

Editorial

Grasas y Aceites, en su afán de servicio a sus lectores, se complace en ofrecer de nuevo un tema monográfico en este número doble.

Creemos que la fritura va adquiriendo en la cocina mundial una importancia creciente y, por ello estamos convencidos del indudable interés que tiene la publicación de una recopilación de los avances más recientes.

Grasas y Aceites

Foreword

Food frying is a cooking technology original from the Mediterranean countries that is currently showing a great expansion to countries and foods in which this practice was not popular in the past. This expansion is mainly due to a deeper knowledge on the occurrence of fat penetration into the foods during the frying process. Nowadays it is well known that, when the process is correctly carried out (specially paying attention to the use of the correct temperature, frying period, and surface/volume and fat/food ratios), a crust is formed which prevents from the hot fat penetration into the food.

It is difficult to summarise the practical benefits that the frying process has for human beings but, in general the period of contact between the fat and the interior of the food is very short due to the crust formation. Therefore, the nutritional losses of fried foods are considerable lower than those observed in other culinary procedures.

These considerations were the base for the organisation of the 1st International Symposium on Frying of Food eight years ago. Since then, scientific knowledge on the different aspects of such process has been considerably enlarged. One of the most interesting new aspects that fried foods offer nowadays is the qualitative and quantitative control of the daily intake of fat, which will, logically, have a possibility of a better effect on the incidence of some degenerative diseases.

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