

When the chips are down -- soak them

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Good news for chips lovers everywhere – new research in SCI’s *Journal of the Science of Food and Agriculture* shows that pre-soaking potatoes in water before frying can reduce levels of acrylamide.

Acrylamide is a naturally occurring chemical that occurs when starch rich foods are cooked at high temperatures, such as frying, baking, grilling or roasting.

There has been growing concern that acrylamide – found in a wide range of foods – may be harmful to health and may cause cancer in animals.

But the new research by the UK team led by Dr Rachel Burch from Leatherhead Food International found that a simple measure of pre-soaking potatoes before frying can dramatically reduce the formation of acrylamide and may therefore reduce any subsequent risk it may pose.

Dr Rachel Burch said: “There has been much research done by the food industry looking at reducing acrylamide in products but less so on foods cooked at home and we wanted to explore ways of reducing the level of acrylamide in home cooking.”

Source: Society of Chemical Industry

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