

FAT ANALYSIS OF FRENCH FRIES

**Fat Content before
Cooking 6%**



**6%
(or less)**

**Fat Content after
Cooking**

**15-18%
(or more)**

The Rofry®

- In Rofry® the oil in the food is being heated only **ONCE**.
- The Rofry® cooking process is a healthier way of preparing foods that appear to have been fried, greatly reducing fat and cholesterol absorption.
- There are no oil purchase and disposal costs.
- Operator injury and oil burns are greatly reduced creating a safer workplace.
- Fully automated cooking process reduces labour costs.
- No special ventilation required.
- Unique steam and convection cooking phases means the product will always be moist on the inside and crisp on the outside and ensures exact quality control every time.
- Fully programmable self cleaning system.

The Traditional Deep-Fryer

- In a traditional fryer the oil absorbed ranges from 9-12%.
- Deep fried foods increases health risks.
- Constant operator supervision required.
- Specialised filtration setup and oil disposal is costly.
- Cooking with hot oil greatly increases the risks of workplace injuries and burns to staff.
- Flavour transfer in foods due to constant oil re-use.
- Deep fryer cleaning is costly and labour intensive.
- Deep fryer oil must be kept at an optimum cooking temperature at all time which increases energy costs.
- Installation of a grease trap.

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LOW FAT & MORE TASTE

