

Frying Chips for Frying Oil Studies (Food Science)

Erica Bakota

Abstract

This method describes frying protocols for tortilla chips. Chips or other foods are often fried in different oils and oil blends to assess the oxidative stability of the oil, thereby determining whether that particular oil or oil blend is suitable for frying. With this method, one can remove aliquots of oil at any point during the process for storage and/or analysis; just be advised that the oil is hot!

Citation: Erica Bakota Frying Chips for Frying Oil Studies (Food Science). **protocols.io**

dx.doi.org/10.17504/protocols.io.cjfujm

Published: 29 Oct 2014

Guidelines

Be sure your analytical balance will tolerate 900 g of material. Ours didn't, so we had to weigh the oil in two 450 g batches.

Clear the area of flammable items.

Before start

Be sure your analytical balance will tolerate 900 g of material.

Clear the area of flammable items.

Protocol

Step 1.

1. Fill Fry Daddy with 900 g liquid soybean (or other edible) oil.

 **AMOUNT**

900 g Additional info:

Step 2.

2. Plug in Fry Daddy and heat to frying temperature (180 C). Use a temperature controller if necessary. Log temperature data using a computer if desired.

Step 3.

3. Weigh chips initially (approximately 40 g, or 20-25 chips).

 **AMOUNT**

40 g Additional info:

Step 4.

4. Fry chips in the basket provided for 2 minutes.

Step 5.

5. Lift the basket, drain the chips well, and dump onto a paper towel to drain and cool.

Step 6.

6. Spread chips out so that they all have contact with the paper towel. Wait for them to dry a bit. Turn chips on the paper towels if necessary to get rid of any pooled oil.

Step 7.

7. Put chips back into weigh boats and record a final weight.

Step 8.

8. Store chips covered in an airtight container.

Warnings

Hot oil can cause burn injuries.