

SHALLOW FRYING, DEEP FRYING, & FRIES



THE BASICS OF FRYING

Shallow Frying

A dry cooking method in which food is half-submerged in oil and touches the bottom of the pan.

Deep Frying

A dry cooking method in which food is cooked in oil deep enough to cover the food.

Key Points

- Oils with a high smoke point (canola, vegetable, soybean, or grapeseed) work best for frying.
- The optimal oil temperature for fries is 350-375°F (176-191°C).
- Remove as much water as possible from fresh potatoes before frying them. This prevents splattering and extends oil life.
- There is no need to thaw frozen potatoes before frying.

The Process



Have all ingredients ready for frying, including dredge, batter, and breading.



Heat the cooking oil in a pan to 350-375°F (176-191°C).



Once the oil is hot enough:

- For shallow frying, place the product in a single layer and fry until evenly golden brown.
- For deep frying, completely submerge the product in fat.
- Do not fry too many items at once, this will lower the temperature and makes foods greasy.



While cooking::

- For shallow frying, turn the product and cook until second side is evenly golden brown.
- For deep frying, once the product floats, use a double basket method, or turn the product over to achieve even browning on all sides.



Remove the product and drain well on absorbent paper.



Season the product as soon as it comes out of the oil and serve. Do not season over the fryer this can limit oil life.

Batters & Breadings

Batters and breadings protect food from the intense heat of the oil, help retain moisture, and provide a pleasant, distinct flavor and texture. They also help extend the shelf life of finished products.

- **Batter results in a smooth, crisp, often-delicate crust.**
- **Batters results in a crispy, crunchy, textured crust.**



Fry Best Practices



A two-stage cooking method recommended for fresh fries.

Stage 1: Remove as much moisture from the fries as possible to ensure crispiness.

Stage 2: Fry the potatoes to optimal crispiness.

Choosing the best product:

For crispier fries, choose thinner cuts, or opt for clear-coated or batter formats, which stay crisper for up to three times longer.

For a longer hold time, choose thicker cuts, which retain heat longer.

Proper packaging to ensure crispiness:

Classic fry sleeve: Place a napkin into the sleeve, extending it to the bottom and leaving some out the top. Place the fries in the sleeve and fold the napkin over to retain heat, absorb moisture, and keep the fries covered.

Clamshell: Use a knife to pierce three small holes in the top and along each side of the lid. Place a napkin under the fries to absorb moisture. Close the lid to retain heat.

Folded paper carton: Remove the two side flaps for more ventilation. Insert a napkin and place the fries on top. Fold the napkin ends over the top of the fries, then close the flaps.

Bagging tips:

- To ensure crispiness, pack fries in their own container and never in the same package as burgers, hot sandwiches, or other hot entrees.
- Place the hottest items at the bottom of the bag and insulate them by placing paper napkins on top and in between each item.
- Fries should be the last item placed in the bag, nearest the top, before rolling and sealing the bag for heat retention and safety.