

A revolution in restaurant kitchen

It's starting to get serious for Menigo's supplier EatGood in Borås, Sweden. More and more people discover their oven LightFry that cooks french fries without oil. These french fries are so good that the Swedish chef Leif Mannerström recommends that anyone who wants to serve french fries and other finger food should invest in a LightFry oven.

- When Mannerström said after a few mouthfuls, "This is what french fries should taste like", I felt: Finally! said Jonas Andersson, Sales Manager at EatGood. The company's vision is that people should be allowed to eat food they love without taking any health risks and have therefore started the cooking of the world's most popular side dish - french fries.

For a few years they been developing and testing their oven LightFry, that cooks french fries and other finger food by air and water instead of frying oil or other fat.

- This oven makes tastier and better fries than an accomplished chef can do with raw potatoes, a good oil fryer and the best frying oil, says Leif Mannerström and tastes french fries directly from the LightFry oven.

- "And look here", he says and shows a paper towel he has dried on a tin with french fries from the LightFry oven, "not a single drop of sticky oil".

There are many who have tried to get around the problems and security risks that traditional frying creates. No one has succeeded. This is why the interest in EatGood's oven is getting big.

- Frying oil is a nuisance for all restaurants. It smells, requires special ventilation and the cleaning of the oil takes time. Moreover, it is flammable and may cause burns on the staff, says Leif Mannerström.

Anyone who runs a restaurant or a fast food chain knows that french fries are good for sales, but require large investments and expenses. According to EatGood, with the LightFry oven you don't have to buy oil, take care of old oil and manage oil. You can get by with simple ventilation in the kitchen and without the need for a separator for fat.

- It is also important to remember that the cooking process requires minimal input from the staff and the oven's integrated cleaning program will give you a clean oven every morning, says Jonas Andersson.

Sweden's biggest Science Center Universeum in Gothenburg, for one, has embraced the new oven. They have just installed the LightFry oven in their restaurant kitchen. Since Universeum's main target audience is children and young people, the health aspect is of great importance to them. Previously, Universeum never wanted to offer their visitors unhealthy fast food. With

french fries that contain up to 60 % less fat than traditional cooked french fries, it is no longer a problem.

- Obviously health is important, no matter what faction you belong to in the weight loss and health industry. We probably all agree that what we should be wary of is the cooking oil, says Jonas Andersson.

- That's why this oven is a revolution for restaurant kitchens and for public health, concludes Leif Mannerström.

LightFry – French fries without oil

Dimensions: W: 693 x H: 695 (incl. chimney 711 mm) x D: 645 mm (incl. handles 690 mm)

Net weight: 100 kg

Electrical connection: 3x400V + N, 50–60 Hz, 16 kW

Drain connection: 1”

fresh water connection: 3/4”

Exhaust air: Extraction hood or canopy. Kitchen extract duct Class 2A.

Capacity: 16 kg French fries/hour. See table on website for times for different products. 1 serving – 2 kg/cycle. E.g. 600 g french fries in 4 minutes and 20 seconds.

Material: Oven space and cover in stainless steel.

For more information: www.eatgood.se

EatGood is located in Borås, Sweden, and the ovens are built in Habo, Sweden. The company's vision is that people should be allowed to eat food they love without taking any health risks. Therefore they develop solutions that make unhealthy foods healthier. Solutions that don't require a change in consumer behaviour.

About Menigo

Menigo is the provider for people who work with food and drink professionally. We supply everything that makes your everyday life easier. But Menigo is also a fresh food specialist. With Menigo you get both.