



Prep: The gold standard for frying

We know there isn't such a thing as the frying Olympics, but if there was, we know that Prep would take a podium place each and every time.

As athletes gather from around the world to celebrate the Olympics, diners will be gathering around the table for some great world cuisine.

A high performance, long life frying oil like Prep can help you achieve the crispy, delicious results you need for all kinds of world foods - from Korean fried chicken, to Italian Arancini, to sweet treats like Spanish Churros.

With Prep it's a marathon, not a sprint. Our oils last up to three times longer than standard life oils - so save time and money in your kitchen all summer long, while delivering perfect results.



What is gold-standard frying?

- Regularly filter your oil and ensure it's free from food particles
- Do not fry in oil that is too dark, without having tested it's safe to use first
- Heat your oil to the correct temperature for the food you're cooking
- Don't overfill your frying basket
- Turn your fryer off/down when not in use

Look after your oil, and your oil will consistently deliver winning results!

Frying facts from the Prep Report & Record App:

75% of all operators are changing their oil at the wrong time. While **50%** of all operators are discarding their oil too early, literally draining money away, around **25%** are discarding their oil too late, meaning they're frying food in less-than optimal oil.

Top 10 fried foods from across the world

1. Chikin, Korean fried chicken
2. Pempek, Indonesian fishcakes
3. Karipap, Malaysian curry puffs
4. Karaage, Japanese fried chicken
5. Fritto misto, Italian fried seafood
6. Ayam Goreng, Indonesian-style fried chicken
7. Cùi pì zhá jī, Cantonese fried chicken
8. Panzerotti, Italian fried calzones
9. Maakouda, Moroccan potato fritters
10. Chinese salt and pepper squid

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