

SRC Kitchen Frying Rules

Stovetop/Range

Yes

Boiling
Steaming
Warming
precooked food

Examples:

Boil Ramen
Boil Mac & Cheese
Boil Noodles
Steam Vegetables
Warm precooked soup



No

Roasting

(Roast = Cook (food, especially meat) by prolonged exposure to heat over a burner.)

Pan Frying

Deep Frying

Examples:

No Grease/Butter/Oil
No Frying Bacon/Eggs
No Frying Hamburger
No Frying Chicken
No Frying Vegetables

