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### Effects of frying fat and preparation on carp (*Cyprinus carpio*) fillet lipid composition and oxidation

Sampels S., Zajíc T., Mráz J.:

Czech J. Food Sci., 32 (2014): 493-502

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We investigated the changes in omega 3 enriched carp fillets caused by pan frying. The investigated characteristics were fat uptake, fatty acid (FA) composition, and oxidation. Four different fats were used and fillets were fried plain or battered. The fillet fat content increased during frying and FA composition in the fillets reflected the composition of the frying fat. Frying with sunflower oil negatively influenced the nutritional value by decreasing the n-3/n-6 ratio in the fillets. Frying with rapeseed oil preserved the favourable n-3/n-6 ratio without increasing the saturated fatty acids (SFA). Frying with lard and butter preserved the n-3/n-6 ratio but increased the SFA content. No increased oxidation occurred with the use of rapeseed oil. We concluded that using rapeseed oil for fish seemed to preserve the nutritionally

valuable composition best.

## Keywords:

DHA; EPA; TBARS; nutritional quality

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