

# Tips for better chips

## USE THE GOOD OIL

Use a frying oil that meets the Industry Standards:

- Saturated fat – maximum 28%
- Trans fat – maximum 1%
- Linolenic acid – maximum 3%

Suppliers will tell you which oils meet the Industry Standards. These may include: high-oleic sunflower oil, high-oleic low-linolenic canola, rice bran oil, cottonseed oil and some blends of various oils.

Visit [www.thechipgroup.co.nz](http://www.thechipgroup.co.nz) for brands that meet the Industry Standards.

## THICK CHIPS ARE BEST CHIPS

Use thick straight-cut chips, at least 13 mm wide.

## NOT TOO MUCH SALT

Use salt sparingly if seasoning OR provide salt sachets.

## HOW MUCH IS A PORTION?

A standard scoop of uncooked chips is approximately 330g. (approx 3 serves per kg)

In some food service and hospitality situations such as where food is shared, a standard scoop may not be appropriate.

## IMPROVE YOUR SKILLS ONLINE... IT'S FUN & EASY!

Adopt best practice frying training for your staff.

Go to  
The Chip Group online training  
[www.thechipgroup.co.nz](http://www.thechipgroup.co.nz)

## KEEP OIL IN GOOD CONDITION

Maintain your oil in good quality.

Keep fryer topped up with oil. Filter oil each day.

Cool oil and cover fryers when not in use.

Test and discard oil when it shows signs of degradation.

## DRAIN OFF THE EXCESS OIL

After frying, bang or shake the basket vigorously two times. Hang the basket for at least 20 seconds.

## KEEP YOUR OIL AT THE RIGHT TEMPERATURE

Cook your chips at a temperature of 175°C-180°C for between 3-4 minutes.

Use a digital thermometer to check the accuracy of the oil temperature every week.

