

A PRACTICAL GUIDE TO CHOOSING THE RIGHT OIL

In foodservice, oils are selected first and foremost for frying performance, including heat stability, flavour neutrality, fry life, and texture outcomes. The fat profile of an oil also influences its nutritional characteristics, particularly the balance between saturated and unsaturated fats.

Oxidative stability describes how well an oil withstands heat, exposure to air, and repeated frying cycles without breaking down.

How fat profile affects performance

- **Saturated fats** have a rigid chemical structure and are often solid at room temperature. This structure provides strong heat stability and longer fry life, particularly under prolonged, continuous high-heat frying.
- **Unsaturated fats (monounsaturated and polyunsaturated)** have a more flexible chemical structure and are typically liquid at room temperature.
 - **Monounsaturated fats** are more heat-stable than polyunsaturated fats, making them well-suited to frying and versatile across a wide range of cooking applications.
 - **Polyunsaturated fats** are less stable under prolonged heat, degrading faster during frying, and are therefore better suited to lower-heat cooking or raw uses compared to more heat-stable fat profiles.

“Good” and “bad” fats

Saturated fats are sometimes referred to as “bad” fats because their consumption has been associated with negative health outcomes. In contrast, monounsaturated and polyunsaturated fats (including Omega-3 and Omega-6 fats) are often referred to as “good” or healthier fats, as replacing saturated fats with these fats, when consumed as part of a balanced diet, is associated with positive health outcomes.

What this means for operators

- Choose oils based on frying performance requirements first, including stability, fry life, and consistency.
- Use fat profile as a guide to expected heat stability and versatility.
- Consider nutritional profile as a secondary benefit, alongside functional performance.

Bottom line

The best oil choice in foodservice prioritises performance in the fryer, with fat profile and nutritional attributes acting as supporting considerations.



A PRACTICAL GUIDE TO CHOOSING THE RIGHT OIL



Choose this when: You need one reliable oil that works across multiple applications while supporting lower saturated fat intakes and delivering a natural source of omega-3.

CANOLA OIL

Light-tasting, versatile oil with recognised nutrition attributes

Canola oil is the lowest in saturated fat of the core foodservice oils and naturally contains omega-3 (ALA). It delivers a clean, light taste and flexibility across both hot and cold applications, making it ideal where versatility and nutrition messaging matter.

Available in:

- 20L bag in box

Ideal for:

- Frying and shallow-frying
- Stir-frying and sautéing
- Dressings and marinades
- Baking and tempura

It's also:

- Contains less than 10% saturated fat
- A monounsaturated oil
- Neutral flavour and light mouthfeel
- Plant-based omega-3 content



Choose this when: You want light tasting, delicate frying results with minimal oil impact on flavour.

COTTONSEED OIL

Light-tasting oil for delicate, crisp frying

Cottonseed oil is a polyunsaturated oil with a light, clean finish. It's preferred where crispness and minimal oil flavour are priorities.

Available in:

- 20L bag in box

Ideal for:

- Deep frying with a light tasting finish
- Batters and tempura
- Dressings and mayonnaise

It's also:

- A polyunsaturated oil
- Light and clean tasting eating experience
- Neutral flavour ensures food flavours shine



Choose this when: You need a dependable, economical oil that performs reliably across everything from fryers to cold applications.

SOYA OIL

Reliable, economical oil for high-volume kitchens

Soya (soybean) oil is a widely used foodservice oil, valued for its consistency, neutral flavour, and suitability for high-volume operations. It delivers reliable performance across a wide range of everyday cooking tasks, making it a practical and efficient choice for busy kitchens.

Available in:

- 20L bag in box

Ideal for:

- Deep and shallow frying
- General sautéing and cooking
- Dressings, sauces and marinades
- Tempura batters

It's also:

- A polyunsaturated oil
- Consistent, reliable frying performance
- Neutral flavour suited to mixed-menu kitchens



Choose this when: You need reliable performance under extreme heat and longer frying cycles.

RICE BRAN OIL

High-heat stability specialist for demanding kitchens

Rice bran oil contains natural antioxidants such as gamma-oryzanol and vitamin E. It is suitable for prolonged, high-temperature cooking and is built for intense heat and extended fry life.

Available in:

- 15L bag in box

Ideal for:

- High-temperature stir-frying and wok cooking
- Deep frying with extended heat exposure
- Applications requiring strong thermal stability

It's also:

- A monounsaturated oil
- Naturally high smoke point
- Antioxidant content supports oil stability and slower breakdown

A PRACTICAL GUIDE TO CHOOSING THE RIGHT OIL



Choose this when: You need maximum fry life and consistency in demanding, continuous frying environments.

SHORTENING - FRY RITE

Continuous frying specialist for protein products

A refined vegetable-oil-based shortening designed for high-temperature, continuous operations. Its fat structure supports consistent coating, colour and texture in battered and protein-based foods.

Available in:

- 20kg

Ideal for:

- Chicken nuggets, breaded and battered meats
- High-throughput frying applications

It's also:

- High in saturated fats with moderate monounsaturated fats for strong heat stability
- Delivers high frying stability under continuous, high-temperature use
- Supports long fry life and consistent crisping in demanding operations
- Produces uniform texture and reliable coating in battered and fried foods



Choose this when: You want flavour-led, indulgent frying with a traditional profile.

FRYALL BEEF TALLOW

Traditional frying fat delivering rich flavour

A rendered animal fat used where flavour is central to the eating experience. Its high saturated fat content provides strong heat stability and exceptional crisping.

Available in:

- 12.5kg

Ideal for:

- Deep frying
- Pan frying
- Baking applications

It's also:

- High in saturated fat
- Rich savoury flavour
- Deep golden colour and crisp finish



Choose this when: You need one versatile fryer oil that performs reliably across multiple menu categories.

SIMPLY FRY OIL

Balanced, versatile frying oil for mixed menus

This premium vegetable oil is a blend of saturated and unsaturated oils to deliver balanced heat stability and consistent frying performance. It offers improved resistance to breakdown while retaining a clean flavour.

Available in:

- 20L

Ideal for:

- French fries
- Potato products
- Snack foods
- Mixed-menu fryers

It's also:

- Blend of saturated and unsaturated fats
- Balanced crisping and lightness
- Consistent performance across varied fryer loads

For more information, contact your Goodman Fielder Representative

P 0800 482 783 | **E** customerservices@goodmanfielder.co.nz

