

Which Oils Are Suitable For Frying And What About The Oils That Have Been Fried?

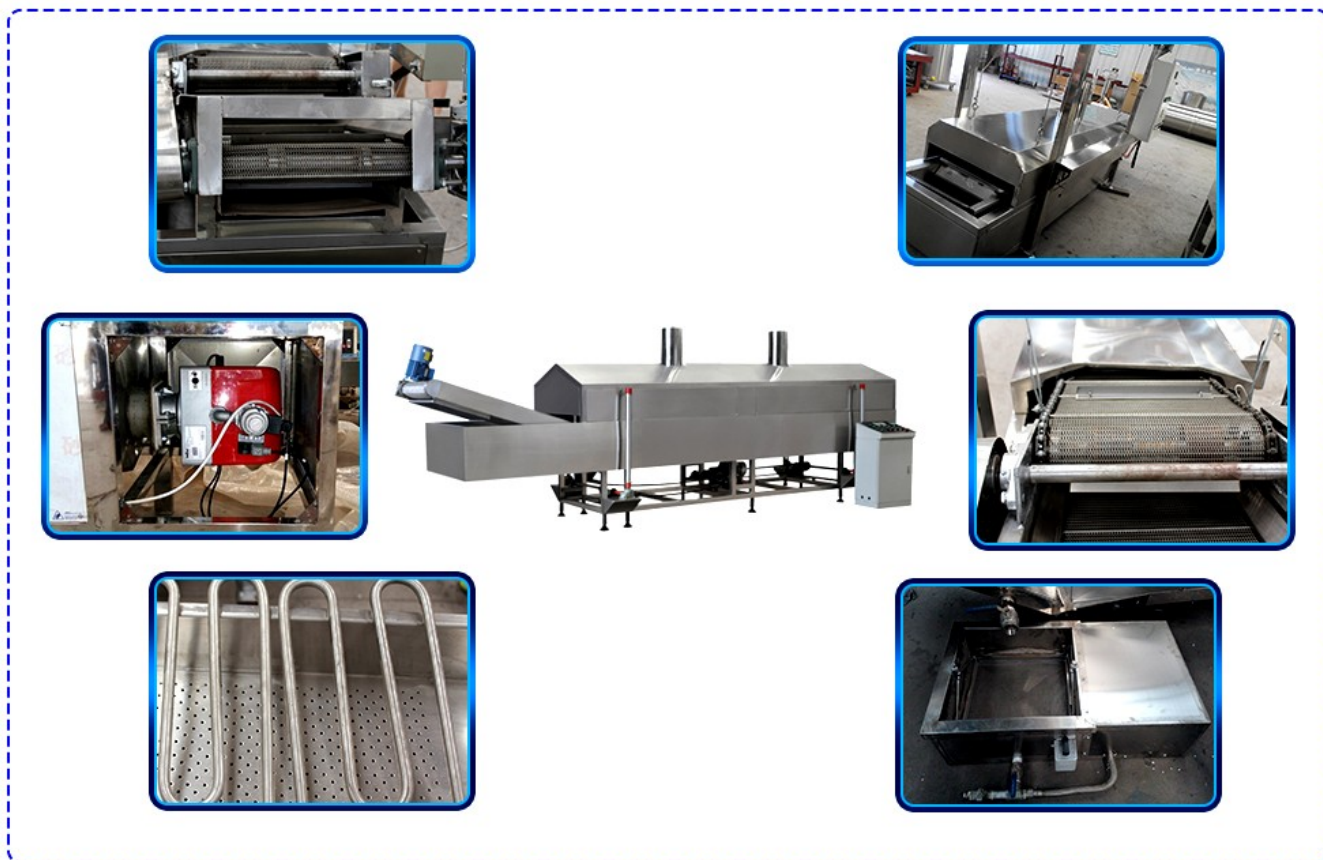
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- (1) Lard, tallow, palm oil, coconut oil, peanut oil, suitable for frying;
- (2) Refined vegetable oil, suitable for stir-frying and frying;
- (3) If you use rapeseed oil, please choose double-low rapeseed oil;
- (4) Primary cold-pressed olive oil and tea seed oil are only suitable for cold dressing;

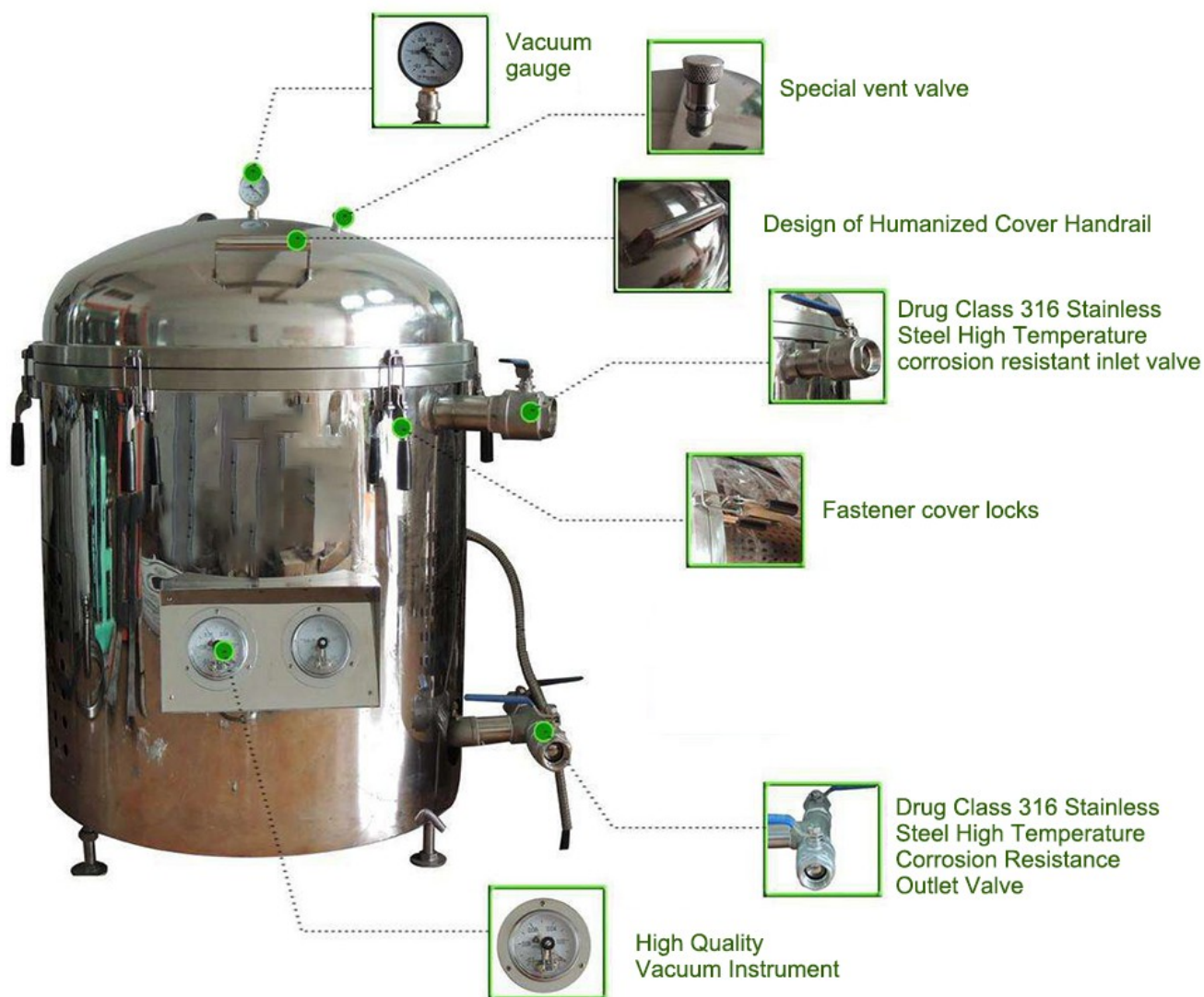
(5) "Self-squeezed oil" and "soil-squeezed oil" have many impurities and are unhealthy. It is recommended to consume less.



Most of the oil we usually eat is vegetable oil. Vegetable oil contains a lot of unsaturated fatty acids. After high temperature heating, it will produce black smoke. This smoke is a carcinogen. Therefore, the more smoke and the earlier the oil, the lower the ignition point. It is not suitable for fried food.



The chemical structure of oil is triglyceride. It means that three fatty acids are connected to a glycerol molecule. The main difference between different food oils is the composition of these fatty acids. Fatty acids can be divided into three categories: saturated fatty acids, monounsaturated fatty acids and polyunsaturated fatty acids. The corresponding oils are usually called saturated fats, monounsaturated fats and polyunsaturated fats.



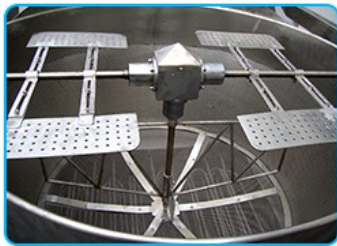
Saturated fats are very stable and do not deteriorate easily during heating and storage; unsaturated fats contain double bonds. They are prone to oxidation. For every extra double bond, the oxidation rate increases approximately 10 times. In addition, the higher the temperature, the faster the oxidation rate. Oxidation can cause the oil to become sticky, and it can also produce some harmful ingredients and unpleasant odors.



Therefore, for oils that require high temperature. Especially long-term high-temperature heating. Such as repeated deep frying, oils with high saturated fatty acid content should be used. Such as lard, tallow, palm oil, coconut oil and peanut oil, and so on.

There are not so many problems with repeated frying at home. In home frying, there are generally not too many things fried. And the oil does not stay at a high temperature for a long time. Even vegetable oils with a high content of unsaturated fats are not highly oxidized because of their short time. The oil that has been fried in this way can be used in stir-frying. The next time you deep fry, just use new oil. In this way, waste is avoided, and harmful substances are hardly produced.

But the amount of oil used in the catering industry and food processing plants is much larger than that of household oil. Therefore, the general oil treatment method can only provide a short delay effect. Frequent oil changes will cause continuous increase in costs, and also make the service life of edible frying oil short, causing unnecessary waste.



The use of a deep fried food oil filter can filter out the remaining oil residues of the frying oil in time to ensure the cleanliness of the frying oil, prevent repeated heating and carbonization of the food residue, inhibit the rancidity of the frying oil, and reduce the waste oil produce! Reduce the production cost of products for enterprises! Improve food taste and appearance quality! Provided a guarantee for the enterprise's product competition.