

Frying Foods

One of the best kitchen helpers is a reliable thermometer. If oil is too hot, the outside will burn before the inside is cooked to the appropriate temperature. If the oil isn't hot enough, the food will be greasy. Thin foods such as onion rings or French fries do well at a higher temp of 375 degrees (F) while thicker food such as chicken pieces do better at the lower temp of 350 degrees. While you can strain oil and save it or another time, it is very hard to remove all food particles and puts the oil at risk of becoming rancid and being absorbed into the food, making it soggy. In addition, high temperatures breakdown the flash point, which means that the oil can catch fire at a lower temperature and become a safety hazard.