



Effects of Cooking by Different Methods on the Polyunsaturated Fatty Acids in Six Fish Species

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Abstract. The effect of cooking on the fatty acid content and the stability of n-3 fatty acids in fish flesh were studied. The cooking methods used were baking, frying with palm oil, steaming, boiling and microwave oven. Six fish species (kanad, Shoar, Hamor, Bory, Morgan, and Bolty) were studied. The content of n-3 PUFA in fish flesh were more than 23% of total lipids except Bolty which contained only 16% of total lipids. The n-3 PUFA content in flesh decreased in most species due to frying. The n-3/n-6 ratio was approximately one for morgan, shoar and bolty while for other was higher. Based on these data, all cooking methods can be used without significant loss of n-3/n-6 PUFA ratio especially if the cooking oil does not interfere with the biological effects on n-3 fatty acids.