

Guidelines on Deep Fryers and Frying Oil

1. Selection and Storage of Frying Oil

To help prevent break down of frying oil, it is important to choose the right frying oil and store it in a cool dark place. Ask your supplier for oil that will work best for frying in your food service establishment.

2. Maintaining Deep Fryers and Frying oils

- Frying oil should not be heated above 180°C (355°F).
- Remove food particles and crumbs from the deep fryer frequently (e.g. skimming the surface throughout the day, daily filtering).
- Deep fryers washed with soap should be rinsed with a dilute vinegar solution to neutralize any remaining soap. Dry thoroughly after cleaning to control moisture.
- When not in use, lower the temperature of the fryer to 120°C (250°F).
- Do not top up frying oil as a means of diluting/prolonging use. Only top up oil to keep it at a constant level.
- Turn the deep fryer off and cover with a metal lid when not in use or the kitchen is closed.
- Deep fryers, baskets and utensils should be made of stainless steel. Avoid copper, black iron or brass parts.
- Use separate deep fryers to keep flavour-sensitive foods like french fries separate from those fryers used for meats, chicken and/or fish.
- Do not salt or season fried food over the deep fryer.
- Before frying frozen foods, shake off ice crystals away from fryer to control moisture. Avoid drip back from condensed moisture on fryer hood or cover.
- Do not use degraded frying oil as an ingredient in other foods, e.g., gravy

3. Discarding Used Frying Oil

- Change the oil if the fried food has an unusual colour or taste.
- Always change used frying oil before it smokes or starts foaming.
- When discarding used frying oil, use steel/containers that can withstand high temperatures.
- The best way to determine if your fry oil requires changing is a commercial test kit or hand held measuring device that can measure the level of break down in your oil. Contact a laboratory supplier to enquire about rapid test products suitable for use in a food production setting.