

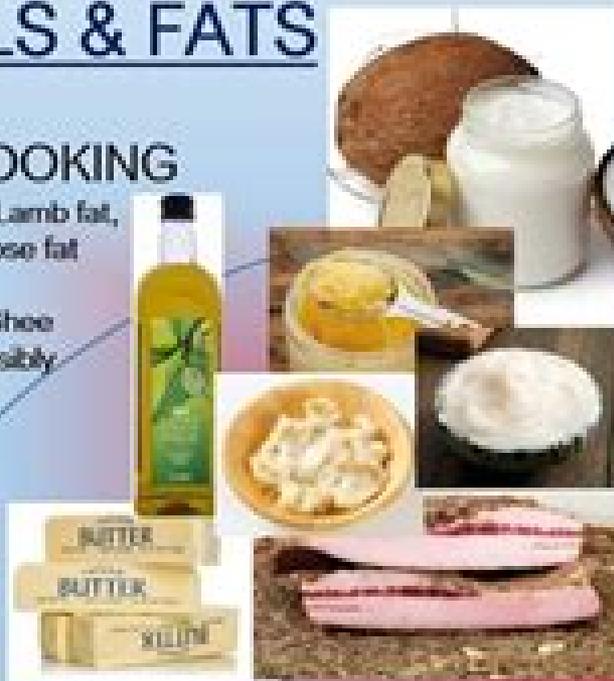
REAL OILS & FATS

FOR HOT COOKING

- Lard, Beef Tallow, Lamb fat,
- Chicken, Duck Goose fat (aka schmaltz)
- Clarified Butter & Ghee
- Coconut & Responsibly Sourced Palm & Palmkernel Oil

Lower temperature (up to 180°C)

- Olive Oil & Butter



USE COLD

Keep these cool, in dark bottles or a cupboard to prevent oxidation.

- Olive Oil
- Nut oils such as Walnut, Hazelnut and Macadamia
- Flaxseed, Sesame oil
- Avocado oil
- Fish oils
- Other organic, cold-pressed oils



FAKE OILS & FATS

Solid Fats to AVOID

Such as Margarines and 'Buttery' blends like:

- 'Spreadable Anchor' (54% butter/ 30% sunflower oil)
- or 'Dairpak Lightest Spreadable' (26% butter)



Oils to AVOID

Industrially processed; easy to oxidise when heated. If you must, only use cold.

- Rapeseed and Canola oil
- Corn oil
- Any label 'vegetable' oil
- Sunflower, Soy, Corn, Safflower oil



Standards For Fats Oils

Karin Nielsen-Saines



Standards For Fats Oils:

Standards For Fats And Oils Lawson H W.,1975 Standards for Fats & Oils Harry W. Lawson,2012-12-06 This book was written as a basic reference textbook for students in the schools of hotel restaurant and institutional management It is also designed to be a reference and further study guide for cooks chefs dietitians and foodservice management personnel who are already employed in this important industry There are many texts available that thoroughly cover in great depth the chemistry and technical aspects of fats and oils However the author is not aware of any text devoted exclusively to fats and oils for foodservice Therefore this book is designed to provide just enough technical background to allow an under standing of how and why certain types of fats and oils work for specific uses in foodservice This leads to practical applications and standards for the various types of products available for such uses as deep frying griddling pan frying salad dressing and baking Tested quantity recipes are included as a further guide to product usage and menu expansion This book is divided into three parts The first part deals with the chemistry and general technical background for fats and oils Part II covers the major practical applications in foodservice along with recipes In Part III nutrition dietary considerations product and recipe Qevelopment techniques and sanitary and quality control procedures are considered Fats and oils play a very important role in all foodservice operations This book will provide the information necessary for a good understanding of these products and how they should be used **Codex Alimentarius** Joint FAO/WHO Codex Alimentarius Commission,2001-01-01 The Codex Alimentarius is a collection of international standards for all the principal foods whether processed semi processed or raw including provisions regarding food hygiene nutritional quality food additives pesticide residues and labelling issues This volume contains all the Codex Standards and the Code of Practice adopted by the Codex Alimentarius Commission in regard to fats and oils It takes into account those texts adopted at the 24th session of the Commission in July 2001 **Codex Alimentarius: Fats, oils and related products** Joint FAO/WHO Codex Alimentarius Commission,1992 Recommended International General Standard for Edible Fats and Oils FAO. Codex Alimentarius Commission,1969 Recommended international general standard for edible fast and oils Bibliography Acceptance procedure for codex commodity stantards Standards for fats and adopted by the codex alimentarius commission British Standard Methods of Analysis of Oils and Fats British Standards Institution,1958 **Recommended International Standard for Edible Tallow** Joint FAO/WHO Food Standards Programme. Codex Alimentarius Commission,Programme Mixte FAO/OMS sur les Normes Alimentaires. Commission du Codex Alimentarius,1970 Recommended international standard for edible tallow Bibliography Acceptance procedure for codex commodity standards Standards for fats and oils adopted by the codex alimentarius commission **The National Standard Dispensatory ...** Hobart Amory Hare,1905 Fats and Oils Richard D. O'Brien,2003-12-17 Numerous nutritional findings and extensive evidence on the health benefits of diet and exercise have emerged since the publication of the successful first edition Recent concerns about trans isomers acting like saturated fatty acids have encouraged

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