

New Zealand standards for deep fried chips in independent fast food outlets

纽西兰个体快餐店油炸薯条之标准



These standards have been developed by industry for industry to help make one of New Zealand's favourite foods healthier.

为制造出更健康的纽西兰最喜爱食品之一——薯条，工业界特别制定了这些标准。

WHY

New Zealanders eat 120,000 tonnes of chips each year, therefore, making them lower in fat and salt could have a big impact on people's health. Research shows that consumers prefer the taste of chips when they are cooked according to the industry standards.

为什么要制定标准呢？

纽西兰人每年食用120,000吨的薯条，因此，降低薯条的脂肪和含盐量，会对人们的健康产生很大的影响。研究显示，按照这些行业标准来烹饪的薯条备受消费者的青睐。

HOW

Key industry groups, including chip shop operators, were consulted to ensure that the industry standards are relevant and practical.

标准是如何制定的呢？

为确保该行业标准的确实可行性，在制定该标准时，主要的业界团体（包括薯条店经营者在内）所提供的宝贵意见，已得到充分的参考和咨商。

WHAT

Encourage your staff to use these standards everyday. Check out the official web site for training, top tips and opportunities to receive free products.

标准是什么？

鼓励你的员工每天使用这些标准。请登陆官方网站接受培训，查询最佳建议，并有机会获取免费产品。

www.thechipgroup.co.nz



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CHIP SIZE

Use thick straight cut chips **at least 13 mm**.

PORTION SIZE

Serve a recommended scoop size.
1 scoop = approximately 330g (3 serves per kg).

COOKING

Cook chips at a temperature of **175 - 180°C** for between **3 — 4 minutes**. Use a thermometer to check the accuracy of the oil temperature.

DRAINING

Bang or **shake** the basket vigorously **twice** then **hang it** for at least **20 seconds**.

FRYING MEDIUM *

Maintain frying medium in good **quality**.
- keep the fryer topped up with **fresh oil**
- **filter oil** as required
- **cool oil** and **cover fryer** when not in use
- discard oil when it shows signs of degradation

ADDING SALT

Rather than salt the chips, provide **salt sachets**.

TRAINING & EDUCATION

Encourage staff training in **best practice frying**, e.g., Tips on Chips internet training (www.thechipgroup.co.nz) or NZQA frying unit standards.

* RECOMMENDED OIL TYPES

Use a frying oil that meets the National Heart Foundation's criteria:
¥Saturated fat equal to, or less than, 20%
¥Trans fat equal to, or less than, 1%
¥Linolenic acid equal to, or less than, 3%

The types of oils that may meet these recommendations include: **high-oleic sunflower oil and high oleic, low linolenic canola oil and some blends**.

There are some other oils such as cottonseed and rice bran oil which because of their saturated fat levels, are slightly over the Heart Foundation's guidelines. These still remain good options and are a really positive step towards providing alternatives to beef fat, palm and hydrogenated vegetable oils.

IMPORTANT: All premises involved in the production of takeaway chips must comply with existing regulations e.g., Food Hygiene Regulation 1974, Food Act 1981, Health & Safety in Employment Act 1992, and any subsequent amendments.

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薯条尺寸

使用厚度为13毫米或以上的粗直状薯条。

薯条份量

使用推荐的铲子量取薯条。
1 铲的份量=大约330克 (一公斤的薯条约可分成3份)。

烹饪要点

油炸薯条的温度175-180°C, 炸3-4分钟。
使用标准温度计, 检测榨油温度的精确性。

撈油方法

炸完薯条后, 大幅度敲击或摇晃炸篮两次, 然后悬挂至少20秒钟。

炸油品质

保持榨油的良好品质。
- 持续在炸炉中添加新鲜油。
- 根据需要过滤榨油。
- 当炸炉不用时, 将油温降低, 并盖住炸炉。
- 当榨油功能下降时, 需要换油。

添加食盐

尽量不撒盐在薯条上, 而是向顾客提供小袋装食盐。

培训教育

鼓励你的员工接受最佳炸煮培训课程, 例如, “薯条秘笈” 互联网培训课程 (www.thechipgroup.co.nz), 或者纽西兰资历认证局(NZQA)的炸煮单元标准课程。

推荐的榨油种类

使用达到国家心脏基金会标准的榨油:

- 饱和脂肪含量等于, 或者低于20%
- 反式脂肪含量等于, 或者低于1%
- 亚麻油酸含量等于, 或者低于3%

可以达标的油类包括: 高油酸葵花油和高油酸低亚麻菜籽油, 以及一些混合油。

其它一些种类的油, 例如棉籽油和米麸油, 它们的饱和脂肪含量稍微高于心脏基金会的指标, 但仍不失为好的油类选择。相对于牛油、棕榈油、氢化植物油而言, 采用棉籽油或米麸油, 就是迈出了非常积极的一步。

重要说明: 所有涉及外卖薯条制作的场所, 必须遵守现有的规章法例, 例如, 1974年的食品卫生法, 1981年的食品法案, 1992年的雇佣法案之卫生与安全条例, 以及之后的修正条例。