



NATIONAL EDIBLE OIL DISTRIBUTORS' ASSOCIATION

Information About Oils

The National Edible Oil Distributors' Association

Dripping



Dripping – Information About Oils

Introduction

Dripping is an animal fat produced from the fatty tissue from healthy bovine animals in approved processing plants.

The modern manufacturing method is to extract the liquor by low temperature rendering before refining, bleaching and deodorising. Each factory is operated under strict supervision of Government Veterinary inspectors to guarantee that every aspect of the operation, from raw material sourcing through processing to end product quality, meets the complex and stringent requirements of the law. Refined beef dripping not only has a high smoke point of 210°C, but has a very long frying life outperforming vegetable oils and fats.

Usage

A large proportion of dripping goes into Fish and Chip Shops with the remainder going into food manufacturing such as gravy granules, suet puddings, roasting potatoes and bakery shortenings/ margarines.

Cooking

Dripping is used for cooking, especially in British cuisine, significantly so in the Midlands and Northern parts of the UK. Whilst there are a variety of oils used in Fish and Chip shops throughout the UK, beef dripping is a first choice for many fish and chip outlets which is mostly down to regional preferences with Scotland, Ireland, parts of the North East and The Midlands preferring animal fats and beef dripping.

Dripping is perceived as less healthy than vegetable oil due to high levels of saturates, however, the chemical analysis is very similar to palm oil and therefore it is very stable when used under extreme frying conditions. Furthermore, as most people eat fish and chips no more than once a week, dripping should not present a health issue as long as a balanced diet is followed. Dripping is non-hydrogenated and naturally low in trans fatty acids.

Typical Composition of Dripping

	%
Saturates	15
Monounsaturates	23
Polyunsaturates	62

