

**R RESTAURANT  
TECHNOLOGIES®**  
*CONTROL THE KITCHEN CHAOS*

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**BIG SECRETS TO  
EXCEPTIONAL FRIED FOOD**



# KNOW WHEN OIL IS AT ITS BEST.

Consistently great fried food increases foot traffic, customer satisfaction and pricing power. *Full Service Restaurant News* cites it as the #1 reason customers frequent a restaurant. And it all starts with the oil.

The first batch of fried food using fresh oil is rarely the best. Oil that's slightly used has begun to undergo hydrolysis, which means it has started to break down, and flavor-adding compounds have been released. Though undesirable in large quantities, a small amount is just right.

Oil that has started hydrolysis breaks down the outer layer of foods and releases water within more quickly. That's why it crisps up faster. Some fry cooks pour a cup of slightly used oil in with a fresh vat of oil because it adds flavor and helps crisp up foods.

Fried food takes on the character of the oil. If that character is well-kept and fresh, it delivers delicious, fresh food. If oil is abused and used, the food will reflect it.



# FRYING FLUCTUATES SO TIMING FLUCTUATES.

Chemical changes take place when cooking oil is exposed to heat, air, and water. Hydrolysis, oxidation, and polymerization can quickly break down oil and release harmful particles and free radicals. Since how and what a kitchen is frying fluctuates daily and weekly, oil disposal should follow suit. You might have to change oil sooner rather than later. Regularly testing the oil via a color test, total polar material (TPM) or test strips can give you the confidence that your oil is still good to go.





# WELL-TRAINED EMPLOYEES MATTER.

When food is cooked in a fryer, the oil takes on its flavor. After a while, oil can become clouded and bitter. Not changing oil or cleaning the fryer is the same as using a dirty sauté pan to cook more food. Informed, engaged employees create high-quality food when routine cleaning and oil disposal is part of a standard routine.

Adding an automated oil management system can go one step further and lighten the load of your staff, so you have better control of your final food quality.

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## DIFFERENT OILS FOR DIFFERENT REASONS.

There are many different types of fryer oil you can choose from including: canola oil, coconut oil, corn oil, grapeseed oil, palm oil, peanut oil and soybean oil. In the U.S., the most popular vegetable oil is soybean oil, with an impressive 70% of the market share. It's followed up by canola, corn and palm oils.



# 6 TYPES OF OIL

## MOST POPULAR

### SOYBEAN OIL

is primarily a source of omega-6 fatty acids, specifically linoleic acid. Soybean oil has a high smoke point (234°C/453°F) compared to many other cooking oils. Despite this high smoke point, soybean oil does not display the same oxidative stability as some other oils.

### CANOLA OIL

is oil made from crushed canola seeds. One of the best oils for heart health, canola oil has less saturated fat than any other oil commonly used in the U.S. It can be used as a cooking oil, for sautéing, stir-frying, grilling, and baking. Because of its light flavor, high smoke point, and smooth texture, canola oil is one of the most versatile cooking oils.

### CORN OIL

(or maize oil) is a low-cost cooking oil made from corn kernels. This refined oil has a high smoke point and a neutral flavor, making it a popular choice for frying in commercial kitchens. It has a very high smoke point of about 450°F (232°C), ideal for deep-frying foods to perfect crispness without burning them.

### GRAPSEED OIL

has become a popular alternative cooking oil. It has similar properties to oils like vegetable or olive oil and can provide many health benefits to consumers. Grapeseed oil is made from grape seeds, which are by-products from the wine-making process. Grapeseed oil has a moderately high smoking point.

### PALM OIL

is extremely versatile and can withstand high temperatures, making it perfect for frying food. With a mild carrot-like flavor and a rich, buttery texture, unrefined red palm oil is the perfect ingredient for many recipes including savory soups and stews, or mixed with vegetables or nuts for roasting. The fatty acids in palm oil are very stable and are excellent for medium-heat cooking temperatures.

### PEANUT OIL

is widely used around the world but is most common in Chinese, South Asian and Southeast Asian cooking. It became more popular in the United States during World War II when other oils were scarce due to food shortages. It has a high smoke point of 437°F (225°C) and is commonly used to fry foods.





# AUTOMATION & REMOTE MONITORING PUT YOU IN CONTROL

Kitchens with manual oil management (filtering by hand, disposing and refilling with inefficient and unsafe equipment) are places where important tasks aren't performed as often as they should. It means not getting the full potential out of cooking oil, and the taste of food is compromised.

Automation and remote monitoring put you in better control of your food quality and your kitchen. An automated oil management system like Restaurant Technologies' Total Oil Management makes it easier, especially with the online Total Oil Management Portal, which shows filtration practices, fresh oil tank level and customized reports.

Better control leads to better guest experience and better business results.





IT'S NO SECRET WE'RE  
CRITICAL TO BETTER  
FOOD QUALITY.

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