

Czech Academy of Agricultural Sciences



Open Access Agricultural Journals

Czech Journal of

FOOD SCIENCES

[home](#) [page](#) [about us](#) [contact](#)



us

**Table of
Contents**

IN PRESS

CJFS 2014

CJFS 2013

CJFS 2012

CJFS 2011

CJFS 2010

CJFS 2009

CJFS 2008

CJFS 2007

CJFS 2006

CJFS 2005

CJFS 2004

CJFS 2002
CJFS 2001
CJFS Home

**Editorial
Board**

For Authors

- **Authors
Declaration**
- **Instruction
to Authors**
- **Guide for
Authors**
- **Copyright
Statement**
- **Submission**

**For
Reviewers**

- **Guide for
Reviewers**
- **Reviewers
Login**

Subscription

Czech J. Food Sci.

**Gladyshev M.I.,
Sushchik N.N.,
Gubanenko G.A.,
Makhutova O.N.,
Kalachova G.S.,
Rechkina E.A.,
Malyshevskaya K.K.:**

**Effect of the way of
cooking on contents of
essential
polyunsaturated fatty
acids in filets of
zander**

Czech J. Food Sci., 32 (2014): 226-231

Fatty acid content of raw and cooked zander (*Sander lucioperca*) was studied. Special attention was paid to long-chain polyunsaturated fatty acids: eicosapentaenoic, 20:5 n-3 (EPA) and

docosaehexaenoic, 22:6 n-3 (DHA), and also to the n-6/n-3 ratio, which are regarded as indicators of nutritive value. As found, the heat treatments, boiling, stewing and frying, including those in a convection steam oven (CSO), did not significantly decrease the content of EPA and DHA in the products. Boiling and stewing appeared to give products of a higher nutritive value, regarding the above indicators, than frying and cake preparation. Frying of zander in CSO was found to be more beneficial for nutrition compared to pan-frying. The cooked zander had higher EPA and DHA contents than many other popular food fish species, and also had a high nutritive value due to the low n-6/n-3 ratio when boiled and stewed.

Keywords:

EPA content; DHA content; n-6/n-3 ratio; fish silets; convection steam oven

[[fulltext](#)]

