



Deep frying and baking are two methods of cookery which are conducted within a kitchen in the hospitality establishment. Deep frying requires a batter which is a wet coating that protects the food while it is cooking.

Deep frying is a principal of cookery where food is cooked in oil. The cooking process is much shorter than baking e.g. to deep fry hot chips takes 7 minutes and to deep fry fish it takes 9 minutes. This method of cookery is conducted under extremely high heat of up to 190°C , usually between 175°C and 190°C . The standby temperature of a deep fryer is 90°C to 100°C . Deep frying requires food to be immersed into boiling hot fat. To test the temperature of a deep fryer it can be conducted by throwing a small piece of the crumbs or batter used. If the crumb browns quickly it is a clear indication that the foods which are to be deep fried are ready to cook. ~~the~~ All foods deep fried must be well coated with a wet or dry coating. Batters



are commonly used which is a combination of egg yolk, milk and cornstarch stirred thoroughly and resulting in an even, smooth and creamy texture. Deep frying is not the most nutritional method of cooking due to all the fat that is absorbed into the food. Deep fryers must be cleaned regularly and require extensive maintenance. New and fresh oil should be poured into the deep fryer to replace the oil and used oil. Deep frying must be carefully inspected due to the fast rate at which it is cooked. Customers do not expect their food to be over cooked with a burnt coating or undercooked without the crisp texture. Deep frying is a popular method of cooking which is used in many fast food establishments e.g KFC and M^cDonalds due to the quick cooking process. The foods deep fried ~~to~~ must be shaken and allowed for excess fat to be drained before it is served. Coatings protect the flavour and quality of the food and enhance the flavour. It is important to allocate time for deep frying an item of food if it is to accompany a second.

item of food which uses a different principal of cooking e.g Baking which requires a much longer cooking process.

~~Baked~~ Baking is a principal of cooking which is used in a kitchen of a hospitality establishment. Baking is subject to dry heat in an oven, usually at a temperature of 135°C to 240°C . Baking is a much longer process of cooking than deep frying and it does not require an essential coating e.g wet or dry. Baking is much more nutritional based as it is not subject to the fat and oil used in deep frying. Baking is used to cook meats in the hospitality establishment which are often more extensive in their preparation and cooking process than deep frying. Baking can often be accompanied by a mirepoix in the pan around the item of food e.g turkey or chicken. A baked meal is a much more formal meal than deep frying e.g baked potatoes, baked turkey with stuffing and baked cauliflower and a white cream, roux

sauce to accompany it. Baking is often performed in larger and more elaborate restaurants and are often more expensive means than deep frying.

Baking must be prepared and all mis en place tasks should be established well in advance to avoid long delays when customer order a baked meat or dish. Baking is also more appropriate and has a much more extensive use in the range of desserts. Deep fryer is limited in the desserts it can offer e.g. ~~baked~~ deep fried ice cream or deep fried banana. These desserts are not popular within establishments. Baked desserts e.g. cakes, baked cinnamon apple, puddings, apple crumble, mud cakes are much more desirable than deep fried desserts.

Deep frying is a quick and simple method of cooking with limited numbers and varieties of foods to choose from. It is much quicker and much cheaper, with little nutritional value. Baking is a principal of cooking which takes much longer and has a larger and more extensive form of dishes and foods to choose from.