



Shake, Bang and Hang











Tips for better chips

USE THE GOOD OIL

Use a frying oil that meets the Industry Standards:

- Saturated fat – maximum 28%
- Trans fat – maximum 1%
- Linolenic acid – maximum 3%

Suppliers will tell you which oils meet the Industry Standards. These may include: high-oleic sunflower oil, high-oleic low-linolenic canola, rice bran oil, cottonseed oil and some blends of various oils.

Visit www.thechipgroup.co.nz for brands that meet the Industry Standards.

THICK CHIPS ARE BEST CHIPS

Use thick straight-cut chips, at least 13 mm wide.

NOT TOO MUCH SALT

Use salt sparingly if seasoning OR provide salt sachets.

HOW MUCH IS A PORTION?

A standard scoop of uncooked chips is approximately 330g (approx 3 serves per kg).

In some food service and hospitality situations such as where food is shared, a standard scoop may not be appropriate.

IMPROVE YOUR SKILLS ONLINE... IT'S FUN & EASY!

Adopt best practice frying training for your staff.

Go to
The Chip Group online training
www.thechipgroup.co.nz

KEEP OIL IN GOOD CONDITION

Maintain your oil in good quality.

Keep fryer topped up with oil.
Filter oil each day.

Cool oil and cover fryers when not in use.

Test and discard oil when it shows signs of degradation.

DRAIN OFF THE EXCESS OIL

After frying, bang or shake the basket vigorously two times. Hang the basket for at least 20 seconds.

KEEP YOUR OIL AT THE RIGHT TEMPERATURE

Cook your chips at a temperature of 175°C-180°C for between 3-4 minutes.

Use a digital thermometer to check the accuracy of the oil temperature every week.



IMPORTANT: All premises involved in the production of deep-fried chips must comply with existing regulations, e.g. Food Hygiene Regulations 1974, Food Act 1961, Health & Safety in Employment Act 1992, and any subsequent amendments.

These tips are based on The Chip Group Industry Standards (NZ)
www.thechipgroup.co.nz

*Want your Sports
Club to have the
BEST CHIPS?*



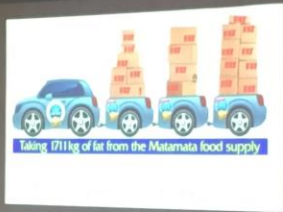




“It’s nice to be supported and ask to attend a workshop that supports our local community ”

-League Club Cook





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171 The Commercial, Matamoras
P.O. Box 1000, Matamoras 1000
www.aquatronics.co.nz

In West Auck, what % of the
population are not having
enough fruit and veg?



71



Skip

3

Answers

▲ 45

◆ 30

● 15

■ 25





\$3

Priced to
Clear!

SPECIAL
\$15 \$39

\$399

H&L
LIVING & CO.

LIVING & CO.
5 PIECE CERAMIC
BAKEWARE SET

LIVING & CO.
5 PIECE
BAKEWARE SET

LIVING & CO.
KNIFE
BLOCK SET
6 PIECE

LIVING & CO.
LC BRIGHT CUTLERY
S/16PC BLUE
12PCS/CTN
CUBE:20x20x10
N.W.

LIVING & CO.
KNIFE
BLOCK SET
6 PIECE

“I also changed the portion sizes which not only saved money but I found that customers were more likely to finish this size portion as opposed to throwing out the left-overs”

– Fish and Chip Shop Owner

“Staff and were blown away by how much information there was to learn about cooking healthier chips”

-Fernz Catering Manager

Barfoot & Thompson

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W.F.

NO ALCOHOL
TO BE CONSUMED ON SITE
TAPPAH AT ALL TIMES

NO
PARK

