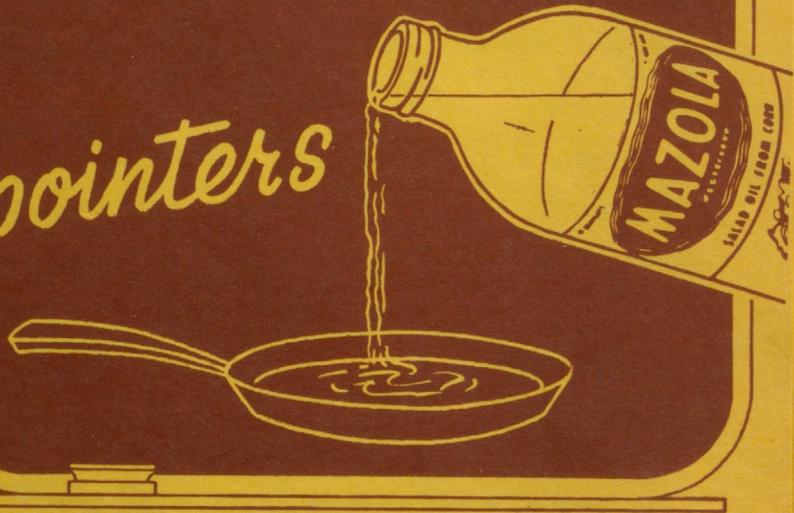




Jane Ashley's

# FRYING

*pointers*



"Mazola Salad Oil is perfect for all types of frying and it's digestible too. Mazola fried foods brown quickly forming a crisp, golden crust outside and a tender, oh-so-good inside. You'll like the convenience of this pure corn oil — for it pours and measures easily."

## MAZOLA FRYING GUIDE

### PREPARATION: —

Potatoes and other moist foods should be dried with a towel before frying. Uniform size is important for even cooking and browning. When foods are dipped in beaten egg before coating, cover evenly and drain off excess. Then dust lightly with fine crumbs or flour, shaking off excess. Drain batter-dipped foods on a wire cake rack placed over waxed paper before frying.

### PAN-FRYING: —

MAZOLA should be  $\frac{1}{8}$  inch deep in frying pan — example use  $\frac{1}{3}$  cup MAZOLA for a 10-inch pan. Preheat MAZOLA over medium heat before adding food. Correct temperature is 375°F. (A 1-inch square of bread is golden brown on the bottom in 15 seconds.) To preheat a 10-inch pan requires about 8 minutes. Add prepared food and fry to a golden brown before turning. Continue cooking until tender and browned. Use more oil for foods requiring longer cooking. Drain food on paper towels. Serve hot.

### DEEP-FRYING: —

Use 1 quart MAZOLA for a 3-quart kettle. Never fill more than  $\frac{1}{3}$  full. Heat MAZOLA to 375°F. Test with thermometer or bread cube (1-inch cube fresh bread turns a golden brown in 30 to 40 seconds). Wait until 375°F. is reached before adding food and maintain this at all times. Avoid over-heating. Add prepared food slowly to prevent excessive lowering of temperature. Do not overload fryer. Fry to a golden brown then drain well on paper towels. Cool MAZOLA; strain into dry container. Cover and store in refrigerator for next frying. Add a small quantity of fresh MAZOLA to replace oil lost in previous frying.

### CLEANING HINTS: —

Wipe out fryer with paper towels. Wash in hot soapy water. Use brush or steel wool to remove stains. Rinse well in clear water. Dry. Follow manufacturer's directions for cleaning automatic electric fryer.

## FRY FROZEN FRIED FOODS

### Cuts Cooking Time in Half!

Cover bottom of frying pan with generous amount of MAZOLA Salad Oil and preheat it. Add frozen fried food. Fry over medium heat, stirring occasionally, until hot or golden brown all over. Drain on paper towels. (If frozen fried foods are frosty when package is opened simply place on paper towels and let stand a few minutes to remove frost — this prevents spattering.)

## FRYING TABLE

Food	Preparation	Method	Time
Croquettes (meat, fish, vegetables)	To 1 cup heavy white sauce add ½ cup chopped, cooked meat, etc. Shape. Use egg- crumb coating.	Deep-Fry	4 minutes
Fish	Dip in batter or use egg-crumb, flour or cornmeal coating.	Deep or Pan-Fry	2-3 minutes 3-5 minutes
Fritters (meat, fish, vegetables)	See Batter recipe.	Deep or Pan-Fry	4-5 minutes
Onion Rings (French Fried)	Cut slices ¼ inch thick. Separate into rings. Dip in milk then in flour.	Deep-Fry	2 minutes
Potatoes (French Fried)	Cut into ½ inch strips. Soak 30. minutes in cold, salted water. Drain and dry with towel.	Deep-Fry	14 minutes

## FRITTER BATTER

1 cup sifted all-purpose flour	1 egg, slightly beaten
½ teaspoon salt	⅔ cup milk
1 teaspoon baking powder	1 tablespoon MAZOLA Salad Oil

SIFT together flour, salt and baking powder.

COMBINE egg, milk and MAZOLA in small bowl.

ADD to dry ingredients mixing only until smooth.

DIP fish, chicken or vegetables in batter.

### DROP-FRITTERS:—

To fritter batter add: 1½ cups drained, cooked, chopped vegetables (with cream-style corn, omit milk in recipe), 1 cup chopped minced seafood (clams, crabmeat, fillets), chicken, veal, ham or beef. Drop by spoonfuls into hot MAZOLA.

## PAN-BROWNE D FILLETS

1 pound fish fillets  
2 cups dry, bread crumbs  
Salt  
Pepper

1 egg, beaten  
1 tablespoon water  
1 cup MAZOLA Salad Oil,  
for frying

WIPE the fillets with damp cloth; cut into serving pieces.  
ROLL in fine, dry bread crumbs seasoned with salt and pepper.  
DIP in egg and water which have been beaten together; dip again in crumbs.  
HEAT MAZOLA in a heavy 10-inch frying pan.  
PLACE fish in hot MAZOLA; fry 5 to 10 minutes, depending upon size.  
TURN to brown both sides.  
REMOVE fish; drain on absorbent paper.  
SERVE hot; garnish as desired.  
YIELD: 4 servings.

## BROILER FRIED POTATOES

4 medium potatoes  
 $\frac{3}{4}$  cup MAZOLA Salad Oil  
 $\frac{3}{4}$  teaspoon salt

WASH and pare potatoes; cut into strips.  
SOAK in cold, salted water for 30 minutes.  
PREHEAT broiler 5 minutes; remove rack from broiler pan.  
DRAIN potatoes and dry thoroughly with towel.  
PLACE potatoes in pan; add MAZOLA and stir well.  
BROIL, 3 inches from heat, 15-20 minutes; stir often.  
ADD salt when golden brown; serve hot.  
YIELD: 3 to 4 servings.

ALL MEASUREMENTS ARE LEVEL

*For other recipes write to:—*

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