Frontiers in Food, Drug and Natural Sciences (2025), Vol 1: 22-29
An international peer-reviewed online journal
Available online: fd-science.com

Research Article

Effect of cooking method on fatty acid composition of Oyster (*Crassostrea gigas*)

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ARTICLE INFO

This article was previously published in Persian Journal of Seafood Science and Technology (2015, 1: 16-20). However, the journal's name was changed to Frontiers in Food, Drug and Natural Sciences (FDNS). For the citation purposes and courtesy of the authors, this article is re-published in FDNS.

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ABSTRACT

In the present study the effect of some processing techniques on the fatty acid composition of oyster, a member of bivalves, was investigated. Results showed that, applied processing methods such as smoking, pickling, and different kinds of cooking are recorded to have caused important changes in the fatty acid composition. It was also seen that these changes were occurred from eicosapentaenoic (EPA) (C20:5n-3), and docosahexaenoic (DHA) (C22:6n-3) which are important especially in human health. Results illustrated a decrease in different proportions in the quantity of eicosapentaenoic and docosahexaenoic acids. It seems that, Maximum decrease in the mentioned fatty acids was especially observed in the fried and cooked samples.

Keywords: Cooking method; Oyster; Processing; Seafood.