

Fryers Feature – April 2014

Please attribute any comments to Kris Brearley, Sales Director, RH Hall

Q. What should operators look for when purchasing a fryer?

First and foremost you should look at choosing from a recognised brand – the major manufacturers are often the most innovative and have developed fryers with intelligent features that are time/labour saving and energy efficient too. So, choose a leading brand with an established reputation – don't be tempted to go down the cheap import route. Sturdy, commercial manufacture is a must, anything less won't perform or last! Also consider the availability of spare parts and after sales service, plus what length of warranty is available.



To help make the right choice, caterers must be clear on their real needs: the volume of throughput so capacity can be determined; the types of dishes/menu available; variations in service time/peaks (don't be tempted to just buy a large capacity fryer because you have a high volume on one day of the week, this would be costly); staffing skills and find out about the latest features and operational functions before they invest.

For maximum durability and ease of cleaning a stainless steel manufacture is a must for fryers as are thermostatic controls. Features to consider include: drip taps for easy and safe oil removal and filtration; generous cool zone area at the base of the tank to encourage frying debris to settle to maintain oil quality and extend the fryer's life; oil temperature indicator

Q. What should operators look for when purchasing oil?

It is important to choose the right oil to prevent degrading which can result in serious health effects. Check with your oil supplier over the suitability and only use oils that can withstand deep frying temperatures and have sufficient oxidative stability for frying. Make sure they are not flavoured and contain low amounts of free fatty acids and peroxides.

The level of degradation should be measured with a commercial testing kit. If this isn't available then the oil should be changed if the fried food has an unusual colour or taste.

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**Q. How can operators ensure they are maintaining the fryer well?**

Regular cleaning and maintenance is a must to prolong the life of your equipment and ensure it continues to work to its optimum performance. Replacing the oil at frequent intervals is imperative for both fryer performance and very importantly food safety. Use of a filtration system will help to improve the quality of the oil and the lifespan of the fryer.

Skimming and removing food particles and crumbs from the fryer frequently during the day and nightly filtering is a good practice to help with maintaining the fryer.

Q. Is there anything operators should be doing to make food from the fryer healthier?

Ensure the oil is changed regularly as cooking in degraded oils increases the levels of fats in fried food and also deep fried food may not be cooked properly.

Having a basic understanding of how different foods cook in hot oil is key to producing the healthiest fried foods possible. If you want to produce the healthiest deep fried food that is possible you need to tightly control three things: the cooking agent, temperature and timing. For optimum results you want the food to cook but not absorb the oil. Maintaining the oil at the correct temperature throughout will keep absorption levels to a minimum.

Q. How can operators save energy and oil with their fryer?

Operators shouldn't operate their fryers at too high temperatures – ideally frying oil shouldn't be heated above 180°C (355°F) – the use of a thermostat will help maintain temperatures which will help save energy, also when not in use lower the temperature of the fryer

Further information of interest to readers:

RH Hall stocks a range of fryers from leading key brands. A brand new product to the portfolio is the **Blue Seal FastFri FF18**. This new fast food gas fryer is packed full of features for optimum operating efficiencies and high performance. This 400mm wide single pan fryer has, for ease of cleaning, a stainless steel exterior and a stainless steel open tank (no tubes) with cool zone. Further features include: a 25kW multi-jet target burner; 25kg/hour production rate; 18 litre oil capacity; 100-190°C mechanical thermostat and over-temperature safety cut-out; manual pilot ignition; 30mm drain valve for effective draining and access to all parts from front of the unit. Available in natural gas, LP gas or others on request.

For more information, please visit www.rhhall.com

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