

What is frying without oil? The principle of operation of oil-free frying technology

One of the smart technologies being applied in food processing is oil-free frying technology. So what is frying without oil? What is the principle?

For a long time, scientists have been recommending and disseminating about the harmful effects of high fat consumption on health. Accordingly, limiting these foods will bring people a healthy life and limit illness. Based on that principle, many cooking technologies have been introduced one after another. One of them is not to mention the oil-free frying technology. So **what is frying without oil** ? What principles does it work on? Let's quanimang learn more about this technology!

Quick view content

1. What is frying without oil?
2. Learn how the oil-free frying technology works
3. Advantages and disadvantages of oil-free frying technology

What is frying without oil?

Frying is not oil, also known as air frying, vacuum frying. This frying technology does not use grease to cook foods like conventional frying, but uses a heat source from electricity and combined with convection cooling fans, circulates quickly throughout the food surface, helping the food to be cooked. cooked by homogeneous hot air, instead of oil.



Frying oil is not born for the purpose of reducing the amount of fried oil to ensure health, while helping to overcome the disadvantages of oil splashing when frying in a pan, preserving the delicious taste of food.

One of the most outstanding and proud products of oil-free frying technology is the oil-free fryer product. Right from being present in Vietnam around the middle of 2014, the oil-free fryer product has been interested and chosen by many housewives, in order to bring the family healthy, cold meals.

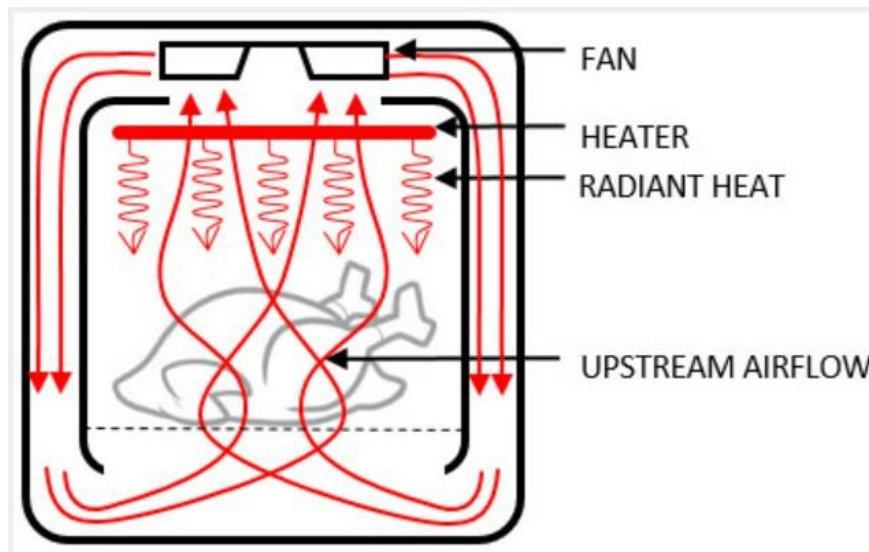
Learn how the oil-free frying technology works



Oil-free frying technology generally uses the principle of vacuum frying with a heat-cooling mechanism (mayso wire), in which the heat source is from electricity and combined with a convection cooling fan, circulating quickly throughout the real surface. products, helping foods to be cooked in a uniform hot air environment, instead of oil. Along with the ability to control heat and time in the new product lines today, you will easily

complete a dish like a professional chef.

Specifically, with the oil-free fryer product line, most models currently operate mainly based on Rapid Air technology - the oil-free frying technology applied by Philips for the first time and registered for copyright all over the world. Rapid Air technology is also known as RUSH technology which was researched and developed by research organization APDS Development in the Netherlands while developing oil-free fryer.



Rapid Air works on the principle of high temperature is circulated with intense intensity, that amount of heat will be distributed throughout the food in the pot from all sides and this amount of heat can pass through regardless food from thick pieces of meat to very small particles of food.

With this technology, besides fried foods, you can also use to prepare other dishes such as food drying, fruit drying. Or used to prepare baked dishes such as grilled corn, barbecue, pies, . suitable for the whole family.

Also, with oil-free frying, you can forget the worry about unhealthy oil. Moreover, the food retains its original flavor, does not drain oil, does not waste oil, does not cause burns or difficulties when cleaning the kitchen .

Advantages and disadvantages of oil-free frying technology

Advantages:

1. Ensuring safety for health, reducing 70-80% of oil usage, protecting health and saving.
2. Convenient, fast and significant time saving for housewives, time for other cooking tasks.



1. Can process many other dishes such as steaming, baking . to help diversify dishes for the whole family.
2. Greatly saves grease compared to conventional frying.
3. In addition, when frying the oil does not splash, does not cause burns and does not contaminate the kitchen.
4. Helps retain the integrity of the nutrients and flavor of food if fried at appropriate heat levels.
5. Simple design, handy, neutral colors can fit every kitchen.

Defect:

1. The price is quite high, limited capacity. Most oil-free fryers range from less than 1 million to about 9 million, but the actual capacity is only about 1.5 to 4 liters.



1. Not completely oil-free frying, because for some non-fat foods like potatoes, vegetables, etc., you need to add a bit of oil in it to be delicious, if not just the true meaning is 'bake' food only.
2. It is difficult to clean the heating element and blower, but this part is often prone to get dirty, but sometimes grease and airflow in the air.

Perhaps here you have a better understanding of the oil-free frying technology and the principles of how it works, right? Hopefully, you will choose a product that you like and suits the kitchen of your home!

You finished reading the article "**What is frying without oil? The principle of operation of oil-free frying technology**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.