

**Cajun Injector®**



***Frying Fun  
Has Just Begun!!***



*16 quart Stove Top Fryer*

[www.cajuninjector.com](http://www.cajuninjector.com)

# *Techniques for Successful Preparation of Fried Foods at Homes*

Often when someone mentions frying foods at home, they are greeted with a chorus of negative comments ranging from messy, greasy, and dangerous to unhealthy. Utilizing the proper equipment and learning the correct methods and procedures, frying can overcome virtually all of these comments. No doubt, breading or battering foods and frying “in oil,” does add caloric content to foods. But, a sensible respect for portion sizes consumed and utilization of non-hydrogenated oil with zero trans fats greatly reduces the concern of “unhealthy” often expressed. Education in the proper procedures and techniques that should be employed when frying, greatly reduces the amount of oil absorbed by fried foods.

## **Frying Techniques and Temperature Control of the Cooking Oil**

All forms of frying involve the cooking of food in oils or fats. Frying techniques vary depending on the frying vessel utilized (such as a wok utilized in stir-frying, a frying pan, or a deep fat fryer); the amount of fats or oils required (from sautéing or stir frying to pan frying to deep fat frying); cooking temperature; and preparation methods employed with foods for frying. For the purposes of this pamphlet, we'll concentrate on pan frying, deep fat frying, and mention a baking misnomer, oven frying, which is actually a form of baking.



Frying is classified as a form of dry-heat cooking since water is not utilized to transfer heat to the food being cooked. Instead, the heat in the oil is transferred to the water in the food so that the moisture in the food turns to steam to cook the food from the inside out. Whatever form of frying employed balances the realities of time, temperature, and the surface area of food in contact with the oil, plus the food's structure and moisture. Often this means assuring that the food is fully cooked in the interior before being burned on the exterior. As an example experts recommend pan-frying nothing thicker than 1-inch as the exterior is likely to burn before the inside is fully cooked.

Maintaining proper oil temperature is absolutely crucial to all forms of fried foods. Recommended oil temperature ranges from 350°F – 375°F with a target temperature of 365°F. And virtually all frying tips seek to assist you in maintaining correct oil temperature. Hot oil causes the food's internal moisture to turn into steam that keeps the oil out while the hot oil also keeps the moisture in (especially when a batter or breading barrier is used around the surface area of the food forming a crunchy, brown crust.)

If the oil is too hot, the steam reduces the moisture content and overcooks the food.

On the other hand, if the oil temperature is too low, a lack of steam allows the oil to penetrate deep into the crust producing oily, unappetizing fried food. The oil must be hot enough to quickly seal the surface of the food, but not too hot to burn the outside before the inside is completely cooked. Done correctly at a proper temperature, only a minimal amount of oil is absorbed into the food.



## Pan Frying

This form of frying is characterized by the use of significantly less hot oil where food is semi-submerged in hot oil in an electric skillet or in a fry pan over an open flame. When pan-frying, the oil's depth should be no more than 1/2 the thickness of the food. Pan frying differs from deep frying since the food touches the bottom of the pan and the exposed top side of the food allows some loss of moisture in the food as it cooks.

The advantage of pan frying is the use of less oil, this is also a disadvantage as it is more difficult to maintain temperature of the oil. The moisture loss and faster browning of pan fried foods can be advantageous or detrimental depending on the choice of foods to be pan fried. The best candidates for pan frying include fish, shellfish, tender meats and vegetables. Foods to be pan fried are generally covered with a batter or breading and have a rich texture that contrasts with the crispy, crunchy outside.

When pan-frying use an electric skillet with a thermostat to control oil temperature if possible. Otherwise, some experimentation may be required to control oil temperature. When oil temperature is reached, add the food to the pan; and fry on one side until brown. Using tongs or a spatula (never a fork) turn and brown the second side realizing that the second side generally takes less time (it's hotter when turned over than the first side was) to cook. As with all forms of frying, never crowd the pan as this can dramatically reduce oil temperature. Recovery time is the duration of time necessary to return the oil to the desired cooking temperature. When cooked too long, food will likely be greasy without the seared crunchy exterior most people desire from fried foods.



## Deep Frying

Foods to be deep-fried should be of a size and shape that permits individual pieces to float freely in the fat. The fat should surround the food and begin cooking it on all sides at once. The food is usually battered or breaded to protect the food's surface moisture from coming into contact with the hot oil creating an exterior layer or crust sealing food flavors and juices inside. We suggest the following tips:

1. Use a pan wider than it is deep, and that is wider than the heat source (so oil won't come in contact with direct heat.) Always use clean, fresh oil or previously used oil, properly filtered and refreshed by frying a raw potato or handful of parsley for about five minutes prior to frying food for dinner. Delicate foods should not be fried in oil previously used to fry strongly flavored foods.
2. Much of fried food odors can be absorbed by placing a small cup of bleach nearby. Be sure to mark as "Bleach" and keep children away from the cup as well as from the hot oil.
3. Never fill your fryer more than half full of oil. You will need a minimum of three inches between the oil surface and the top of the pot.
4. Constantly monitor temperature of the oil. Never crowd the frying oil, fry in small batches. The oil should freely bubble around each piece of food at correct temperature.
5. Use proper tools when removing fried foods and draining oils to a plate with several layers of paper towels. To add more absorbency, place a brown paper bag below the paper towels on the plate.
6. Keep deep-fried foods warm by placing in a single layer on fresh paper towels (after initial draining step above is finished) in a 250°F oven while you complete frying.

## **Oven Frying**

Oven frying produces a result that is healthier (usually less oil yet similar to fried foods even though it isn't a real frying process. Generally food is baked in a hot oven and basted once with a small quantity of fat or cooking spray. As with deep-fried foods, most foods are breaded or battered prior to being baked to seal in the juices and produce a crunchy, crispy crust. Food normally does not require turning and cooks quickly using this high heat (450° – 500°F) method. This works especially well with fish fillets, chicken pieces and pork chops. Generally bread crumbs or corn flake crumbs are utilized to produce a crispy crust when oven-frying.

### **The Basics of Frying:**

1. Recommended Products : A quality candy or deep-frying thermometer. A deep fat frying thermometer, preferably with a clip that allows the thermometer to be affixed to the side of the frying vessel is essential, since accurate control of the temperature of the frying oil is essential to successfully fried foods.
2. An Electric Skillet is preferred for pan frying; otherwise, choose a pan with a thick heavy bottom that is larger in circumference than the heat source (this will prevent oil from dripping down the exterior of the pan into an open flame that might cause a fire.) Use a heavy skillet or frying pan that is wider than it is deep and has a heavy bottom to help regulate uniform heat from the bottom of the pan. This is absolutely essential when pan frying with limited amounts of oil.
3. A Cajun Injector Electric Fryer for deep fat frying with digital timer and thermometer, basket, clear cover, and petcock drain spout specifically designed for high heat frying of large items such as turkey as well other deep fried foods.

## Choice of Oil or Fat as a Frying Medium:

1. Your choice of Oil or Fat often depends on the frying technique to be utilized and the projected frying temperature. As an example, when sautéing, oil choice often depends on the flavor to be imparted as butter or bacon grease are often employed. Olive oil is also a good choice if temperatures not over 300°F are to be employed in sautéing or pan-frying.
2. Health Concerns can determine your choice. We recommend non-hydrogenated oils with zero trans fats and zero cholesterol. This eliminates the use of animal fats.
3. Smoke point is a stage at which fat or oil begins to smoke. Utilize oils with a high smoking point (above 400°F). and high stability. Most vegetable oils have smoking points over 400°F and can be used in all cooking methods.
4. High heat, water, and burned food particles break the oil down over time. Filter the oil after use. Allow the oil to cool after use and filter to remove all food particles that could burn during reuse.
5. Replace your old oil if you notice the following symptoms: Excessive smoking at normal temperatures; strong oil discoloration; rancid odor.



## **Choice of Coating Mix, Breading Mix, or Batter Mix:**

A breaded item is any food that is coated with bread crumbs, cracker meal, corn meal, or other dry meal to protect it during cooking. Breaded foods can be seasoned, marinated, or rubbed prior to breading, or seasonings may be added to the flour, crumbs, or meal, before the coatings are applied. Coating batters are liquid or semiliquid mixtures, utilizing flour, milk, and eggs, used in cooking.

1. When breading meats, chefs call a three-step process “the standard breading procedure.” First, pat the food dry (always reduce moisture as much as possible to reduce splattering and oil degradation) and then dredge in seasoned flour. The flour adds seasoning and allows egg wash to adhere. Next dip the floured food in an egg wash (egg wash should contain whole eggs whisked together with approximately one tablespoon of milk or water per egg.) Egg wash will cause the breading to coat the item and form a tight seal when food is cooked. Lastly, coat the food with crumbs or seasoned meal, shake off the excess and place in a container in a single layer.
2. Battering. Prepare the batter according to directions. Pat the food dry, dredge in seasoned flour, if desired. Dip the item in the batter and generally cook immediately. There are some chefs that recommend chilling the batter with ice or refrigeration to obtain a great sear and those who recommend battering by placing in a single layer and refrigerating for up to 30 minutes to dry the batter. When using these methods, be sure to cook very small batches so as to maintain oil temperature.