

VITO AG - NEWSLETTER

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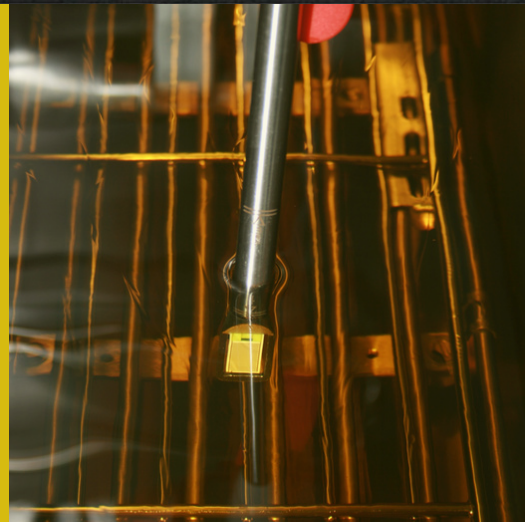


Here's what you can expect in this issue:



VITO AT LAKE CONSTANCE

Glamping and good food on the shores of Lake Constance - A successful concept of the Hegne campsite. Get a glimpse behind the scenes.



THE MYTH ABOUT DARK OIL

No more guessing! Why digital oil testers are becoming the standard in professional kitchens and how they ensure the quality of fried food.



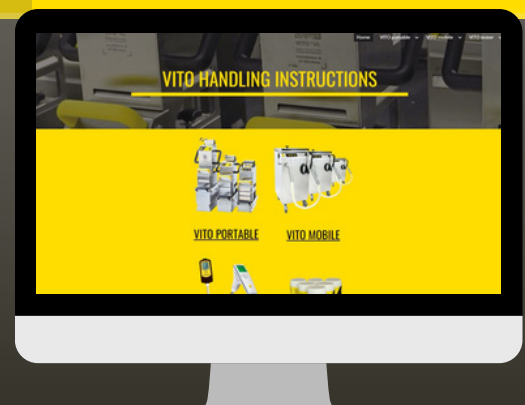
DOUBLE FRYING

Frying like a pro: The Double Frying technique makes it easy to achieve perfect, crispy results.

handling.vito.ag



Everything you need to know about the use and handling of the VITO frying oil filter in one place, available at any time.



Glamping on the shore of Lake Constance



Directly on the shore of Lake Constance you will find the campsite Hegne. An idyllic place, only a few kilometers from the largest city on Lake Constance. In addition to conventional camping, you can also find the so-called glamping, which has become increasingly popular in recent years. In contrast to classic camping you won't sleep in a simple tent but rather in a comfortable accommodation. In Hegne, these are cozy sleeping barrels. What shouldn't be missing while glamping is, of course, good food! Owner Matthias Kunz, who was able to combine hobby and work through the campsite, gave us some insights behind the scenes in an interview.



Main chef and owner with VITO

"We run our campsites with love, heart and mind!"

Mr. Kunz begins the conversation. The campground is like a big family, he reports. The staff would even live on the premises over the summer season. "The guests are very diverse, from business people, to families with children and seniors, all kinds of populations want to spend time in nature. The rush is great!" tells Kunz. However, everyone values good and delicious food, at a fair price.

The menu includes classic German dishes such as french fries, spaetzle with schnitzel or Maultaschen. Vegetarian dishes are also increasingly on offer. Highest quality is particularly important to Mr Kunz, "Our food is very well received by the guests. Many also come just for the food, without camping." They source the products mainly from the Lake Constance region. Especially popular are the fries, which are deep-fried three times to get their special flavor.





The campsite uses the latest technology in the kitchen. They currently have two FriFri fryers with 18l and 30l in use, which run hot during the high season. Matthias Kunz had his first contact with VITO filters in 2017 during his restaurant manager training at Burger King, where a VITO 30 was in use. He then got a VITO 50 for his campsite. In 2021, he was one of the first customers to test the new VITO VL frying oil filter.



The environmental aspect also plays a significant role for an operation that has such direct contact with nature. The campsite is eco-certified and takes great care of its environmental footprint. The VITO frying oil filter supports the operation in saving CO2 by helping to use less frying oil overall.

The VITO reduces oil consumption at the campsite," explains Mr. Kunz, but for him this is not the most important aspect of frying oil management. Mainly, he wants to ensure a constantly good and consistent product quality, which is easily achieved with the VITO. The kitchen staff is happy about the easy handling and also convinced of the further advantages.



The MYTH about dark frying oil

Changing your frying oil at the right time is essential to ensure the optimal quality of the deep-fried food and to provide a safe product. For decades, chefs using deep fryers needed reliable methods to determine the quality of their frying oil. However, it was difficult to ensure that the oil was not used too long or changed too soon. Because actual measurements were either unavailable, too expensive, or not quick enough to perform, cooks and kitchen staff tried to determine the quality of their oil by color, smell, or by the quality of the fried products.

These methods, which are not much more than an estimate, are still widely used and sometimes even passed on to the next generation. However, we now know that the color of the frying oil usually says nothing about the quality. The dark color of the used oil is mainly due to a harmless caramelization process and varies strongly, depending on what is fried in it.

Nowadays, digital testing devices are available and more than affordable. Oil testers measure the polarity of the oil, which is directly related to the chemical quality. Legal regulations define clear values which the frying oil is not allowed to exceed in order to be safe for health. The available measuring instruments are extremely accurate and make guesswork around the frying oil quality no longer needed.

It is important that the frying oil testers are easy to operate so that everyone in the kitchen can get reliable measuring values (even without knowledge of the legal requirements and TPM values). Therefore, the results are not only shown on the display in a percentage, but also by an additional signal lamp, which flashes in green, yellow or red and is therefore very easy to understand.

Due to the growing awareness of frying oil as a valuable food and the affordable prices, testers are increasingly found in restaurants. Not only in large fast food chains, but everywhere frying oil is used. It is certain that the use of frying oil testers will become standard in professional kitchens and the old methods will disappear sooner rather than later.

VITO frying oil testers offer the optimal solution to determine your oil quality! Always change your oil at the right time - never too early or too late.



**The color says nothing
about the quality!
Only a measurement
can determine the
quality.**





Double Frying

Everybody loves crispy fries that are golden brown on the outside and soft and tender on the inside! But how do you achieve this perfect texture? One technique that is popular with many professional chefs is called double frying. It creates a crispy crust and a soft center. But how exactly does double frying work?

Double frying is a technique that has been used for centuries in various cuisines around the world. It is believed that it was developed in Asia and from there it spread all over the world. Double Frying is suitable for a variety of foods such as fries, chicken or for seafood.

Deep-frying is primarily a dehydration process. This means that the drier the food is at the beginning of the frying process, the crispier the crust will be. When food is deep-fried, the high temperature converts the water in the food into steam, which creates bubbles on the surface. However, if the food is fried at a too high temperature for too long, it can result in a dry and hard product. Double frying counteracts this problem by first pre-frying the food at a low temperature to remove moisture and improve texture. After that the food is fried a second time, what creates a crispy and golden crust.

The optimal temperature for double frying depends largely on the type of food you want to prepare. As a rule, food is pre-fried at a temperature of about 150-160°C for the first frying cycle and finished at about 175°C for the second cycle.

Moisture from the center of the food migrates back to the surface during cooling after the first frying. The second frying process evaporates this moisture.

However, pre-frying should not take too long, otherwise the food may become too dry. If the food does remain in the oil for too long, this can also lead to excessive fat absorption.

Good to know: Double Frying is not necessary for frozen goods, as they have usually already undergone the first frying process before freezing.