Proper frying
**INTRODUCTION TO PROPER FRYING**

One of the most important homemaking jobs today is that of meal planning. Every day, three times a day, meals must be planned and prepared for the family, meals that are balanced with the right kind and number of calories. But planning meals that are balanced in nutrients is not enough. You must plan food combinations that are not only good to eat but look appetizing as well.

Picture a plate of creamed onions and mashed potatoes—not very colorful is it? Now imagine the potatoes French fried to a golden brown color instead of mashed. See how much more attractive to the eye the dish is, and what an appetizing crisp tender texture is also added.

Color and texture add variety to foods, perk them up and make them more appealing. There is really no limit to the number of foods that you can fry—foods that will add taste and eye appeal to those three meals a day.

Start with a pan fried veal cutlet, or perhaps you’d rather have deep fried shrimp. Whatever your choice, you have the basis of a meal that is good to look at and good for you. Add color to the platter with green, red or yellow vegetables.

Or you can vary your meal planning by frying the vegetables that accompany the meat. French fried onion rings, deep fried asparagus, corn fritters, pan fried carrots, pineapple rings, apple slices or banana fritters are easy to prepare and will add to the taste enjoyment and eye appeal of your meals.

With so many different fried foods to contribute to good meal planning you can see that it is important to know the best methods for preparing fried foods. Frying is defined as the process of cooking in hot fat, either in a small amount which is pan frying or sautéing (pronounced sau-tay-ing) or in a large amount which is deep frying or French frying. Many fried foods can be prepared in either a shallow skillet or a deep kettle. The following pages are devoted to the how-to-do of pan and deep frying.

Good methods are important for economical food preparation. Here are the advantages of good frying methods: 1. economy, 2. uniform cooking, 3. low fat absorption, and, 4. crisp appetizing foods of good flavor.

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1
SELECTION OF THE PROPER FAT FOR FRYING

The most widely used products for frying are the shortenings made from vegetable oils, principally cottonseed, soybean, corn and peanuts. Various combinations of these oils are used by manufacturers. These combinations are determined by availability and performance characteristics. The oils are converted from a liquid to a solid state by a process known as hydrogenation. The process of hydrogenation also improves the keeping quality. Further processing makes them creamy, fluffy and easy to use. Crisco is an example of a high grade hydrogenated, pure vegetable shortening.

Here are the points to consider in selecting a product for use in frying:

1. **Flavor and Odor.** Shortening which does not add any flavor and odor itself is desirable for frying so that the true flavors of the foods will not be changed.

2. **Good Keeping Quality.** Good keeping quality is important because it makes the product more economical for long and continued use. Crisco keeps well without refrigeration. If good frying techniques are used (see page 5), Crisco can be reused many times for frying.

3. **An All-Purpose Product** that can be used for frying and also for baking is economical and convenient. Crisco, a hydrogenated all-vegetable shortening, is recommended for use in electric fryers.

4. **Uniform High Quality,** the standard which manufacturers of shortening strive to maintain, is important for dependability. The quality of Crisco, for example, is checked by 270 tests to be sure that every can of Crisco is of the same uniformly high quality.
FRYING EQUIPMENT

Good frying results depend not only on the food and a good shortening, but on the right frying equipment as well. Essential and helpful equipment for frying is listed below:

Essential

PAN FRYING:
Heavy skillet 8” or 9” in diameter
Pancake turner

DEEP FRYING:
Heavy saucepan, 2 or 3 quart size, or an electric fryer
Slotted metal spoon
Frying basket or a sieve

Helpful

Frying thermometer
Tongs
Cover for skillet

The frying kettle should be 4 to 6 inches deep and not more than 7 to 9 inches in diameter and of a medium or heavy weight metal. A special kettle is not necessary. If you do not have a kettle, use a saucepan of the type used for cooking vegetables. Electric deep fryers with accurate temperature control are becoming more and more popular. Crisco is an especially satisfactory product to use in an electric fryer because of its reuse advantages (see page 5).

A frying basket which fits loosely in the kettle is desirable to add and remove food. The basket should have a long handle that will not get hot during frying. A wide meshed sieve may be used in place of a basket.

Long handled forks or tongs are also helpful for removing food from the frying kettle. A slotted metal spoon with wooden handles serves to lift as well as drain foods as they are removed from the frying kettle.

Frying thermometer insures correct temperatures for deep frying. Regular frying thermometers are equipped with a clamp which fits over the edge of the kettle and holds the thermometer in place. A candy or meat thermometer should not be used for frying because they do not register accurately the temperatures used for frying.

Frying pans or skillets should be of medium or heavy weight metal so that heat is uniformly distributed over the frying surface.

A broad bladed spatula or flexible pancake turner is excellent for turning foods so that they can be browned on both sides.

Paper toweling is desirable for draining foods after frying.
PROPER FRYING METHODS

Pan Frying Method

Use a heavy frying pan. Fry over medium heat. The amount of fat required for pan frying depends on the size of the frying pan and the quantity as well as type of food to be fried. Foods that are dipped in flour or in egg and crumbs require more Crisco than do uncoated foods. Raw foods may require more Crisco for frying than do previously cooked foods which are simply reheated or browned.

When food is well browned but needs more cooking (for example, fried chicken or veal) cover the skillet and cook over low heat for 20 to 30 minutes.

This chart will help you to determine the correct amount of fat to use

<table>
<thead>
<tr>
<th>Size of Pan</th>
<th>Uncoated Foods</th>
<th>Coated Foods</th>
</tr>
</thead>
<tbody>
<tr>
<td>In a pan 8&quot; diameter</td>
<td>3 tablespoons</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>In a pan 9&quot; diameter</td>
<td>1/2 cup</td>
<td>1/3 cup</td>
</tr>
<tr>
<td>In a pan 10&quot; diameter</td>
<td>3/4 cup</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>In a pan 12&quot; diameter</td>
<td>1 cup</td>
<td>3/4 cup</td>
</tr>
</tbody>
</table>

Coatings for Fried Foods

Coatings often add texture and crispness to fried foods. They serve as a protective covering for some foods and as a binder for other types of foods. Here are the most commonly used coatings.

Egg and Crumb Coating: Best suited to moist, soft foods such as oysters, tomatoes, eggplant and croquettes which are to be pan fried or deep fried.

Batter Coating: Suitable for deep-frying cooked or quickly cooked meats and vegetables such as shrimp, chicken, liver, carrots and cauliflower.

Seasoned Flour Coating: Excellent for pan frying moist foods such as liver and veal.

When coatings are used, apply them evenly to the food. Drain egg and crumbed or batter coated foods before frying.
DEEP OR FRENCH FRYING

The convenience and the success of a constant low temperature for roasting meat has been recognized. The use of a single temperature for frying is equally desirable. Test work in the Home Economics Department at Procter & Gamble has shown that 365°F. is the temperature which is most satisfactory for all frying. If you maintain this temperature, fried foods will be crisp, brown, light, tender and appetizing in flavor and appearance. Controlled frying temperature will lengthen the life of fat used for frying. It also helps to prevent fat soaking of foods. The use of a frying thermometer for deep, or French, frying is the only true measure of the temperature. If you prefer foods fried at special temperatures there is no reason why you shouldn’t fry at these temperatures. However, for the easiest and simplest frying procedure, we like one temperature. There is no need to remember different temperatures for different foods.

Deep Frying Guide

1. Controlled frying temperature will lengthen the life of fat used for frying. Test the frying temperature before adding each batch of food. A frying thermometer is the best way to test temperature. Without a thermometer, use the bread test. An inch square of bread will brown in 60 seconds at 365°F. With electric fryers the temperature control is especially helpful.

2. Use a deep kettle or an electric fryer and fill it not more than half full of Crisco for frying. (In a pan 6” deep, use fat about 3” deep). To avoid bubbling over, fry small quantities of food at a time.

3. Use a frying basket. This makes it easier to add and remove foods. Don’t overload basket. Drain thoroughly on paper towelling before serving.

4. The time required for frying will depend on:
   a. The temperature
   b. The size and quantity of food
   c. Whether the food is raw or cooked—hot or cold
   d. Individual preference as to the degree of browning desired.

Use a frying thermometer or the simple bread test to check the temperature. Don’t use smoking as an indication that fat is hot enough for frying. This is not a reliable measure because the point at which fats smoke depends on the kind or type of fat, how long it has been used, and whether or not it has been overheated in previous use. The presence of food particles, crumbs, etc. will cause smoking on reuse. Smoke from breakdown of fat occurs at temperatures over 400°F. and can be recognized by its sharp, acrid, penetrating odor. Don’t mistake steam from foods being fried for smoking.

Care of Fat for Frying Reuse

Deep frying is an economical way to prepare food if proper care is taken so that the fat can be used repeatedly for frying. Observe the following precautions and you can reuse Crisco for frying many times.

1. Avoid overheating or unnecessarily long heating.

2. Add a little fresh Crisco each frying to replace that used in previous frying.

3. Remove food particles left in fat after frying. To do this, cool fat slightly and when crumbs have settled to the bottom pour the fat into another container. Wipe out crumbs and any remaining fat with paper towels. (This is good practice with electric fryers, too.) If desired, fat may be strained through cheesecloth in a sieve.

4. Cover and store used fat in a cool place between fryings.
Always plan meals with an eye to color, flavor and texture so that the foods you fix will be good to look at as well as good to eat. The crisp texture, the golden brown color and appetizing appearance of fried foods give them an important place in our daily menu patterns. The variety of fried foods given in the following groups may be used as basic menu plans in which meat, vegetable and fruit are used.

**With this chart:**

1. Suggest good fried food combinations that can be served in the daily menu.
2. Suggest preparation of leftover vegetables such as mashed potatoes or carrots or ground meats to give them taste and eye appeal.
3. Plan a group of menus and rate them for color, texture, eye appeal and flavor.

### Pan Fried Foods

<table>
<thead>
<tr>
<th>Vegetables</th>
<th>Meat or Fish</th>
<th>Fruit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Potatoes</td>
<td>Chops and steaks</td>
<td>Apple slices or rings</td>
</tr>
<tr>
<td>Carrots</td>
<td>Veal cutlets</td>
<td>Pineapple rings</td>
</tr>
<tr>
<td>Onions</td>
<td>Liver slices</td>
<td>Peach or apricot halves</td>
</tr>
<tr>
<td>Parsnips</td>
<td>Canned meats sliced</td>
<td>Banana cubes or slices</td>
</tr>
<tr>
<td>Eggplant</td>
<td>Ground meat patties</td>
<td></td>
</tr>
<tr>
<td>Mushrooms</td>
<td>Chicken</td>
<td></td>
</tr>
<tr>
<td>Tomatoes</td>
<td>Fish</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Meat cubes for stews</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Ham</td>
<td></td>
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</tbody>
</table>

### Deep Fried Foods

<table>
<thead>
<tr>
<th>Vegetables</th>
<th>Meat or Fish</th>
<th>Fruit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Potatoes</td>
<td>Chicken</td>
<td></td>
</tr>
<tr>
<td>Onions</td>
<td>Shrimp, oysters, scallops</td>
<td></td>
</tr>
<tr>
<td>Eggplant</td>
<td>Ham croquettes</td>
<td></td>
</tr>
<tr>
<td>Asparagus</td>
<td>Tuna croquettes</td>
<td></td>
</tr>
<tr>
<td>Beans</td>
<td>Salmon croquettes</td>
<td></td>
</tr>
<tr>
<td>Parsnips</td>
<td>Codfish balls</td>
<td></td>
</tr>
<tr>
<td>Cauliflower</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Carrots</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Corn fritters</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Score for Fried Foods

Do the fried foods you prepare make a pretty picture? Are they crisp, tender, golden brown and good to eat? Experts agree that fried foods should rate high on the following points.

<table>
<thead>
<tr>
<th>Appearance</th>
<th>Texture</th>
<th>Flavor</th>
</tr>
</thead>
<tbody>
<tr>
<td>30</td>
<td>30</td>
<td>40</td>
</tr>
<tr>
<td>Golden brown surface</td>
<td>Crisp, tender, light</td>
<td>Appetizing true flavor of food</td>
</tr>
<tr>
<td>Uniform color and shape, 10</td>
<td>30</td>
<td>Well blended, uniformly cooked</td>
</tr>
</tbody>
</table>
Frying is the form of dry heat cookery recommended for lean, tender cuts of meat such as liver, veal, chicken, beef tenderloin, etc., which require the addition of fat for flavor and browning. Roasting and broiling, also dry heat methods of meat cookery, are recommended for well fattened, tender cuts of meat such as prime rib roast, T-bone or Porterhouse steaks.

Braising, sometimes called "pot roasting", is the moist heat method of cookery recommended for less tender cuts of meat. The meat is first browned in fat in the frying pan and when well browned is covered and cooked over low heat. Some vegetables such as celery, carrots, etc., may be used raw in salads or as relishes, but more often vegetables are cooked to make them more palatable. This is done by frying them or cooking them in water or steam. Take advantage of the different ways to cook vegetables to add texture and flavor to your menus.

With the above in mind:

1. List various cuts of meat and describe method of cookery desirable depending on tenderness.
2. Select a group of vegetables and indicate the variety of ways in which they might be served; i.e., raw, cooked in water, fried, etc.

SAFE FRYING PRACTICES

1. Watch the pan carefully when heating fat. Heat slowly. Never leave a kettle or pan of fat heating on the range unless you remain nearby. Remove pan from heat if it is necessary to leave the kitchen.*
2. Use a frying basket for deep frying.
3. Keep pot holders handy to range and always use a holder to remove pans from the range.
4. Keep pan handles turned inward rather than outward over edge of stove, table or work unit to avoid knocking pans off the work space.
5. Wipe up, immediately, any water or grease spilled on floor.
6. Do not add extremely cold or wet food to hot fat. Defrost frozen foods before frying.

*Fire caused by overheated fat should be smothered, not drenched with water. There is no danger of fire if No. 1 practice is followed.
PAN FRYING RECIPES

1. Use heavy frying pan.
2. Fry over medium heat. Avoid overheating.
3. Use amount of fat recommended for size of frying pan.
   - 8 inch pan: 3 tablespoons Crisco
   - 9 inch pan: ¼ cup
   - 10 inch pan: ½ cup
   - 12 inch pan: ¾ cup
For coated foods (flour, egg and crumbs) increase fat by 2 tablespoons.

Fried Apple Rings
   (Makes 4-6 servings)
4 medium sized cooking apples
Crisco for frying
1. Wash cooking apples. Cut crosswise slices one-half inch thick.
2. Melt Crisco in a heavy frying pan. When hot, place the apples in the pan, cooking until tender and lightly browned on both sides.
3. Sprinkle with powdered sugar and serve hot with pork chops or baked ham.

Corn Cakes
   (Makes 4-6 servings)
   1½ cups whole kernel corn
   1 egg
   3 tablespoons flour
   2 tablespoons milk
   ½ teaspoon salt
   Crisco for frying
2. Melt Crisco in heavy frying pan. When Crisco is hot, drop batter from spoon to pan. Brown on both sides.

Fried Chicken
   (Makes 4 servings)
1 frying chicken, cut
Flour
1 teaspoon salt
Crisco for frying
1. Cut chicken into serving pieces. Dip in flour to coat.
2. Melt Crisco in heavy frying pan. When Crisco is hot, add chicken and brown on all sides. When well browned cover and cook over low heat 15 to 20 minutes.
3. Serve with potatoes, a green vegetable and a salad.
Liver and Onions  
(Makes 4 servings)  
4 1/2" slices liver (beef, veal or lamb)  
1 cup sliced onions  
Flour  
1/2 teaspoon salt  
Crisco for frying  
1. Dip slices of liver in flour.  
2. Melt Crisco in heavy frying pan. When Crisco is hot, add floured slices of liver and fry about 5 minutes on each side or until nicely browned. Season and keep hot while frying onions. Do not overcook liver.  
Note: If pork liver is used, pan brown as directed above, then cover and cook over low heat 15 to 20 minutes, adding 1 or 2 tablespoons of water if necessary.

Mashed Potato Cakes  
(Makes 6 potato patties)  
2 cups mashed potatoes  
1 egg  
Crisco for frying  
1. Mix potatoes and slightly beaten egg together. Season to taste. Shape into round flat cakes about three-quarters of an inch thick.  
2. Melt Crisco in heavy frying pan. When hot, put cakes in the pan and brown on one side. Turn with pancake turner and brown cakes on the other side.  
Variation: One teaspoon of chopped green pepper, onion, or parsley may be added if desired.

French Toast  
(Makes 6 servings)  
2 eggs  
6 tablespoons milk  
1/8 teaspoon salt  
6 slices bread  
Crisco for frying  
2. Dip the bread, one slice at a time, into the mixture.  
3. Melt Crisco in a heavy frying pan. When Crisco is hot place the bread slices in the frying pan, turning to brown on both sides. Serve with fruit and pan browned meat loaf.

DEEP FRYING RECIPES
Use a deep kettle or saucepan. Fill pan no more than half full.  
Fry small quantities of food at a time in deep Crisco heated to 365°F. Only one temperature to remember! A frying thermometer is the sure way to check temperature. Without it, use the bread test. A one inch square of bread will brown at 365°F in 60 seconds.

French Fried Potatoes  
(Makes 4 servings)  
6 medium potatoes  
Crisco for frying  
1. Cut pared potatoes into one-fourth inch strips or latticed slices. Soak in cold water if frying is not done immediately.  
2. Drain and dry potatoes thoroughly if soaked before frying.  
3. Fry in deep Crisco heated to 365°F.  
4. Fry potatoes, a few at a time, until well browned and thoroughly cooked (about 5 to 7 minutes). Drain on paper toweling. Season and serve very hot with steak or fried chicken.
French Fried Onion Rings
(Makes 4 servings)

4 large onions
% cup milk
½ cup flour
Crisco for frying

1. Cut cleaned onions into one-fourth inch slices and separate into rings.
2. Soak onion rings in milk 10 to 15 minutes.
3. Dredge rings in flour then fry in deep Crisco heated to 365° F., a few at a time, until well browned (about 2 to 3 minutes). Drain on paper toweling. Season and serve immediately with pan fried liver, broiled or country fried steak.

Ham and Rice Croquettes
(Makes 8 - 10 croquettes)

2 tablespoons Crisco  1 egg
4 tablespoons flour  1 cup cooked rice
½ teaspoon salt  1 cup ground cooked ham
½ teaspoon paprika  Sifted crumbs
1 cup milk  Egg
Crisco for frying

1. Make a white sauce of flour, Crisco, seasonings and milk. Stir in lightly beaten egg.
2. Combine with rice and ham. Mix thoroughly. Chill mixture before shaping into croquettes.
3. Dip in crumbs, then in egg diluted with 1 tablespoon water and in crumbs again.
4. Fry in deep Crisco heated to 365°F. until croquettes are golden brown (about 5 minutes). Drain on paper toweling. Serve hot with buttered green vegetables and fruit salad.

Pineapple Fritters
(Makes 12 medium fritters)

1 cup sifted all-purpose flour
1 tablespoon sugar
1 teaspoon baking powder
¼ teaspoon salt
1 egg
½ cup milk
2 tablespoons melted Crisco
1 cup drained, crushed pineapple
Crisco for frying

1. Sift flour, sugar, baking powder and salt together.
2. Combine egg and milk and stir into the dry mixture.
3. Add melted Crisco and pineapple to the batter.
4. Drop by spoonfuls into deep Crisco heated to 365°F. Fry until golden brown (3 to 5 minutes). Drain on paper toweling. Sprinkle with powdered sugar before serving, if desired. Serve with ham, meat loaf or other meat.
# Pan Frying Problems...Causes and Corrections

<table>
<thead>
<tr>
<th>WHEN THIS HAPPENS</th>
<th>IT MAY BE CAUSED BY THIS</th>
<th>TO CORRECT IT, TRY THIS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Food sticks to pan.</td>
<td>1. Not enough fat.</td>
<td>Use enough Crisco to cover the bottom of the pan when melted.</td>
</tr>
<tr>
<td></td>
<td>2. Frying pan scoured and not retempered.</td>
<td>Temper pan as when new if it has been scraped and scoured. To do this, heat small amount of Crisco in pan, then cool slowly.</td>
</tr>
<tr>
<td>Food burns.</td>
<td>1. Pan too hot.</td>
<td>Fry over medium or low heat.</td>
</tr>
<tr>
<td>Food doesn’t brown.</td>
<td>1. Fat too cold.</td>
<td>Heat Crisco until completely melted before adding food.</td>
</tr>
<tr>
<td>Spattering.</td>
<td>1. Moist foods added to too hot fat.</td>
<td>Drain foods thoroughly. Use moderate frying temperature.</td>
</tr>
<tr>
<td>Foods not crisp.</td>
<td>1. Fat too cold when food is added.</td>
<td>Heat Crisco until completely melted but not smoking.</td>
</tr>
<tr>
<td></td>
<td>2. Too little fat to start and cold fat added.</td>
<td>See chart on page 4.</td>
</tr>
</tbody>
</table>
# Deep Frying Problems...Causes and Corrections

<table>
<thead>
<tr>
<th>WHEN THIS HAPPENS</th>
<th>IT MAY BE CAUSED BY THIS</th>
<th>TO CORRECT IT, TRY THIS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Objectionable smoke.</td>
<td>1. Temperature too high.</td>
<td>Use 365°F. for frying.</td>
</tr>
<tr>
<td></td>
<td>2. Failure to strain fat after use.</td>
<td>Strain fat before storing in a cool place.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fat bubbles over.</td>
<td>1. Too much in frying kettle.</td>
<td>Use deep kettle not more than ½ full.</td>
</tr>
<tr>
<td></td>
<td>2. Too much food added at one time to frying kettle.</td>
<td>Add small quantities in frying basket.</td>
</tr>
<tr>
<td></td>
<td>3. Excessive moisture in foods to be fried.</td>
<td>Drain batter dipped or egg and crumbed foods. Dry potatoes thoroughly.</td>
</tr>
<tr>
<td>Foods not crisp.</td>
<td>1. Frying temperature too low.</td>
<td>Use 365°F. for frying. Use frying thermometer or check temperature with bread cube (will brown in 60 seconds at 365°F.)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Strong flavor or odor.</td>
<td>1. Improper storage.</td>
<td>Keep <em>used</em> fat in a cool place.</td>
</tr>
<tr>
<td></td>
<td>2. Failure to strain fat after use.</td>
<td>Strain after use to remove food particles—crumbs, etc.</td>
</tr>
<tr>
<td>Excessive foaming.</td>
<td>1. Failure to strain fat after use.</td>
<td>Strain fat before storing in a cool place.</td>
</tr>
<tr>
<td></td>
<td>2. Extremely cold foods direct from refrigerator added to hot fat.</td>
<td>Do not take foods direct from refrigerator to frying kettle.</td>
</tr>
<tr>
<td></td>
<td>3. Too much egg and crumb or batter coating.</td>
<td>Drain batter dipped or egg and crumbed foods.</td>
</tr>
<tr>
<td></td>
<td>4. Frying temperature too low.</td>
<td>Use 365°F. for frying. Use frying thermometer or check temperature with bread cube (will brown in 60 seconds at 365°F.)</td>
</tr>
</tbody>
</table>