

# Fat & oil

## How to reduce fat in the kitchen

An excessive intake of fat – together with other factors – is a major reason for obesity. On the other hand our diet must include fat, because it contains fat-soluble vitamins and is a source of antioxidants. So it's the remit of the kitchen to choose the right amount of fat for preparing a delicious and healthy meal.

### Tips related to all cooking methods

- Use cooking methods that need little or no fat, like steaming, stewing/ braising, sautéing and grilling.
- Use an unsaturated oil spray to brown or sauté foods.
- Use a rack to drain off fat when broiling, roasting or baking.
- If you grill food, place it on a rack so the fat can drain.
- When using a grill plate simply brush the plate with a minimum of polyunsaturated vegetable oil.
- Try to avoid deep-frying.

### Tips for frying

- All refined oils can be used, but don't use them too often at overly high temperatures, which leads to double the intake of fat ingested with the food.
- Best practice: Start heating at 60–80 °C (140–175 °F) for 10 minutes to melt the fat and then heat to 170 °C (340 °F).
- Fry as quickly as possible – longer frying time increases fat absorption.
- The smaller the food being fried, the greater the amount of fat absorbed.
- Drain the oil off the food before serving.
- Mix virgin olive oil, canola oil (or rapeseed oil) and sunflower oil in a ratio of 1:1:1 – such oil has a very good flavour and is highly stable.
- Oils should be well filtered after each usage period and changed on a regular basis.



## Tips related to foods

- Juice/gravy from meat or vegetables should be thickened with mashed potatoes or vegetables instead of cream, eggs and flour.
- Substitute half of the cream in sauces and baked goods with milk.
- Use low-fat milk or low-fat dairy products for making desserts like puddings, ice-cream and flummeries.
- Try to use lean meat and limit processed, high-fat meats like sausages, bologna and salami.
- If you use marinated meat, drain the marinade before cooking.
- Rather than duck or goose, serve chicken or turkey – their content and balance of fatty acids is better.
- Chicken and turkey are also healthier than fatty red meat.
- Remove the skin before cooking poultry (except for roasting) – a lot of fat is stored under the skin.
- If possible, serve the chicken without the skin.
- Look for hidden fats in the food used – try to reduce food with hidden fats like whole milk, fatty cheeses, cream, pork.
- Use olives, nuts (e.g. walnuts, almonds, pecans) or seeds as toppings for salads rather than cheese – their balance of “good” fatty acids is better than that of cheese. But be careful: these toppings are high in calories, use them in moderation.
- Avocado dips are better than mayonnaise. They also contain fat but the balance of fatty acids is better.



MINOR'S

