

# Frying Oil

## CARE GUIDE



# Smart frying is smart business

Proper temperature control, cleaning, maintenance, and handling can help your oil last longer.  
Follow these recommended practices to save time and money.



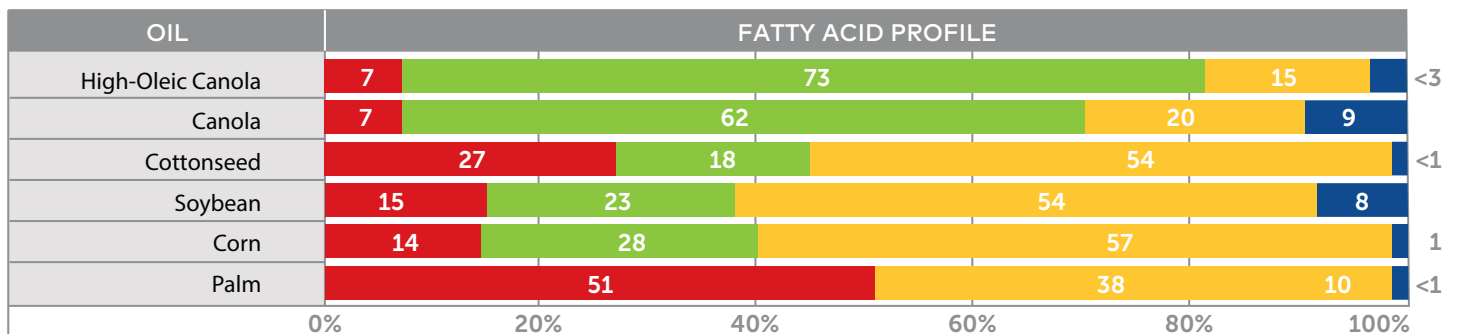
## Why choose high-oleic oil?

High-oleic canola oil is naturally stable and provides longer fry life to restaurants and food processors. Compared to other common vegetable oils, high-oleic canola oil has the lowest bad fat (saturated) and highest good fat (monounsaturated), and the highest heat stability. Wesson offers a product portfolio made with high-oleic canola oil that supports a variety of frying applications. Each product delivers solutions with health, taste and performance attributes that meet today's food industry needs.

**HEALTH** - High-oleic canola oil has a unique nutrition profile compared to other common vegetable oils.

**TASTE** - High-oleic canola oils provide consistent food quality with no flavor transfer.

**PERFORMANCE** - Naturally stable, allowing for longer fry life than other commonly used frying oils.



- Saturated Fat (bad)
- Monounsaturated Fat (good, oleic acid)
- Polyunsaturated Fat (good, linoleic acid)
- Polyunsaturated Fat (good, linolenic acid)

# Food & Equipment Handling

Properly handling the food and your kitchen tools can help improve frying quality.

1. **MONITOR TURNOVER** – A good volume of food through the fryer means high turnover (oil added daily to “top up” the fryers), which significantly reduces the amount of oil that is discarded.
2. **WATCH THE SALT** – Do not salt food near the fryer and avoid using processed foods containing salt as an ingredient.
3. **REMOVE LOOSE BREADING** – Breaded products should be shaken away from the fryer to remove any loose or excess breading. Any products you are frying should be as dry as possible.
4. **SHAKE ICE CRYSTALS** – Shake ice crystals off frozen foods away from the fryer and do not dump frozen french fry bags into baskets while they are over the fryer.
5. **MIND UTENSILS AND BASKETS** – Copper, brass or iron utensils should be kept away from the oil; they promote oil breakdown. Broken baskets should be replaced.

# Cleaning & Maintenance

Proper cleaning and maintenance can extend oil fry life.



## SKIM FLOATING PARTICLES

Skim the frying oil to remove small pieces of food or excess breading from the fryer. Skimming should be done whenever floating particles are present.



## FILTER OIL DAILY

Filter the oil at least once a day to remove all sediment accumulated in the fryer.



## CHECK OIL QUALITY

Observe oil quality regularly, color, smell, taste.



## MONITOR BASKET LIMITS

Do not overload fryer baskets with too much food.



A good guide is 2 lbs of food to 20 lbs of frying oil.



## FILTER & COVER WHEN NOT IN USE

If the oil will not be used for a while - overnight or during the weekend for example - it is best to filter the oil and cover the fryer with a metal lid, keeping the oil as cool as possible and less exposed to oxygen.



## CHECK OIL LEVEL

Ensure fryer oil level does not drop below the fill line.



## DEDICATE FRYERS FOR SPECIFIC FOODS

Designate a separate fryer for french fries and protein products. If a third fryer is available, use it for onion products.



If you have two or more fryers, use a rotation fry method. Fryer 1 should always have the freshest oil. After a few days of use, filter the oil and properly clean fryers before transferring the oil from fryer 1, and a few days later, fryer 2. Oil from fryer 3 should be discarded after it reaches the end of its fry life.



## CLEAN FRYER WEEKLY

Clean and boil the fryer weekly with an approved commercial cleaner developed for fryers and elements. Rinse thoroughly, ensuring all soap residue is flushed out. Rinse again with clean water and dry thoroughly. Refill fryer following the rotation method, adding fresh oil if needed.

## Recommended Equipment

- Deep fryer thermometer with a temperature range up to 400°F (204°C).
- Square, 5.5 inch fine mesh skimmer.
- Filter, cone, bucket, nylon scrub brush, or preferably an automated filter/pump unit.
- 3™ Oil Quality Test Strips to determine discard point.
- Fryer boil out cleaner.
- Wesson Fryer Log.
- Personal protective equipment (PPE) such as heat-resistant gloves, apron, face/eye protection.

## Temperature Control

Uncontrolled temperature can lead to rapid oil breakdown, high oil absorption, and inconsistent fried foods.

### 1. CHECK OIL OPERATING TEMPERATURE DAILY

Use a fry thermometer to ensure the oil operating temperature does not exceed 365° F (185° C). Record it in the Wesson Fryer Log. If necessary, adjust the fryer's thermostat setting.

### 2. LOWER THE TEMPERATURE WHEN NOT IN USE

Turn the temperature down to 221° F (105° C) when not in use.

TIP

Remove the fry baskets when you lower the temperature as a reminder to turn the temperature back up when you are ready to use the fryer again.

### 3. START UP SLOWLY

15 minutes prior to initial use, start the fryers at a low temperature of 221° F (105° C). Increase the temperature to operational level 5 minutes prior to use.

### 4. ALLOW RECOVERY TIME

Fryers must have time to recover to the correct temperature before you add more food.

### 5. CHECK COOKING INSTRUCTIONS

Check package for correct fry temperatures and times for specific foods.

# Critical Tips

## FREQUENTLY

- Turn fryers on low temperature 15 minutes prior to initial use.
- Monitor fryer oil quality by observing food color and using 3M™ Oil Quality Test Strips.
- Reduce temperature during slower periods.
- Skim to remove food particles.

## DAILY

- Ensure fryer is filled to marked level.
- Take fryer oil temperature and record in the Wesson Fryer Log.
- Filter oil at least once, preferably twice.
- Flush the fryer, preferably after lunch service.
- Cover the fryer overnight and when not in use.

## WEEKLY

- Thoroughly clean and boil-out the fryer with a specialized cleaner.
- Inspect fryer hood and vent for grease drips, cleaning if necessary.

# Trouble Shooting

## OIL SMOKES EXCESSIVELY

- Inadequate cleaning or rinsing procedures, leaving detergent film.
- Foreign material (e.g., water, salt) or excessive crumbs in fryer.
- Poor quality food.
- Inferior or broken-down oil.
- Oil that is too hot; may indicate a faulty fryer thermostat.

## FOOD IS NOT BROWNING IN OIL

- Oil is too cool; may indicate a faulty fryer thermostat.
- Overloaded fryer.
- Insufficient time for oil temperature recovery.
- Oil is too fresh, not broken in yet.

## FOOD IS GREASY/ABSORBING TOO MUCH FAT

- Oil is too cool; may indicate a faulty fryer thermostat.
- Insufficient time for oil temperature recovery.
- Overloaded fryer.
- Undercooked food.
- Improper food preparation.

## WHITE/YELLOWISH BUBBLES BUILDING UP ON THE SURFACE OF THE OIL

- Inadequate cleaning or rinsing procedures, leaving detergent film.
- Overheated oil, especially when fryer is not in use.
- Not enough skimming and/or filtering.
- Foreign material (e.g., water, salt) or excessive crumbs in fryer.
- Wrong utensils (e.g., brass or copper) used in fryer.
- Inferior or broken-down oil.

## OIL/FOOD HAS AN OBJECTIONABLE ODOR OR FLAVOR

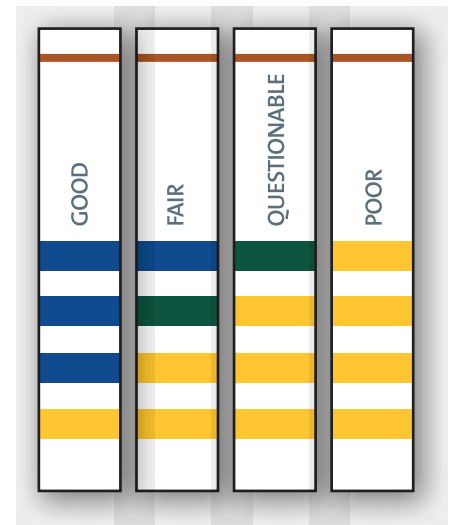
- Overheated oil, especially when fryer is not in use.
- Different types of food cooked in the same fryer can cause flavor transfer/pick up.
- Foreign material (e.g., water, salt) or excessive crumbs in fryer.
- Inadequate cleaning or rinsing procedures, leaving detergent film.
- Defective equipment.
- Poor ventilation.
- Inferior or broken-down oil.

# Oil Quality Test Strips

As oil quality deteriorates, more oil is retained within the final food product. Poor oil quality leads to an increase in oil usage, as well as a decrease in food quality. Be sure to test oil to ensure a quality product.

## Directions

Use 3™ Quality Oil Strips to test oil when quality is questionable. Remove test strip from the container then promptly reseal. Using tongs, dip the test strip into the hot oil so that all four bands are submerged for 5 to 10 seconds then remove. Wait 15 seconds before evaluating. See explanation below.



**GOOD:**  
Oil is at the optimum; oil soak up is minimal.

**FAIR:**  
Oil is likely okay but food quality should be checked.

**QUESTIONABLE:**  
Oil is likely not okay; oil soak up is likely significant and food quality is negatively impacted.

**POOR:**  
Discard oil.

## Wesson Fryer Log

WEEK 1		WEEK 2		WEEK 3		WEEK 4	
Day:	Record Temp:	Day:	Record Temp:	Day:	Record Temp:	Day:	Record Temp:
1		8		15		22	
2		9		16		23	
3		10		17		24	
4		11		18		25	
5		12		19		26	
6		13		20		27	
7		14		21		28	
						29	
						30	
						31	

Fry Life: \_\_\_\_\_

(average days between oil change)

## Instructions

1. Once oil is heated to the proper operating level, take fryer temperature.
2. Record fryer temperature here.
3. When fryer oil is changed, circle the date.
4. Monitor days of fry life and record below table.
5. When two or more fryers are present, label and record each fryer on a separate sheet.

Restaurant Name: \_\_\_\_\_

Location: \_\_\_\_\_

Month: \_\_\_\_\_ Year: \_\_\_\_\_

Deep Fry Log: Fryer # \_\_\_\_\_