COOKING: DEEP FRYER

INTRODUCTION

Using a commercial deep fryer is a fast way to make a large quantity of food for your customers. There are many hazards that come along with using one, however, and you should be aware of these hazards and the steps that you can take to prevent them.

PREPARATION

The chance of being hurt while working with a deep fryer is greatly reduced if common sense and safe work practices are applied. Before even using the fryer:

- Only operate if you are authorized and familiar with how to use the fryer safely.
- Have a kitchen fire extinguisher (class K) available and know how to use it.
- Make sure the fryer is turned off and dry before filling it with oil.

SAFE WORK PRACTICES

The oil in a commercial deep fryer can reach up to 400 degrees Fahrenheit, therefore burns from splatters are the most prominent danger to watch out for. Other dangers include slipping on spilled oil and accidently starting a kitchen fire. The following safe work practices will greatly reduce the chances of any of these hazards from occurring.

- The food that you are attempting to fry must be completely dry. The water will vaporize on contact, resulting in dangerous oil splatters.
- Follow indications in the fryer's safety manual to know the recommended oil level.
- Do not overheat the oil temperature as specified by the manufacturer.
- Overcrowding the frying basket should be avoided as it may cause undercooking, uneven cooking, or overflowing of the hot oil.
- Never touch the frying basket or add food while the basket is submerged in oil.
- When adding food items, do not drop them into the fryer.
- Do not leave the fryer unattended.
- Never use water to try to put out a grease fire.
- Slip resistant shoes, a dry apron, and rubber gloves should be worn at all times.

COOKING: DEEP FRYER

- Some oils may give off carbon monoxide when burned, so it is important to make sure the kitchen is well ventilated and also be certain that the vent hood is on if your fryer comes with one.
    - *Early symptoms of carbon monoxide poisoning are headaches, nausea, weakness and dizziness – if you or anyone in the kitchen experiences these symptoms you must leave immediately.*
- When finished, turn the fryer off and unplug it to allow it to cool. Allow to cool completely (approximately 2 hours) before cleaning.

CONCLUSION

There is no reason to be nervous about using a commercial deep fryer if you follow all instructions and apply the safety training you have received. The above safety guidelines will help protect your health and safety if followed correctly.