Abstract

This study aimed to investigate oil absorption and moisture content of potato French fries and crisps. The analysis consisted of the moisture content of raw and fried potatoes as well as the internal, surface, and total oil of French fries and crisps immediately after frying and cooling. Collected data were subjected to Analysis of variance (ANOVA) using SAS version 9.2 and means were separated by Tukey's test at a 5% level of significance. Moisture content was 74.9 - 76.89% for raw French fries, 73.47-76.40% for raw crisps, 32.23- 41.58% for French fries, and 1.73-2.02% for crisps. Immediately after frying oil content for French fries was 3.77-4.21% for internal oil, 3.07-6.85% for surface oil, and 6.84-10.90% for total oil, while for crisps it was 4.95-6.93 internal oil, 7.65-9.63% surface oil and 12.7-16.49% for total oil. After cooling internal oil increased dramatically, for French fries it was 8.49-11.67% for internal oil, 3.48-7.50% for surface oil, and 1.97-18.48% for total oil, while for crisps it was 22.44-28.27% for internal oil, 11.05-14.57% for surface oil and 33.49-42.84% for total oil. Potatoes with high moisture content absorb more oil resulting to soggy products. The high amount of oil is unhealthy due to its potential for rapid weight gain.