

## **”FRYING SCHOOL”**

(The information is gathered from Carlshamns Mejeri and Margarinbolaget.)

To fry ”the right way” is an art. It takes some time to get the right touch in moderating temperatures and time. Here you can find some advices and general rules to make it a little bit easier for you.

To fry meat and fish is a good way of cooking it, it gets very tasty and it’s quick. Sometimes it may stick in the pan for you, or it may taste burnt, not to mention when it gets Hard and dry. It can all be avoided with the right frying methods.

**To fry in a Cast Iron pan we think, and a lot of professional chefs agrees, gives the best result.**

**Stek** i en gjutjärnspanna, vilket vi tillsammans med många professionella kokkar anser ger bästa resultat.

**Use a little bit lower heat, and let the meat fry a little bit shorter time!**

It’s when you “over-fry” for instance the beef it gets hard and dried out. That’s because the juices and natural fat is squeezed out from the meat. It’s possible to fry without additional fat, it’s called “grilling in a pan”, but we strongly advise you to use a grill pan with griddle-bottom to reduce the risk of burning the meat. This method is particularly suitable for beefsteak or entrecote.

You can use oil, margarine or butter when you’re frying. Oil is a little bit more difficult, since it doesn’t give any “temperature-signals” such as changes in color or sound. Below we give some “basic” recipes for beef, fish and eggs. Do not use diet margarine or spread, use real good margarine or butter. Remember, the meat cannot enrich itself with more fat than it has from the beginning. The additional fat on the surface, you can easily remove by letting it drip off before serving.

**To fry ”the right way”.**

Place the thing you want to fry in the pan, when the butter is has reached the right temperature. Don’t “fill” the pan, leave some space between the pieces so the pan easier can keep the right temperature and not is cooled off. That way you will also get the special nice crust that frying in cast iron gives.

Lower the temperature a little on the stove, and make sure you keep a nice even temperature. Too low heat means you’ll get a “boiled” surface, and too hot pan gives a burnt crust, and the food won’t taste good. As soon as the food is done, remove it from the pan. If you just take the pan aside and let the fish or meat stay in the pan, it’ll continue to fry and the result will diminish. Don’t pour burnt fat over the food, instead make a proper sauce. Finally clean the pan with hot water and a brush immediately after use, add some fat to the surface if it looks dry, and let the pan dry up using the “after-heat” on your stove.

Butter, in the below advises, is always possible to replace with margarine.

**To fry beef.**

Good meat is expensive, and one doesn’t want to ruin it. The beef is to be “right” done; depending on how you want it, and it should have a nice crispy crust. Make the slices about 1 cm thick. Let them get room temperature before frying, too cold meat is more difficult to get a good frying result with. Make small cuts in the ”fat side” of the meat, so it will keep a nicer shape when frying. Wait until the ”butter-foam” is gone and the fat is ”silent” and brownish, app. 165 degree C. Now you can place the beef-slices in the pan. Lower the heat a little. Spice it with salt and pepper, or what you prefer, fry app 2 min, turn it over and add spices to the other side and fry app 2 min. Now it should be just done, and still nice and juicy. You can alter the frying time depending on if you want it more or less well done.

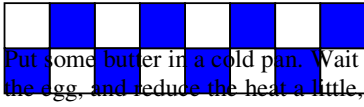
**To fry fish filet.**

Remove head and bones from the fish. Rinse the filets and add some salt and what other spices you want.

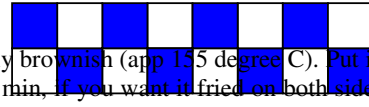
Let the pan reaches app 165 degree C, add some butter, and put in the fish. Let it have a quick fry on both sides, start with the “skin-side”. Remember fish is easily burnt, if the pan is too hot. Serve with mashed potatoes, and maybe a tomatosallad, some also like a little melted butter to pour over the fish. Bon Appétit.

**To fry an egg.**

To fry an egg is different from frying meat or fish. The egg is not so much to be roasted, as it is more to be ”boiled in hot margarine”. To high temperature gives a dry and hard egg. The fresher egg, the better frying results. A really fresh egg has a thick jellyfish white around a high dome shaped yolk. It doesn’t float out as much in the pan as an older egg does.



**RONNEBY BRUK**



Put some butter in a cold pan. Wait until the foam is gone, and the butter is slightly brownish (app 155 degree C). Put in the egg, and reduce the heat a little, so the pan doesn't get hotter. Let it fry app 3 min, if you want it fried on both sides turn it after 2 min. Flavour with salt after it's fried.