

PERFECT FRYING IN **SILARGAN®** PANS.

For optimal frying results, put the fat into the cold, empty pan. Vegetable oils and fats are ideal. Heat up the oil/fat at the highest temperature. When it starts to clearly form streaks or to steam slightly, toss the fat in the pan to distribute it evenly.

Then put in the food and turn the heat down immediately. For dark meat such as beef, lamb and venison, turn the heat down to medium-high at most. For all other foods, turn the heat down to medium temperature.

At first the food will stick slightly, but it will stop sticking after a few minutes. Do not turn it until then.

Position the turner on the base of the pan and slide it under the food. Food can also be cut up in the pan with a knife.

Tips for **HOT** frying at high temperatures:

- For low-fat frying, put a bit of oil or margarine onto a piece of paper towel and rub the pan with it. When the fat starts to steam slightly, put the food into the pan and press it down lightly. Turn the heat down to medium. Do not turn the food until it can be easily lifted.
- Meat does not lose moisture if it is brought to room temperature before frying. For this reason it should be taken out of the refrigerator ahead of time.

FRYING WITH A "**HAPPY ENDING**" – EASY CLEANING.

- Thanks to their extremely smooth surface, Silit pans are particularly easy to clean. Usually all that's needed is a sponge, some detergent and warm water.
- Soak stubborn residue using water or bring some water to a boil in the pan. Then the residue can be removed easily using a sponge or a brush. Silit liquid detergent is perfectly suited for this.

How to clean a Silargan® pan:

- Silargan® pans are perfectly suited for the dishwasher.
- Do not use the abrasive side of sponges or wire brushes!

Silit liquid detergent is optimally suited for cleaning pots, pans and glass ceramic cooking zones. Put a small amount onto the surface and clean it using a moist sponge. Then rinse with water and rub dry.

CHOOSE THE RIGHT FAT!

Virgin / cold-pressed oils

High-quality (cold-pressed) virgin oils are not recommended for cooking and frying because they are not sufficiently heat stable and burn at high temperatures. Tar resins form which burn onto the surface of the pan with time.

Butter / margarine

Butter and margarine should not be heated up too high since neither is particularly heat-stable and they both start to scorch at temperatures exceeding 150° C (margarine at 170° C).

The ideal temperature is reached when small bubbles (the evaporating water content) begin to form. As soon as the butter / margarine "settles down" again and becomes clear it is the right time to add the food.

Clarified butter

Clarified butter contains almost no water or protein and for this reason it hardly spatters at all when used for frying. This makes it particularly suitable for browning foods.

Vegetable oils

Commonly used oils such as canola, sunflower, safflower and mixed oil withstand heat well but one should make sure they don't start to smoke.

Hydrogenated vegetable fats

They are usually sold in blocks and are made of palm kernel or coconut oil. They withstand high heats, can be portioned out easily and are ideal for anything you want to fry golden brown.

Virgin / cold-pressed oils

Butter / margarine 150°C - 170°C

Clarified butter 190°C - 210°C

Vegetable oils 190°C - 220°C

Hydrogenated vegetable fats 190°C - 220°C

Not recommended for frying

Eggs, batters, fish, breaded foods

Particularly for batters, breaded and deep-fried foods

All foods, particularly meats, breaded and deep-fried foods

Particularly for batters, breaded and deep-fried foods.