

Deep Fat Fryers

Deep-fryers are used to deep-fry food and this is a moist cooking method because the food is surrounded by moisture (fat). Special oils are used for deep-fryers because they can withstand high temperatures without smoking or catching on fire. They also last longer before they break down and turn a darker color. Regular vegetable oil **SHOULD NOT** be used although lard can be substituted.

Deep-fryers can be powered by gas or electricity. They usually set a very high temperature over 350 degrees F. They are dangerous because 350 degrees of fat can quickly and seriously burn skin. If the fat was to ever catch fire, it would spread very quickly.

Always be aware of where fire extinguishers are located when using deep-fryers.

Water or any other liquid cannot be added to hot or cold fryers because it will cause the grease to splatter in all directions and can cause serious burns.

Foods that are deep-fried should have a protective coating like breading or batters to protect it from the high temperatures. Food is lowered directly into the fat one piece at a time (e.g., fish), or is put into baskets (e.g., fries). This helps the food to float and not sink and get stuck on the bottom of the fryer where it can burn.

SAFETY PRECAUTIONS FOR FRYERS



Do not operate the deep-fryer unless supervised by teacher/assistant.



Do not carelessly drop food or the baskets into the fat or it will splash you.



Do not put any liquid or foreign matter in a hot or cold fryer or it will splatter.



Keep fryers covered with metal lids/trays when not in use.



Do not turn temperature past 350 degrees.



Make sure all valves are closed before operating fryer.



Keep fat filled up to the “fill line” and refill daily.



Keep the area clean and grease free to avoid falls and burns.



Do not operate the on/off/pilot switch which involves turning on the gas.



Do not lean on the counters or fryers because they are hot.