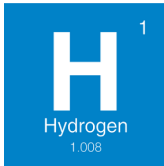


## FATS & OILS

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Fats, such as butter, are solid at room temperature. These tend to come from animals and are high in saturated fat.

Oils, such as sunflower oil, is liquid at room temperature. These tend to come from plants and are low in saturated fat.



### Types of Fat

Butter—is made from the fat content of cream. It is used to add richness to dishes such as mashed potato, also used with oil to sauté foods.

Lard—is made from rendered pig fat. It is a good fat to use to make shortcrust pastry

Suet—Is made from the fat from the kidneys of beef and sheep. It is used to make suet pastry and to make dumplings.

Solid vegetable fats— such as margarine or olive oil spread. These are made from veg oils that have been Hydrogenised. This is where hydrogen is added to the oil to make it solid at room temperature.



### Types of oil

Coconut— used in Indian and Asian cookery. Used for stir-frying and in baking

Olive— used in Mediterranean cuisine. Extra Virgin Olive Oil is mainly used to add flavour to dishes. But lower quality types are used for cooking.

Sunflower—Is a light, mild oil. Used for salad dressings. Also used for sautéing foods.

Sesame— Used in Asian cookery. Has a strong flavour. Mainly used in stir-frying and to add flavour

### Uses of Fats and Oils in Cooking

- Adds colour to food
- Used to **AERATE** as it helps trap air, such as in cake making
- Adds moisture
- Can help to extend shelf life
- Adds flavour
- Used to make dressings and mayonnaise
- Improves texture, such as in puff pastry
- Used to cook foods such as chips, sautéed vegetables, roast potatoes
- Used for **SHORTENING** in pastry

Hydrogenation: The addition of hydrogen, this changes the composition of liquid oil into a solid fat. The process produces trans-fats. These are known to raise cholesterol levels which can lead to CHD.

### Rancidity

Rancidity is when fats start to decompose and gives a very unpleasant smell and taste.

Exposure to Oxygen is the main cause.

Antioxidants are often found in foods with a fat content to help avoid this.

### Storing Fats and Oils

Fats such as butter and lard should be stored covered and in the fridge.

Oils can be kept in their bottle, in a cool dry place with a lid on.

### Shortening

Fat is used in pastry to aid shortening. The butter coats the flour and stops water being absorbed this then stops gluten from forming. This produces a short, crumbly texture in the cooked pastry



### Nutritional Content of Fats and Oils

- Fat-soluble vitamins A, D, E and K,
- Fat in the source of saturated (butter, lard) and Unsaturated (Olive oil)
- Essential fatty acids Omega-3 and 6.

### Reducing Fat

- Bake foods instead of frying or roasting
- Reduce processed foods
- Choose lean cuts of meat
- Read the labels and choose lower fat versions

### Nutritional Labels

The fat content of food should be clearly stated in the nutritional information of a product. It is either classed as High, medium or Low

- High = more than 20%
- Medium = between 3% and 20%
- Low = Less than 3%

Labels should also state the saturate fat content as High, Medium or Low.

- High = more than 5%
- Medium = between 1.5% and 5%
- Low = less than 1.5%