

The present invention relates to a shelf-Stable cooking-aid for coating and frying a food product in one step for example in a heating pan, the cooking aid comprising 25-40 wt% oil, 35-65 wt% water, 10-25 wt% flour and/or starch, and emulsifier, and wherein the oil and water are in the form of an emulsion. Further aspects of the invention are the method for making said cooking-aid as well as a method for coating and frying a food product in a pan or heated surface.