

## Abstract

This research aims to reduce oil uptake during deep-frying fillets were of silver carp. In this study, 15 pieces of silver carp with an average weight of 2/70 kilo grams were bought and then fish in polystyrene boxes containing ice were transported to the laboratory. Washed with water, and the head and tail of a fish and a woman came into fillets 100 grams. All fillet first with the glaze (containing wheat flour and 30% corn flour (10%) and cold (4 ° C) glaze and then using powder Fried Coated were. Fillets prepared randomly in six treatments were divided into who were treated with a or a control treatment (deep frying samples), group B (+ deep frying oil after frying the finals), group C (Basic + frying deep frying), group D (Basic Red + get + deep frying oil after frying), group E (preliminary cooking in microwave + deep frying) and treatment F (bake in microwave + Foundation + to deep frying oil after frying). Test results showed that the total amount of fat and protein levels during deep frying ( $p < 0/05$ ) Have significantly increased the moisture content in the samples that absorb more oil than the other samples, a significant decrease in the level ( $p < 0/05$ ) has. Fatty acid composition of 13 fatty acids were identified in the study treatments. Palmitic acid (16:0) and oleic acid (18:1 n-9) in the case of Fried increased. amount of acid (EPA) and acid (DHA) decreased significantly after the frying ( $p < 0/05$ ) said. Ratio of n-6 to n-3 in the samples treated red rose and heated by microwave in the preliminary final and then deep frying oil were taken to reduce the absorption showed the best results.

**Key words:** Frying, Fatty acid composition, Silver carp, Coating



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**Effects of pre and post frying treatments on fat intake, lipid content and fatty acid composition of Silver carp (*Hypophthalmichthys molitrix*) fillet**

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