



# Fryer<sup>HP</sup>

## recipe book



# Fried chicken wings

## Ingredients

- ▶ Fresh chicken wings 10 pieces
- ▶ White Wine 2 cl / 0,7 fluid oz
- ▶ Salt 10 g / 0,4 oz
- ▶ Eggs 2
- ▶ Bread Crumbs 300 g / 10,6 oz
- ▶ Flour 00 100 g / 3,5 oz
- ▶ Sweet Paprika 5 g / 0,18 oz
- ▶ Hot Paprika 5 g / 0,18 oz

## Cooking

Slightly cut the wings in the long sense and put to marinate with white wine.

Refrigerate for 2 h

Combine flour with the two paprika and beat the eggs in a separate bowl. Take the wings out of the wine and dry with paper. Toss them in the flour, then in the eggs and last press them in the bread crumbs to coat. Deep fry.

## Productivity

23lt electric fryer HP, programmable electronic control with oil filter - 400V 17KW

|                          |            |
|--------------------------|------------|
| Full Load                | 2920 g     |
| Cooking Temperature/Time | 160°C / 8' |
| Energy Consumption       | 1,01 Kwh   |
| Weight Loss              | 23,63%     |

## TIPS

- ▶ final oil drain is essential to get rid of externally adhered oil, carefully dry the food to avoid soggy and oily products
- ▶ shake the squids once in the basket to eliminate extra flour



# Rice Balls

## Ingredients

- ▶ Rice (Arborio or Carnaroli) 1 kg / 2,2 lbs
- ▶ Tomato Puree 700 ml / 0,2 gal
- ▶ Eggs 5
- ▶ Bread Crumbs
- ▶ Vegetable Broth 2 lt / 0,5 gal
- ▶ Ground Beef 300 gr / 10,6 oz
- ▶ Grated Parmesan 100 g / 3,5 oz
- ▶ Onion half
- ▶ Boiled Peas 150 g / 5,3 oz
- ▶ Ham 100 g / 3,5 oz
- ▶ Mozzarella Cheese 200 g / 7,1 oz
- ▶ Butter
- ▶ Flour 00 (for the batter)
- ▶ Milk (for the batter)
- ▶ Salt / pepper

## Productivity

23lt electric fryer HP, programmable electronic control with oil filter - 400V 17KW

|                          |             |
|--------------------------|-------------|
| Full Load                | 2570 g      |
| Cooking Temperature/Time | 155°C / 11' |
| Energy Consumption       | 0,47 Kwh    |
| Weight Loss              | 6,23%       |

## Cooking

In a pan pour 2/3 spoons of oil and a slice of onion finely chopped. Let the onion cook and add the tomato puree and cook a medium high for 10 min. Add rice and cook adding the broth when necessary adding salt and pepper, until rice is ready. When cooked, put some butter and the parmesan cheese and mix.

Pour in GN h 20 trays and let them cool in air-o-chill with soft cycle for 20 min.

In the mean time, boil the eggs and when ready press them with a fork.

In a pan add some oil and a the chopped onion, when the onion wilts add the ground beef, the boiled peas and finish cooking. At the end, add some parsley.

Dry the mozzarella and cut it small together with the ham.

In a bowl prepare the batter by beating together 3 spoons of flour a bit of milk a glass of water and some salt.

Now that all ingredients are ready, take the rice out, form small balls and create a hole in the middle of each. Fill the holes with the mix of meat and peas, some ham and cheese and some egg. Close the hole (adding rice if necessary) trying to give it the typical final cone look.

Once they are all done, toss them in the batter and then in the bread crumbs to coat. Now fry.

## TIPS

- ▶ before frying, wait till a thin skin forms on the donuts so that it doesn't absorb too much oil
- ▶ always check the food to avoid dark results which can result in unhealthy



# Fried Squid

## Ingredients

- ▶ Fresh or Thawed Squid 400 g / 14 oz
- ▶ Flour 00 50 g / 1,8 oz
- ▶ Semolina Flour 50 g / 1,8 oz
- ▶ Cold Milk 98 ml / 0,02 gal
- ▶ Salt

## Cooking

Cut the squids in rings of 1 cm, put them in the milk and leave them there for a few minutes. Drain the excess milk off and toss in the mix of flours. Fry and dry on straw paper and add salt.

## Productivity

23lt electric fryer HP, programmable electronic control with oil filter - 400V 17KW

Full Load 2000 g

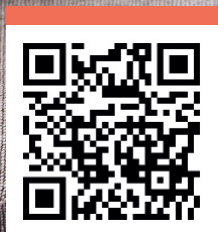
Cooking Temperature/Time 180°C / 1'45"

Energy Consumption 0,49 Kwh

Weight Loss 27,50%

## TIPS

- ▶ shake the products once in the basket to eliminate extra flour



# Donuts

## Ingredients

- ▶ Flour 00 1 kg / 2,2 lbs
- ▶ Beer yeast 40 gr / 1,4 oz
- ▶ Sugar 150 gr / 5,3 oz
- ▶ Eggs 4 (cold)
- ▶ Milk 250 gr / 8,8 oz
- ▶ Liquid Cream (cold) 50 gr / 1,8 oz
- ▶ Butter (room temperature) 100 gr / 3,5 oz
- ▶ Raisins (soaked in brandy) 200 gr / 7 oz
- ▶ Salt
- ▶ Lemon and Orange skin

## Productivity

23lit electric fryer HP, programmable electronic control with oil filter - 400V 17KW

|                          |               |
|--------------------------|---------------|
| Full Load                | 800 g         |
| Cooking Temperature/Time | 175°C / 2'15" |
| Energy Consumption       | 0,14 Kwh      |
| Weight Loss              | non definable |

## Cooking

Knead all ingredients adding the butter and the raisins at the end. Leave to rest for 15/20 mins. Create balls of 100 gr / 3,5 oz each and place them on a tray previously covered with flour. Press the balls in donuts by pressing only at the center so to let some air out. Punch holes in them and put them to yeast for 15/20 mins. Fry at 175°C / 347 ° F and cover with sugar.

## TIPS

- ▶ before frying, wait till a thin skin forms on the donuts so that it doesn't absorb too much oil
- ▶ always check the food to avoid dark results which can result in unhealthy



# Fish&Chips

## Ingredients for the batter

- ▶ Yolk 1
- ▶ Flour 00 50 gr / 1,7 oz.
- ▶ Flour Polenta 70 gr / 2,5 oz.
- ▶ Warm Milk 200 gr / 7,1 oz.
- ▶ Brewer's yeast 15 gr / 0,52 oz.
- ▶ Paprika

## Productivity

23lt electric fryer HP, programmable electronic control with oil filter - 400V 17KW

Full Load 2260 g

Cooking Temperature/Time 175°C / 3'30"

Energy Consumption 0,43 Kwh

Weight Loss 20,35%

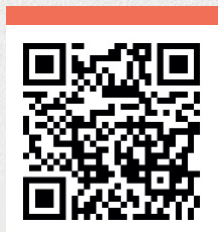
## Cooking

Mix the yeast with the milk and let it rest until it starts foaming. Add flour, paprika and let it rest in refrigerator.

For the cod: cut in sticks of 4x8 cm. Cover them with the batter and fry at 175°C/347°F for 3 mins. Fry the pre-fried and blanched potatoes cut 9x9 cm together with the fish.

## TIPS

- ▶ shake the products once in the basket to eliminate extra flour



# Potato Croquettes

## Ingredients

- ▶ Fresh Potatoes 1 kg / 2,2 lbs
- ▶ Salt
- ▶ Nutmeg
- ▶ Eggs 4
- ▶ Flour 00 100 g / 3,5 oz
- ▶ Bread Crumbs 300 g / 10,6 oz

## Productivity

23lt electric fryer HP, programmable electronic control with oil filter - 400V 17KW

|                          |               |
|--------------------------|---------------|
| Full Load                | 3000 g        |
| Cooking Temperature/Time | 175°C / 3'40" |
| Energy Consumption       | 0,96 Kwh      |
| Weight Loss              | 10%           |

## Cooking

Cook the potatoes as the are in the air-o-steam oven, steam cycle at 100°C / 212°F with core temperature at 94 °C / 201°F.

Once cooked, peel and squash. Let it cool in the air-o-chill soft cycle ( 0 °C / 32°F) for 10 min.

Add salt and nutmeg and form croquettes.

Place on a H 20 tray with baking paper and freeze (- 41 °C / - 41,8°F) for 20 min.

Proceed with the breading by passing the croquettes

in the bread crumb, eggs and back in the bread

crumb. Replace in the Air O Chill negative cycle for 5 min and preserve in freezer at - 18 °C / - 0,4°F.

Fry from frozen.

## TIPS

- ▶ when using frozen food carefully remove eventual ice



# Fresh Fried Potatoes

## Blanching for 2 portions

Cut 800 gr / 28 oz. peeled potatoes in sticks of 10x10 mm with the help of the TRK 55. Place them in a bowl with cold water making sure to change the water a couple of times to take the starch off. Drain the potatoes and put them in the frying basket and fry at 135°C / 275°F for 4'30". Place the fried potatoes on a perforated tray and chill in air-o-chill with soft cycle for 15 mins.

### Productivity

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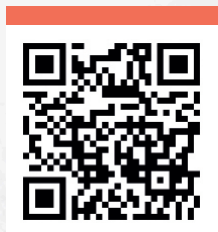
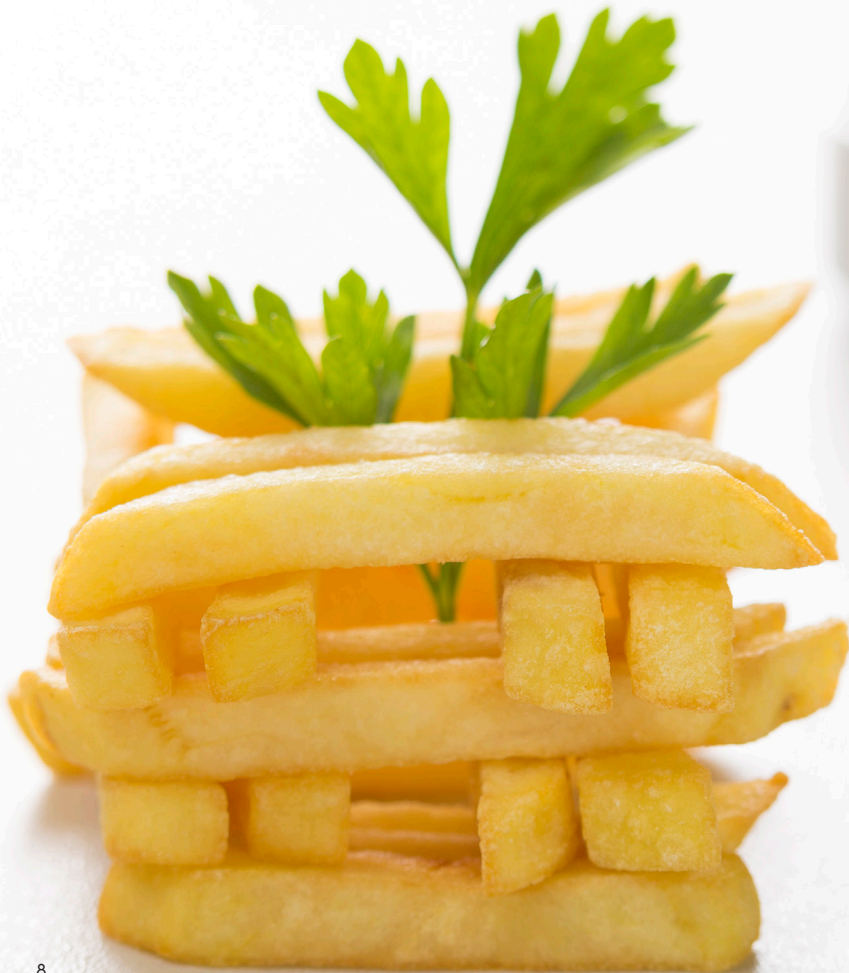
|                          |               |
|--------------------------|---------------|
| Full Load                | 3000 g        |
| Cooking Temperature/Time | 180°C / 3'50" |
| Energy Consumption       | 1,21 Kwh      |
| Weight Loss              | 23,33%        |

## For the finishing:

Bring oil temperature to 180°C / 356°F and cook potatoes for 2 mins. Drain excess oil with straw paper, salt and serve hot.

### TIPS

- ▶ to personalize the flavor, add spices after having placed them in water
- ▶ store fresh potatoes in a fresh place but avoid the refrigerator to keep them healthier





# Felafel

## Ingredients

- ▶ Chickpeas (soaked for 48h at 35,6°F)  
or 17,6 oz dried      1kg   / 2,2 lbs
- ▶ Garlic                      3 g   / 0,11 oz
- ▶ Parsley                    8 g   / 0,28 OZ
- ▶ Fresh Coriander        8 g   / 0,28 oz
- ▶ Fresh green pepers    5gr   / 0,17 oz
- ▶ Curry                      12 gr / 0,42 oz
- ▶ Salt                        20 gr / 0,7 oz
- ▶ Flour 00                  30 gr / 1 oz
- ▶ Baking Powder        18 gr / 0,6 oz
- ▶ Peanut oil or soybean oil to fry

## Productivity

23lt electric fryer HP, programmable electronic control with oil filter - 400V 17KW

|                          |            |
|--------------------------|------------|
| Full Load                | 3370 g     |
| Cooking Temperature/Time | 175°C / 4' |
| Energy Consumption       | 1,12 Kwh   |
| Weight Loss              | 15,73%     |

## Cooking

Work all the ingredients at max speed for 20 seconds in the TRK55 with the microtoothed blade.

Create balls and fry.  
Serve with hummus and pita bread.

### TIPS

- ▶ for a greater productivity you can make and freeze in air-o-chill and cook when needed.



# Chef Notes

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## Excellence with the environment in mind

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- ▶ All our solutions are designed for low consumption of water, energy, detergents and harmful emissions
- ▶ In recent years over 70% of our product features have been updated with the environmental needs of our customers in mind
- ▶ Our technology is ROHS and REACH compliant and over 95% recyclable
- ▶ Our products are 100% quality tested by experts

