

## Swedish chef Leif Mannerström praises new way to cook french fries without frying oil

**- After a couple of french fries, I remember how I said to my colleagues: "This is what french fries should taste like." And getting rid of frying oil in restaurants does a lot both for safety and the environment, says the Swedish chef Leif Mannerström after tasting french fries cooked with steam and hot air in the oven LightFry.**

It was on the fair GastroNord in Stockholm that Leif Mannerström first came in contact with EatGood's innovative oven LightFry. Jonas Andersson from EatGood insisted that he would taste. But Mannerström was very sceptical. - There are many who have tried to get around frying without oil but none have succeeded. That's what EatGood has done. Given both flavour and health and the working environment, LightFry should be an obvious kitchenware for fast food chains, restaurants and schools. And not least for consumers, says Mannerström.

At EatGood, the company is very happy about Mannerström's praise. They have the philosophy that people should be allowed to eat food they love without taking any health risks. - The cooking process is safe for the work environment and LightFry-cooked french fries are better for one's health thanks to the considerably lower fat content. In addition, the flavour is even better than traditional frying, so the interest in our oven is going to be big. Mannerström's appreciation has already opened many doors, says Jonas Andersson, Sales Manager at EatGood.

*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.*