



Fryer^{HP} recipe book

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How to read the recipes



PRODUCTIVITY PER HOUR: indicates how many kg/lbs for each recipe you can prepare in 1 hour, including the time needed to reload the baskets



TIP: advices given by Electrolux Chefs to optimize the use of the appliance and get the best cooking results



VEGAN: indicates that the recipe is vegan



GLUTEN FREE: indicates that the recipe is gluten free



FRY FROM FROZEN: indicates the possibility to fry the preparation also when it is still frozen.



Watch all the video recipes from our Chefs of Electrolux Chef Academy to find out more!



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Appliances and accessories in use



All recipes have been tested in a 23 lt (6.08 gal) Electric Fryer^{HP}

For each recipe find the list of recommended accessories and the indication of appliances that will create a **complete solution**



Deflector



Sediment tray



Full size baskets

For more details on accessories and corresponding accessory code (PNC), refer to 700XP&900XP Accessories brochure

Donuts



productivity
per hour:

14 kg / 31 lbs

Ingredients for full load

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

Procedure:

- ▶ Knead all ingredients adding the butter and the raisins at the end.
- ▶ Let the dough rest for 15/20 mins.
- ▶ Create balls of 100 g / 3,5 oz each and place them on a tray previously covered with flour.
- ▶ Form a small hole in the center and rotate your fingers until you have the desired shape and let it rest for 15/20 min.
- ▶ Prove by using the dedicated cycle of the air-o-steam



TIP: Before frying, wait until a thin skin forms on the donuts so that they do not absorb too much oil



TIP: Use a sediment tray for the deep zone to extend oil life, to prevent clogging of the drain and to facilitate cleaning.

▶ Now fry !



TIP: For even cooking results, do not overload the baskets and shake them occasionally while frying.



TIP: Drain excess oil with straw paper, and serve hot



TIP: It is possible to freeze the fried donuts and regenerate them in the oven very quickly

Full Load	Cooking Temperature	Cooking Time	Weight loss	Total portions in full load	Productivity per hour
1 kg / 2,2 lbs	175°C / 347°F	2'15"	-	10	140 donuts 14 kg / 31 lbs

Appliances and accessories in use:



23 Lt electronic programmable fryer^{HP}



air-o-steam oven



Sediment tray

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Felafel



productivity
per hour:

28 kg / 62 lbs



Ingredients for full load

- ▶ Soaked chickpeas 1kg / 2,2 lbs
or
dried chickpeas 0,5 kg / 17,6 oz
- ▶ Garlic 3 g / 0,11 oz
- ▶ Parsley 8 g / 0,28 oz
- ▶ Fresh Coriander 8 g / 0,28 oz
- ▶ Fresh green peppers 5 g / 0,17 oz
- ▶ Curry 12 g / 0,42 oz
- ▶ Salt 20 g / 0,7 oz
- ▶ Flour 00 30 g / 1 oz
- ▶ Baking Powder 18 g / 0,6 oz

Procedure:

- ▶ Work all the ingredients at max speed for 20 seconds in the TRK55 with the micro toothed blade

- ▶ Use all the preparation to form small rounds



TIP: It is also possible to freeze the felafel in the air-o-chill and then fry them directly from frozen

- ▶ Now Fry!



TIP: Use deflector and sediment tray for the deep zone to extend oil life, to prevent clogging of the drain and to facilitate cleaning.



TIP: Drain excess oil with straw paper, and serve hot



TIP: Serve with hummus and pita bread

Full Load	Cooking Temperature	Cooking Time	Weight loss	Total portions in full load	Productivity per hour
3,4 kg / 7,5 lbs	175°C / 347°F	4'	16 %	28 (100 g/3,5 oz)	280 portions 28 kg / 62 lbs

Appliances and accessories in use:



23 Lt electronic programmable fryer^{HP}



air-o-chill blast chiller



TRK55 cutter mixer



Deflector



Sediment tray

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Fish & Chips



productivity
per hour:

19 kg / 42 lbs

Ingredients for full load

- ▶ Yolk 1 pcs
- ▶ Flour 00 50 g / 1,7 oz
- ▶ Flour Polenta 70 g / 2,5 oz
- ▶ Warm Milk 200 g / 7,1 oz
- ▶ Brewer's yeast 15 g / 0,52 oz
- ▶ Paprika
- ▶ Cod 10 kg / 22 lbs
- ▶ Pre-fried and blanched potatoes 9x9cm/3,5x3,5in 10 kg / 22 lbs

Procedure:

- ▶ Mix the yeast with the milk and let it rest until it starts foaming, then add flour and paprika and let the preparation rest in the fridge.



TIP: If the cod is frozen, safely thaw it in the Electrolux thawing cabinet

- ▶ Cut the cod in sticks of about 4x8 cm / 1,5x3 inches and toss them in the batter.



TIP: Before frying carefully shake the cod sticks to eliminate extra flour.



TIP: Use breeding station to make the preparation of fried food easier, safer and more efficient



TIP: Use deflector and sediment tray for the deep zone to extend oil life, to prevent clogging of the drain and to facilitate cleaning.

- ▶ Now fry the fish and the potatoes separately



TIP: For even cooking results, do not overload the baskets and shake them occasionally while frying.



TIP: Drain excess oil with straw paper, and serve hot

Full Load	Cooking Temperature	Cooking Time	Weight loss	Total portions in full load	Productivity per hour
2,3 kg / 5 lbs	175°C / 347°F	3'30"	20 %	5 (350 g/12,3 oz)	55 portions 19 kg / 42 lbs

Appliances and accessories in use:



23 Lt electronic programmable fryer^{HP}



900XP ref-freezer base



Thawing cabinet



Breeding Station



Deflector



Sediment tray

Watch all the video recipes from our Chefs of Electrolux Chef Academy

Scan the QR code for the video recipe



Fresh Fried Potatoes



productivity
per hour:

31 kg / 68 lbs



Ingredients for full load

- ▶ Fresh Potatoes 4 kg / 8,9 lbs



TIP: Store fresh potatoes in a fresh place but avoid the refrigerator to keep them healthier.

Procedure:

- ▶ Cut 800 g / 28 oz. of peeled potatoes in sticks of 10x10 mm / 0,4x0,4 inches with TRK 55.
- ▶ Place them in a bowl with cold water and change the water a couple of times to take off the starch.



TIP: To customize the flavour, add spices to the water.

- ▶ Dry the potatoes and put them in the frying basket
- ▶ For blenching: 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



TIP: Alternatively you can freeze the potatoes in the air-o-chill to enhance crispness



TIP: Use a perforated tray in order to avoid condensation during the blast-chilling phase



TIP: Use a sediment tray for the deep zone to extend oil life, to prevent clogging of the drain and to facilitate cleaning.

- ▶ Now fry, also directly from frozen!



TIP: If you are frying from frozen, remember to carefully remove any ice.



TIP: For even cooking results, do not overload the baskets and shake them occasionally while frying.



TIP: Drain excess oil with straw paper, and serve hot

Full Load	Cooking Temperature	Final phase cooking time	Weight loss	Total portions in full load	Productivity per hour
4 kg / 8,9 lbs	160°C / 320°F	3'20"	30%	18 (150 g/5,3 oz)	203 portions 31 kg / 68 lbs

Appliances and accessories in use:



23 Lt electronic programmable fryer^{HP}



air-o-chill blast chiller



TRK55 cutter mixer



Sediment tray

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Fried Chicken Wings



productivity
per hour:

13,2 kg / 29 lbs

Ingredients for full load

- ▶ Chicken wings 20 pcs
of 145 g (5,1 oz) each
- ▶ White Wine 40 ml / 1,4 oz
- ▶ Salt 20 g / 0,8 oz
- ▶ Eggs 4 pcs
- ▶ Bread Crumbs 600 g / 21,2 oz
- ▶ Flour 00 200 g / 7 oz
- ▶ Sweet Paprika 10 g / 0,36 oz
- ▶ Hot Paprika 10 g / 0,36 oz

Procedure:



TIP: If your chicken wings are frozen, safely thaw them in the Electrolux thawing cabinet

- ▶ Marinate the wings in white wine, and chill in the fridge for 2 hours.
- ▶ Mix flour with paprika and in a separate bowl beat the eggs.
- ▶ Dry the wings from wine, toss them in the flour and paprika mix, then in the eggs and press them in the breadcrumbs to coat



TIP: Use a breeding station to make the preparation of fried food easier, safer and more efficient



TIP: Use deflector and sediment tray for the deep zone to extend oil life, to prevent clogging of the drain and to facilitate cleaning.

- ▶ Now fry !



TIP: For even cooking results, do not overload the baskets and shake them occasionally while frying.



TIP: Drain excess oil with straw paper, and serve hot

Full Load	Cooking Temperature	Cooking Time	Weight loss	Total portions in full load	Productivity per hour
2,9 kg / 6,4 lbs	160°C/320°F	8'	24%	20 (110 g/3,9 oz)	120 portions 13,2 kg / 29 lbs

Appliances and accessories in use:



23 Lt electronic programmable fryer^{HP}



900XP ref-freezer base



Thawing cabinet



Breeding Station



Deflector



Sediment tray

Fried Squid



productivity
per hour:

24,5 kg / 54 lbs

Ingredients for full load

- ▶ Squids 400 g / 14 oz
- ▶ Flour 00 50 g / 1,8 oz
- ▶ Semolina Flour 50 g / 1,8 oz
- ▶ Cold Milk 98 ml / 3,3 oz
- ▶ Salt

Procedure:

- ▶ In a bowl mix flour 00 and semolina flour.



TIP: If the squids are frozen, safely thaw them in the Electrolux thawing cabinet

- ▶ Cut the squids in rings of 1 cm/0,4 inches and put them in cold milk for few minutes.
- ▶ Drain off the excess milk and toss the squid rings in the mixture of flours.



TIP: Use a breading station to make the preparation of fried food easier, safer and more efficient



TIP: Before frying, carefully shake the squid rings to eliminate extra flour.



TIP: Use deflector and sediment tray for the deep zone to extend oil life, to prevent clogging of the drain and to facilitate cleaning.

- ▶ Now fry !



TIP: For even cooking results, do not overload the baskets and shake them occasionally while frying.



TIP: Drain excess oil with straw paper, and serve hot

Full Load	Cooking Temperature	Cooking Time	Weight loss	Total portions in full load	Productivity per hour
2 kg / 4,4 lbs	180°C / 356°F	1'45"	27 %	6 (250 g/ 9 oz)	98 portions 24,5 kg / 54 lbs

Appliances and accessories in use:



23 Lt electronic programmable fryer^{HP}



Breeding Station



Thawing cabinet



Deflector



Sediment tray

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Potato Croquettes



productivity
per hour:

29 kg / 64 lbs



Ingredients for full load

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

Procedure:

- ▶ Cook the whole potatoes with the skin in the air-o-steam, steam cycle at 100°C / 212°F with core temperature at 94°C / 201°F
- ▶ Peel and squash them.
- ▶ Let them cool in the air-o-chill soft cycle (0°C / 32°F) for 10 minutes.
- ▶ Add salt and nutmeg and form croquettes
- ▶ Place the croquettes in a perforated tray with baking paper in the air-o-chill with the probe at - 18°C / - 0,4°F



TIP: Use a perforated tray in order to avoid condensation during the blast-chilling phase

- ▶ Pass the croquettes in the breadcrumb, then in the eggs and back to the breadcrumb

- ▶ Put the croquettes in the air-o-chill: negative cycle for 5 min and preserve in freezer at - 18°C / - 0,4°F



TIP: Use deflector and sediment tray for the deep zone to extend oil life, to prevent clogging of the drain and to facilitate cleaning.



TIP: Before frying frozen food carefully remove any ice.

- ▶ Now fry directly from frozen!



TIP: For even cooking results, do not overload the baskets and shake them occasionally while frying.



TIP: Drain excess oil with straw paper, and serve hot

Full Load	Cooking Temperature	Cooking Time	Weight loss	Total portions in full load	Productivity per hour
3 kg / 6,6 lbs	175°C / 347°F	3'40"	10%	27 (100 g/3,5 oz)	290 portions 29 kg / 64 lbs

Appliances and accessories in use:



23 Lt electronic programmable fryer^{HP}



air-o-steam oven
air-o-chill blast chiller



Deflector



Sediment tray

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Rice Balls



productivity
per hour:
11 kg / 24 lbs



Ingredients for full load

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

Procedure:

For rice:

- ▶ Pour oil, onion and tomato puree in a pan and cook for 10 minutes.
- ▶ Add rice and continue cooking, adding broth, salt and pepper, until rice is ready.
- ▶ When ready, add some butter, parmesan cheese and mix.
- ▶ Cool down in the air-o-chill blast chiller.

For filling:

- ▶ Cook onion with oil on a separate pan, after few minutes add ground beef, boiled peas and finish cooking. When done, add some parsley.
- ▶ In the meantime, boil the eggs and when cooled slice them.
- ▶ Dry the mozzarella, cut it into small pieces, and mix together with the diced ham.

Preparation of rice balls:

- ▶ Form small balls with rice and create a hole in the middle of each ball.

- ▶ Fill the holes with the mix of meat and peas, some ham, cheese and some egg.
- ▶ Close the holes (adding rice if necessary) trying to give a round shape.

For batter:

- ▶ Prepare the batter by beating together 3 spoons of flour, a bit of milk, a glass of water, some salt and toss the balls in it.



TIP: If preferred, skip the batter and coat the rice balls with a mixture of flour, beaten eggs and breadcrumbs.



TIP: Use deflector and sediment tray for the deep zone to extend oil life, prevent clogging of the drain and easier cleaning.

- ▶ Now fry !



TIP: For even cooking results, do not overload the baskets and shake them occasionally while frying.



TIP: Drain excess oil with straw paper, and serve hot

Full Load	Cooking Temperature	Cooking Time	Weight loss	Total portions in full load	Productivity per hour
2,6 kg / 5,7 lbs	155°C / 311°F	11'	6%	11 (220 g/7,8 oz)	51 pcs 11 kg / 24 lbs

Appliances and accessories in use:



23 lt electronic programmable fryer^{HP}



air-o-chill blast chiller



900XP ref-freezer base



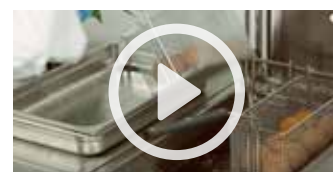
Deflector



Sediment tray

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Perfect results load after load

Cooking perfectly crisp food, portion after portion just got faster and easier. Time-saving Electrolux **Automatic Cooking Function** takes the stress out of frying and automatically adjusts cooking parameters according to your load



Automatic
Cooking
Cycle

Optimum results and peace of mind

Simply choose **Automatic Cooking Function** and your Fryer^{HP} **automatically adjusts the cooking cycle** to adapt to the quantity of food you have loaded to ensure perfect results again and again



Memorize once and for all

You can customize up to **5 cooking cycles** according to your local products



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to discover
the Automatic
Cooking Function

Stop wasting oil and cut your running costs with the easy to use, integrated **Advanced Filtration System**. Built in oil circulation pump makes cleaning and filtration operations faster and safer guaranteeing **better food quality**

Keep it clean. Advanced Filtration System*

- ▶ 2 stage filtration
- ▶ stainless steel filter removes largest particles
- ▶ additional paper filter ensures removal of even finest particles

*Option available for all fryers fitted with oil recirculation pump



What a difference the right filter makes

Take a look at how easy it is to **keep your oil clean** with the Advanced Filtration System



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Excellence with the environment in mind

- ▶ All our factories are ISO 14001-certified
- ▶ 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

