

Frying

Kitchen

Four different things all called frying, and the temperature each needs.

By quantity of fat and heat.

Method	Fat	Temp
Sautéing	A film	High, moving
Pan-frying	2–3 mm	Medium-high
Shallow frying	Halfway up	170–180°C
Deep frying	Submerged	170–190°C
Stir-frying	A little, very hot	As hot as possible
Sweating	A little	Low, no colour

Below 160°C food absorbs oil and goes greasy. Above 190°C it burns outside before the middle cooks.