

## Frying:

It wouldn't be a weekend breakfast without an egg. As the most popular breakfast food the average American consumed 245 eggs last year. This familiar food might even be the first thing you learned how to cook. But let's learn more.

“Eggs are rich in [protein](#), especially the egg whites. It's this protein that causes eggs to become hard when boiled. Here's how it works: protein is a chain of [amino acids](#). These amino-acid strings fold back on themselves. The proteins are held in place by weak bonds between different parts of the amino-acid string. When you break those strings, by various methods, you are **denaturing the protein**.

When you heat an egg, the proteins gain energy and literally shake apart the bonds between the parts of the amino-acid strings, causing the proteins to unfold. As the temperature increases, the proteins gain enough energy to form new, stronger bonds with other protein molecules. As the proteins form these new and stronger bonds the water that surrounded each protein molecule when the egg was liquid is forced out.”

[By the way: You can do something similar when you whisk egg whites: By exerting mechanical energy in the whisking process, you cause the protein bonds to break, and subsequently re-connect. Once these new, strong bonds are formed, the egg stays in that state. The proteins have formed a network of strong, permanent cross-links. A cooked, chemically-altered or well-beaten egg will never go back to its original state.]

But frying isn't just for eggs and we have all heard of the consequences of consuming too many fried foods. But nutritionists say it is more about *how you fry* that matters. Here are some easy steps to take to enjoy that crispy texture with less concern. Begin with the oil you choose and the temperature you use.

According to nutritionist Hannah Healy the 6 healthiest cooking oils are ghee (clarified butter), coconut oil, olive oil, avocado oil, sustainably sourced palm oil, and sunflower oil. Mono-unsaturated cooking oils will be liquid at room temperature and are preferable. Also check out this link for oils you may not be familiar with and suggested uses

[http://www.pccnaturalmarkets.com/guides/tips\\_cooking\\_oils.html](http://www.pccnaturalmarkets.com/guides/tips_cooking_oils.html)

Also, the temperature you are frying your food should influence the oil you choose. Various oils have different smoke points. The smoke point is the temperature at which the oil is decomposed and where possibly toxicological relevant compounds are formed. Check out this link for a comprehensive smoke point chart and check the labels when you buy your oil.

<http://www.goodeatsfanpage.com/CollectedInfo/OilSmokePoints.htm>

But it can be hard to tell what temperature you are frying without knowing your stoves manufactured setting and let's be realistic about you having read the manual. The best way is to pay attention while you cook. Use a temperature high enough to sizzle but not too high as to smoke. Willingness for experimentation and patients will open up a whole new world of flavors to you. So next time you are in the grocery store spend more time perusing the oil section.