EFFECT OF TYPE OF FRIED FOODS ON THE QUALITY OF FRYING OIL

NOR FISHAH BINTI MOHAMAD NOR

BACHELOR OF SCIENCE (Hons.)
FOOD SCIENCE AND TECHNOLOGY
FACULTY OF APPLIED SCIENCES
UNIVERSITI TEKNOLOGI MARA

JANUARY 2012
This Final Year Project Report entitled “Effect of type of fried foods on the quality of frying oil” was submitted by Nor Fishah Mohamad Nor, in partial fulfillment of the requirements for the Degree of Bachelor of Science (Hons.) Food Science and Technology, in the Faculty of Applied Sciences, and was approved by

Assoc. Prof. Dr. Halimahton Zahrah Mohamed Som
Supervisor
B. Sc. (Hons) Food Science and Technology
Faculty of Applied Sciences
Universiti Teknologi MARA
40450 Shah Alam
Selangor

Dr. Anida Binti Yusoff
Project Coordinator
B.Sc.(Hons) Food Science and Technology
Faculty of Applied Sciences
Universiti Teknologi MARA
40450 Shah Alam
Selangor

Assoc. Prof. Dr. Noorlaila Ahmad
Programme Coordinator
B.Sc.(Hons) Food Science and Technology
Faculty of Applied Sciences
Universiti Teknologi MARA
40450 Shah Alam
Selangor

Date: _________________
ACKNOWLEDGEMENTS

Firstly, I am very grateful to Al Mighty Allah SWT for His grace, His mercy and His blessing and to His beloved messenger Nabi Muhammad SAW for enabling me to accomplish this course of study. My special thanks go to my supervisor, Associated Professor Dr. Halimahton Zahrah bt Mohamed Som for her supervision, guidance, advice, understanding and constructive contribution towards the completion of this study. I extend my generous thanks to Associated Professor Dr. Noorlaila bt Ahmad, Programme Coordinator of Food Science and Technology for her expert advice and assistance during the course of the study. My sincere thanks also go to the staff of Food Science and Technology, Cik Hariyah, Pn. Siti Marhani, Pn. Norahiza, Cik Nor Shuhada and En. Muhammad Fadzli for their guidance and their invaluable help and also for their advice on frying. To all staff, your guidance, friendship, support and understanding are greatly appreciated.

My special appreciation is extended to all my friends especially to Siti Sara, Nurul Nazmira, Zulzilla and Noradilah, and those who gave me moral encouragement and support to complete my study. Finally, but certainly not least, I wish to express my deepest appreciation to my beloved parents who have given me faith and confidence during the course of this study and for their unconditional love and support and to the rest of my extended family for their care, encouragement and love. Any possible accomplishment that I could obtain in my life is a fruit of my parents’ efforts in educating me. I will always love all of you. Without their prayers and support, I would not be able to complete this thesis, AMIN.

Nor Fishah binti Mohamad Nor
ABSTRACT

EFFECT OF TYPE OF FRIED FOODS ON THE QUALITY OF FRYING OIL

This study was conducted to determine the effect of types of fried food on the physicochemical properties of palm oil. Determinations of peroxide value, Iodine value and TBA value of frying oil were used to study the stability of palm oil, while polar compounds, polymer compounds, fatty acid contents, free fatty acid (%FFA), colour and viscosity were conducted to determine the quality and frying performance of the oils. The results obtained showed that fresh potatoes was the food that showed the highest content in %FFA, PV, TBA, and polymer compounds in the fried palm oil, whereas tapioca chips showed the lowest values in %FFA, PV, TBA, polar compounds, polymer compounds, and IV in the fried palm oil. All foods (tapioca chips, French fries and fresh potatoes) showed decreasing %SFA and increasing %MUFA while only fresh potatoes and French fries showed decreasing %PUFA in the fried palm oil. The results of this study indicated that frying oil that was used to fry foods increased in %FFA, TBA, polar compounds, polymer compounds, colour (a* = redness and b* = yellowness), and viscosity but for PV, the rate of increase was not constant as frying progressed.
ABSTRAK

KESAN JENIS MAKANAN YANG DIGORENG KE ATAS KUALITI MINYAK MASAK

Kajian ini dijalankan untuk menentukan kesan jenis makanan yang digoreng ke atas sifat-sifat fizik kimia minyak kelapa sawit. Nilai peroksida, nilai iodin dan nilai asid thiobarbiturik digunakan untuk mengkaji kestabilan minyak kelapa sawit, manakala kandungan polar, kandungan polimer, kandungan asid lemak, nilai asid bebas, warna dan kelikatan telah dijalankan untuk menentukan kualiti dan prestasi penggorengan minyak. Keputusan yang diperolehi menunjukkan bahawa kentang segar adalah makanan yang menunjukkan kandungan tertinggi bagi nilai peroksida, asid thiobarbiturik dan kandungan polimer dalam minyak kelapa sawit, manakala kerepek ubi menunjukkan nilai-nilai terendah dalam nilai asid bebas, nilai peroksida, asid thiobarbiturik, kandungan polar, kandungan polimer, dan nilai iodin dalam minyak kelapa sawit. Semua makanan (kerepek ubi, kentang goreng, dan kentang segar) menunjukkan pengurangan nilai asid lemak tepu dan peningkatan dalam nilai asid lemak mono tak tepu manakala hanya kentang segar dan kentang goreng menunjukkan pengurangan nilai asid lemak poli tak tepu dalam minyak sawit goreng. Keputusan kajian ini menunjukkan bahawa minyak masak yang digunakan untuk menggoreng makanan meningkat dalam nilai asid bebas, asid thiobarbiturik, kandungan polar, kandungan polimer, warna (a*=kemerahan dan b*=kuning), dan juga kelikatan, tetapi untuk nilai peroksida, kadar peningkatan adalah tidak tetap sepanjang proses menggoreng.