

Why do housewives believe in non-oil fryer?

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Advantages when using an oil-free fryer

1. With the ability to significantly reduce the amount of grease in every meal, most non-oil fryers operate on a heating principle of up to 200 degrees Celsius, fast and strong convection around food to fry. Crunchy and cooked food without grease. Oil-free fryer helps reduce up to 80% of fat on the body.



1. The oil-free fryer helps housewives cook much faster and more leisurely than traditional cooking. Moreover, non-oil fryer also ensures consumer health, saving time.
2. **Cost savings:** On average, the fryer does not oil will take 30 minutes to fry fish, chicken thighs, 15 minutes to fry potatoes, the electricity bill is much cheaper than the gas, cooking oil that the housewife fried. in the traditional way.
3. Very beneficial for those who want to lose weight but love fried food.

Some disadvantages need to be fixed on an oil-free fryer

Although using an oil-free fryer is cost-effective, healthy, time-saving, it also makes many housewives wonder because:

1. When using an oil-free fryer, fried food will be drier and not as tasty as traditional frying.
2. For some fryer not to remove the fry and the oil will make it difficult for the housewife to clean.
3. Failure to control the frying process can cause the food to burn.



Note when buying an oil-free fryer

1. Should choose a reputable manufacturer to buy. With an expensive oil-free fryer, you can disassemble the fry tray and the fat-laden chicken or fish tray. Thus, hygiene will be more convenient. With an inexpensive oil-free fryer, two consecutive trays will make it difficult for you to clean the pot.
2. To buy a fryer as you wish, you should calculate the amount of fried food to buy an oil of a size suitable for your household needs.
3. When making a timetable, consider the time it takes for the food to not live or burn too much.
4. When frying some foods such as meat, fish can add a bit of cooking oil (high heat-resistant oil) to help the food taste better and not dry after using an oil-free fryer.

Explore more:

1. Buy fryer without oil what kind of good?
2. How to set the time, the oil-free fryer temperature for each standard dish
3. Tip 5 delicious, simple dishes with an oil-free fryer

The above information is useful for you to consult if you are looking to buy an oil-free fryer for your family. Wish you have the choice of the type of fryer you like and use it effectively.

Thank you for watching

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