

Abstract:

The aim of present work was to study the Changes in fatty acid composition of Silver carp (*Hypophthalmichthys molitrix*) fillet after flash frying frozen storage and deep-fat frying. For this, whole fresh silver carp (*Hypophthalmichthys molitrix*) were purchased. After initial preparation, 100 g fillets were prepared and rewashed. The fillets were randomly divided into three homogenous groups. One group was analyzed as raw samples (treatment 1), second group of fillets flash fried without coating (treatment 2) and third group flash fried after coating (battering and breading) (treatment 3). The results showed that frying increased the total lipid content of samples as it increased to 9.52 and 7.54 % in treatments 2 and 3, respectively. The results also revealed the effect of frying on moisture content of samples. Twenty four fatty acids of saturated, monounsaturated and polyunsaturated were found in different treatments. N-3/n-6 ratio in raw samples and treatments 2 and 3 was 3.37, 0.82 and 0.65, respectively. Atherogenic and Thrombogenic indexes were lower in treatment 2 than treatment 3. Edible coating had significant effect on fatty acid profile of fried samples.

Key words: Silver carp fillet, Edible coating, Fatty acid profile, Flash fry



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