleasing aroma, causes oil to darken, makes it difficult to filter and alters food color.

Prevention:

- Skim vats frequently to remove food particles.
- Clean carbon buildup and crumbs from the vats daily.



You know how to maintain oil, but are you using the best one for your operation? Conduct a taste test to find out.

>> PUT YOUR FRYER OIL TO THE TEST IN FIVE EASY STEPS

