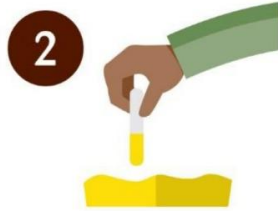


## Frying temperatures & times

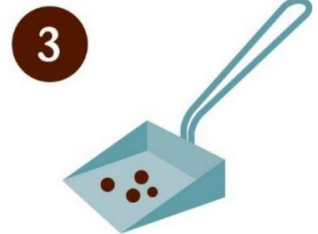
	Mins	°C	°F
Thin cut 3/8	3-3 1/2	175	350
Medium cut 7/16	2-3	175	350
Thick cut 9/16	2-3	180	350
Traditional	3 1/2 - 4	175	350
Sweet potato fries	2 3/4	175	350
Wedges	3 - 3 1/2	175	350
Roasts	7-11	175	350
Hash browns	3-5	175	350
Fish Large (125g)	6	170-175	340-350
Fish Small (75g)	3-4	180	355
Scampi	3-4	165	330
Chicken	10-15	165	330
Doughnuts	2	180	355



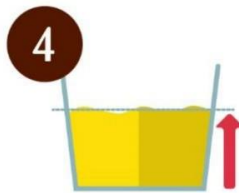
**1**  
Check the temperature.  
Fry food at the correct  
temperature



**2**  
Check oil colour using  
sticks to tell if the  
oil needs changing



**3**  
Skim the oil at  
least once a day



**4**  
Filter daily & top up  
to correct fill level  
when necessary

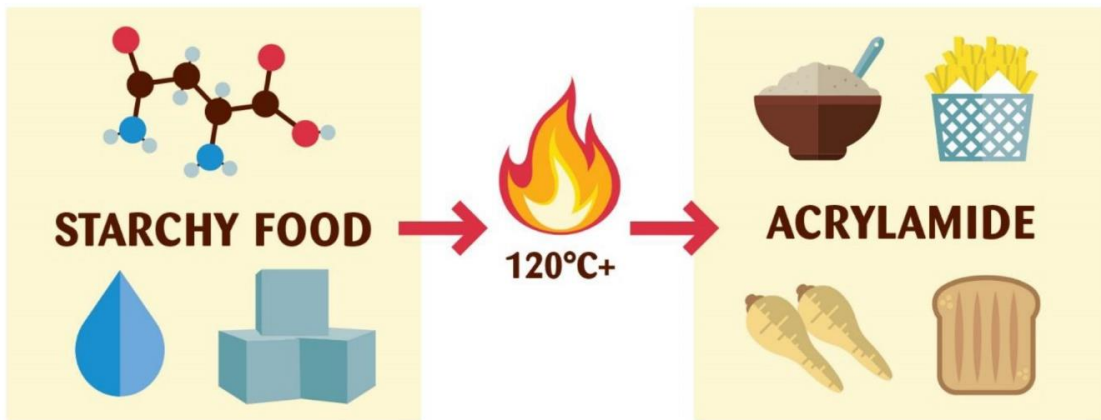


**5**  
Clean the fryer at  
least once a week

## What is Acrylamide?

Scientists agree that Acrylamide has the potential to cause cancer in humans. Acrylamide is a chemical substance formed by a reaction between amino acids and sugars. It typically occurs when foods with high starch content such as potatoes, root vegetables and bread, are cooked at high temperatures (over 120°C) in a process of frying, roasting or baking.

The formation of Acrylamides have nothing to do with the composition of frying oils.



Acrylamide is not deliberately added to foods, it is a natural by-product of the cooking process and has always been present in these foods.

Minimise the formation of Acrylamide in fried foods by making sure that you cook at the correct temperature setting and frying times are not exceeded.

Cooking for longer durations at higher temperatures than recommended will potentially form higher levels of Acrylamide.

The process of Oil Management can help reduce the level of Acrylamide that forms in frying oil. By skimming and filtering your oil this will ensure that no debris are left in the fryer to then form a level of Acrylamide. Good oil management will ensure that your oil lasts longer and produces great tasting food at every fry.