



UNIVERSITI PUTRA MALAYSIA

***EFFECTS OF BATTER - COATED METHYLCELLULOSE ON POTATO
SUBSTRATE DURING THE FRYING PROCESS***

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FK 2022 4



**EFFECTS OF BATTER - COATED METHYLCELLULOSE ON POTATO
SUBSTRATE DURING THE FRYING PROCESS**

By

LUA HWEE YING

**Thesis Submitted to the School of Graduate Studies, Universiti Putra
Malaysia, in Fulfilment of the Requirements for the Degree Master of
Science**

May 2021

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Abstract of thesis presented to the Senate of Universiti Putra Malaysia in
fulfilment of the requirement for the degree of Master of Science

EFFECTS OF BATTER - COATED METHYLCELLULOSE ON POTATO SUBSTRATE DURING THE FRYING PROCESS

By

LUA HWEE YING

May 2021

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Food hydrocolloids, i.e., hydrolyzed methylcellulose, with thermal gelation properties, are widely used as batter mixtures to coat the fried food prior to the frying process. Properties of hydrocolloids able to satisfy population's food demand by introducing health-benefits food in conjunction with public health concerns worldwide such as obesity. To study the coating mechanism's advantages, the hydrolyzed Methylcellulose (MC) that, possessed with thermal-reversible properties, was coated onto a potato substrate and investigated along the frying process. Different MC concentration samples between 0.5-2.0 w/v% were subjected to ultrasound treatment (UT) at 20 W to improve the prepared batter mixtures' rheological behaviour and physiochemical properties of fried food. Application of UT to methylcellulose (UTMC) clearly showed a phase transition from fluid- to gel-like between 20 °C and 65 °C with the increase in the oscillation frequency and temperature ramp test. UTMC method also showed lower sol-gel transition occurrence than non-UTMC at 25 °C and 30 °C respectively, within the linear viscoelastic region. When the MC concentrations were varied, the most effective concentration for coating purposes was noticed to occur at 1.0 (w/v%) UTMC, whereby the water retention and oil uptake was reduced to 39.3% and 56.9 %, respectively, as compared to 1.0 w/v% non-UTMC formulation. The batter-coated fried food also showed a significant decrease in the acrylamide concentration. The amount of acrylamide in 1.0 w/v% MC was reduced from 156.40±7.44 ng/g to 64.8 ±5.05 ng/g in 1.0 w/v% UTMC. In conclusion, this work's findings provide further insights into the influence of hydrocolloids as an effective layer to improve the quality of the fried products.

Abstrak tesis yang dikemukakan kepada Senat Universiti Putra Malaysia
sebagai memenuhi keperluan untuk ijazah Master Sains

SIASATAN KESAN RAWATAN SALUTAN METISELULOZA KE ATAS SUBSTRAK UBI KENTANG SEMASA PROSES PENGGORENGAN

Oleh

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Hidrokoloid makanan seperti metilselulose yang dihidrolisis sentiasa digunakan sebagai adunan dalam makan goreng semasa proses menggoreng. Sifat hidrokoloid dapat memenuhi permintaan makanan semasa dengan memperkenalkan makanan yang berkhasiat bagi menjamin kesihatan bersama yang disebabkan masalah kegemukan di seluruh dunia makin serius. Metiselulose (MC) yang dihidrolisis mempunyai ciri-ciri terbalik diselidiki dan dicirikan apabila disalutkan pada permukaan ubi kentang semasa proses menggoreng dapat mengkaji kebaikan mekanisme salutan. Sampel-sampel kepekatan MC yang berbeza antara 0.5-2.0 w/v% yang tertakluk kepada rawatan ultrasonik (UT) pada 20 W dapat meningkatkan tingkah rheologi adunan yang disediakan dan sifat fisiokimia dalam makanan goreng. Penggunaan UT atas methylcellulose (UTMC) dengan jelas menunjukkan peralihan fasa dari cecair ke gel antara 20 ° C dan 65 ° C dengan peningkatan frekuensi pengayun dan ujian ramp suhu. Apabila kepekatan MC berubah, kepekatan yang paling berkesan sebagai salutan dapat diperhatikan pada 1.0 w/v% UTMC di mana jumlah pengekalan air dan pengambilan minyak mengurangkan kira-kira 39.3 % and 56.9 %, berbanding 1.0 w/v% formulasi MC yang tidak dirawat dengan ultrasonik. Sampel ubi kentang goreng yang disalut menunjukkan penurunan yang ketara dalam jumlah akrilamida dan bertambah baik apabila rawatan ultrasonik dirawat pada salutan. Jumlah akrilamida dalam 1.0 w/v% MC yang tidak dirawat dengan ultrasonik mengurang dari 156.40 ± 7.44 ng g⁻¹ ke 64.8 ± 5.05 ng g⁻¹ kesan dalam 1.0 (w / v%) UTMC. Secara konklusi, penemuan dalam kajian ini boleh digunakan untuk memberikan gambaran lanjut mengenai pengaruh hidrokoloid sebagai salutan sepanjang proses menggoreng dan membantu pemahaman yang lebih baik mengenai proses penyalut yang berkesan dan untuk meningkatkan kualiti makanan bergoreng.

ACKNOWLEDGEMENTS

This research was part of an MSc program co-funded by Erasmus+ 573957-EPP-2016-EPPKA2-CBHE-JP(2016-3771) Project. First and foremost, I would like to express sincere gratitude to my project supervisor, Assoc. Professor Ir. Dr. Mohd. Nazli Naim for the confidence he had in me regarding this project. His constructive guidance, advice, and constant reminders were fulfilling my inspiration and motivating me to bring out a successful project. I would also like to express my sincere gratitude to my co-supervisor for their help, sharing, and support throughout this project. Moreover, I would like to express greatest gratitude to Sime Darby Technology centre for the chance to make experiments. I especially want to thank Dr. Teh Huey Fang for giving me the opportunity to attend the centre for Acrylamide Extraction. I am grateful to respected faculty's staff and laboratory technicians from University Putra Malaysia, Malaysia and Kasetsart University, Thailand who assisted me during my lab work. Their technical help has been unique and is a stepping stone towards the successful completion of my project. Finally, I would like to express greatest gratitude for providing my family and my labmates for their valuable encouragement and support until the completion of this study. Last but not least, I would like to thank to those people who had helped and contributed for the success of this study, whether directly and indirectly.

Sincerely,
Lua Hwee Ying

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TABLE OF CONTENTS

| | Page |
|---|------|
| ABSTRACT | i |
| ABSTRAK | ii |
| ACKNOWLEDGEMENTS | iii |
| APPROVAL | iv |
| DECLARATION | vi |
| LIST OF TABLES | xii |
| LIST OF FIGURES | xiii |
| LIST OF ABBREVIATIONS | ivi |
| CHAPTER | |
| 1 INTRODUCTION | |
| 1.1 Overview | 1 |
| 1.2 Problem Statement | 3 |
| 1.3 Specific Objective | 3 |
| 1.4 Scope of Study | 3 |
| 1.5 Framework of Thesis | 4 |
| 2 LITERATURE REVIEW | |
| 2.1 Introduction | 5 |
| 2.2 Hydrocolloids | 5 |
| 2.2.1 Methylcellulose | 7 |
| 2.3 Ultrasound treatment | 9 |
| 2.4 Mechanism of gelation properties | 13 |
| 2.5 Mechanism of ultrasonic treatment | 15 |
| 2.6 Rheology of Methylcellulose solution | 16 |
| 2.6.1 Rheology properties of materials | 16 |
| 2.6.2 Oscillatory testing(Preliminary test of solution) | 18 |
| 2.7 Fundamental aspect of fried potato along the frying process | 20 |
| 2.7.1 Blanching | 21 |
| 2.7.2 Drying | 21 |
| 2.7.3 Frying | 22 |
| 2.8 Mechanism of oil uptake | 23 |
| 2.8.1 During frying process | 23 |
| 2.8.2 Post-frying process | 24 |
| 2.9 Acrylamide | 24 |
| 2.9.1 Occurance of acrylamide in food | 25 |
| 2.9.2 Formation of acrylamide | 26 |
| 2.9.3 Acrylamide regulations | 28 |
| 2.9.4 Mitigation of acrylamide formation | 30 |
| 2.10 Texture and Colour | 31 |
| 2.11 Microscope | 32 |
| 2.12 Summary | 33 |
| 3 MATERIALS AND METHODS / METHODOLOGY | 34 |

| | | |
|----------|---|----|
| 3.1 | Introduction | 34 |
| 3.2 | Experimental design | 35 |
| 3.3 | Material Preparation | 37 |
| 3.4 | Preparation of Methylcellulose solution | 37 |
| 3.5 | Preparation of Methylcellulose with ultrasonic treatment | 37 |
| 3.6 | Samples preparation | 37 |
| 3.7 | Frying condition | 38 |
| 3.8 | Determination of Methylcellulose solution properties | 38 |
| 3.8.1 | Rheology properties of Methylcellulose solution | 38 |
| 3.8.2 | Temperature sweep test | 38 |
| 3.8.3 | Frequency sweep test | 39 |
| 3.9 | Determination of Proximate Content of Fried Potato Strips | 39 |
| 3.9.1 | Water content | 39 |
| 3.9.2 | Lipid content | 39 |
| 3.9.3 | Acrylamide content | 40 |
| 3.9.4 | Colour analysis | 41 |
| 3.9.5 | Texture analysis | 41 |
| 3.9.6 | Microscope analysis | 41 |
| 3.10 | Data analysis | 41 |
| 4 | RESULTS AND DISCUSSION | |
| 4.1 | Introduction | 43 |
| 4.2 | Rheology Properties of Modified Methylcellulose | 43 |
| 4.2.1 | Effect of non-treated Methylcellulose (non-UTMC) Concentration on the rheology properties [Preliminary test] | 43 |
| 4.2.2 | Effect of Ultrasonicated Methylcellulose (UTMC) on the properties of 1.0 w/v% Concentration of Methylcellulose. | 47 |
| 4.3 | Effect of Pre-treatments on Physical Properties of Fried Potato Strip | 51 |
| 4.3.1 | Effect of Methylcellulose (non-UTMC) Coating on Moisture Content of Fried Potato Strips [Preliminary test] | 51 |
| 4.3.2 | Effect of Methylcellulose (non-UTMC) Coating on Lipid Content of Fried Potato Strips [Preliminary test] | 52 |
| 4.3.3 | Effect of Methylcellulose (non-UTMC) Coating on Texture of Fried Potato Strips [Preliminary test] | 54 |
| 4.3.4 | Effect of Ultrasonicated Methylcellulose (UTMC) Coating on Moisture Content of Fried Potato Strip | 56 |

| | | |
|----------|---|-----------|
| 4.3.5 | Effect of Ultrasonicated Methylcellulose (UTMC) Coating on Lipid Content of Fried Potato Strips | 57 |
| 4.3.6 | Effect of Ultrasonicated Methylcellulose (UTMC) Coating on Texture of Fried Potato Strips | 59 |
| 4.3.7 | Effect of Pre-treatments on Pore Size and Pore Distribution | 60 |
| 4.3.8 | Effect of Pre-treatments on Colour of Fried Potato Strips | 63 |
| 4.4 | Effect of Pre-treatment on Acrylamide Content | 65 |
| 4.4.1 | Evaluate Extraction Protocol for Acrylamide Analysis | 65 |
| 4.4.2 | Determination of Acrylamide Content of Fried Potato Strips | 66 |
| 4.5 | Summary | 70 |
| 5 | SUMMARY, CONCLUSION AND RECOMMENDATIONS FOR FUTURE RESEARCH | 72 |
| | REFERENCES | 74 |
| | APPENDICES | 87 |
| | BIODATA OF STUDENT | 89 |
| | PUBLICATION | 90 |

LIST OF TABLES

| Table | | Page |
|--------------|---|-------------|
| 2.1 | Application of edible coating for reducing oil uptake in processed food | 6 |
| 2.2 | The summaries describing the various acrylamide reduction tools developed by research and development industry. | 30 |
| 4.1 | Summaries of the total number of pores, total pores area and average pore size for each samples. | 61 |
| 4.2 | Intensity of colour parameter of control (uncoated) and coated non-UTMC and UTMC for 0.5 w/v% to 2.0 w/v% methylcellulose concentration in fried potato samples | 63 |
| 4.3 | Recovery of acrylamide from fried potato spiked with different levels of acrylamide. | 65 |

LIST OF FIGURES

| Figure | | Page |
|--------|---|------|
| 2.1 | Repeating unit of molecular structure for methylcellulose (MC) (Nasatto et al., 2015a). | 8 |
| 2.2 | Acoustic cavitation working mechanism of a working sonicator (Yasui, 2010). | 9 |
| 2.3 | Acoustic cavitation in homogeneous liquid with the different condition between inside the cavity and in the bulk media. | 10 |
| 2.4 | Acoustic cavitation near a solid surface, the strong force coming from the disrupted bubbles promotes the depolymerization of the MC structure in the study. | 11 |
| 2.5 | Illustration of methylcellulose chains (a) without ultrasonic treatment (UT) and (b) with UT (Li et al., 2012). | 12 |
| 2.6 | Schematic drawing showing gel formation with the hydrophobic junction consisting of hydrophobic effective units during heating (Park et al (2017), Carbohydrate Polymers 157 (775–783). | 14 |
| 2.7 | Schematic illustration of the postulated structures and processes involved in the thermogelation of Methylcellulose (Sanz et al., 2004). | 14 |
| 2.8 | Illustration on mechanism of gelation in cellulose hydrocolloid or hydrogel (a) without ultrasound (b) with ultrasound before and after the frying process. | 16 |
| 2.9 | Figure 2. 9: (a) Schematic diagram of a controlled-stress rheometer in a parallel plate configuration; (b) Schematic representation of dynamic viscoelastic properties of gelation system as a function of reaction | 18 |
| 2.10 | Illustration showing the linear viscoelastic region for methylcellulose as a function of applied strain (Zuidema et al., 2014). | 19 |
| 2.11 | Process flow of manufacture of pre-fried French fries. | 20 |
| 2.12 | Schematic diagram of simultaneous heat and mass transfer during frying. | 22 |

| | | |
|------|--|----|
| 2.13 | Oil penetration into (a) water-filled pore, (b) vapour-filled pore or (c–d) combinations thereof. Wetting angles smaller than 90 can lead to oil penetration by the capillary mechanism. Overall illustration, oil penetration by the condensation mechanism with and without coating (Mellema, 2003; Kurek et al, 2017). | 24 |
| 2.14 | Proposed mechanism for acrylamide formation as a side reaction of the Maillard reaction. Based on Tran et al. (2017) and Vinci, Mestdagh, & Meulenaer (2012) | 28 |
| 2.15 | Alternative formation routes of acrylamide via Maillard reaction system. | 29 |
| 3.1 | Experiment design to study the optimum concentration of non-ultrasonic treatment (UT) methylcellulose (preliminary test). | 35 |
| 3.2 | Experiment design for characterize the rheology properties of ultrasonic treatment (UT) methylcellulose. | 35 |
| 3.3 | Experiment design to study the effect of ultrasonic treatment (UT) methylcellulose on moisture retention and oil uptake of fried potato strips. | 36 |
| 3.4 | Experiment design to investigate the impact of ultrasonic treatment (UT) methylcellulose coating process on the formation of acrylamide in fried potato strips and frying oil. | 36 |
| 4.1 | Dynamic Simulation of no of water from starch in oil layer with time for coated and uncoated. | 87 |
| 4.2 | Temperature-dependence of dynamic viscoelasticity for 0.5-2.0 w/v% (a-d) methylcellulose (non-UTMC). Tests were carried out at a constant frequency of 6.28 rad/s (1 Hz) and at a constant strain of 0.5%, which fell within the linear viscoelastic regime of each methylcellulose. | 46 |
| 4.3 | Mechanical spectra of (a) 1.0 w/v% ultrasonicated methylcellulose (UTMC) and; (b) 1.0 w/v% methylcellulose (Non-UTMC) with constant strain of 0.5% at 65°C. | 49 |
| 4.4 | Temperature-dependence of dynamic viscoelasticity for (a) 1.0 w/v% ultrasonicated methylcellulose (UTMC) and; (b) 1.0 w/v% methylcellulose (Non-UTMC). Tests were carried out at a constant frequency of 6.28 rad/s (1 Hz) and at a constant strain of 0.5%, which fell within the linear viscoelastic regime of each methylcellulose. | 49 |

| | | |
|------|---|----|
| 4.5 | Average amount of water retention for control (uncoated) and coated MC for 0.5-2.0 w/v% methylcellulose concentration. | 52 |
| 4.6 | Average amount of oil uptake for control (uncoated) and coated MC for 0.5-2.0 w/v% methylcellulose concentration. | 53 |
| 4.7 | Average amount of compression force for control (uncoated) and coated MC for 0.5-2.0 w/v% methylcellulose concentration within 5 minutes after frying process. | 54 |
| 4.8 | Comparison on the amount of water retention for control (uncoated), coated 1.0 w/v% UTMC and coated 1.0 w/v% non-UTMC potato strips. | 56 |
| 4.9 | Comparison on the amount of oil uptake for control (uncoated), coated 1.0 w/v% UTMC and coated 1.0 w/v% non-UTMC potato strips. | 58 |
| 4.10 | Comparison on the amount of compression force for control (uncoated), coated 1.0 w/v% UTMC and coated 1.0 w/v% non-UTMC potato strips. | 59 |
| 4.11 | Light Microscope photograph analysis for the surface morphology of the fried potatoes strips for control sample, non-UTMC coated samples and UTMC coated sample. | 61 |
| 4.12 | Total change of colour of control (uncoated) and coated non-UTMC and UTMC for 0.5 w/v% to 2.0 w/v% methylcellulose concentration in fried potato samples. | 63 |
| 4.13 | Acrylamide calibration curve. | 65 |
| 4.14 | Concentration of Acrylamide for control (uncoated) and coated non-UTMC for 0.5-2.0 w/v% methylcellulose concentration. | 66 |
| 4.15 | Comparison on the amount of acrylamide for control (uncoated), coated 1.0 w/v% UTMC and coated 1.0 w/v% non-UTMC potato strips. | 67 |
| 4.16 | (a) Illustration of UTMC-treated coating layer on the substrate surface prior and (b) during the frying process promotes the moisture loss of the potato strip substrate. Higher water removal rates expected to occur in UTMC samples compared to non-UTMC due to fast MC sol-gel transition. (Stojanovska & Tomovska, 2002) | 69 |

LIST OF ABBREVIATIONS

| | |
|------------|---------------------|
| a^* | Redness |
| b^* | Yellowness |
| L^* | Lightness |
| ΔE | total colour change |



CHAPTER 1

INTRODUCTION

1.1 Overview

Hydrocolloids are the most widely investigated biopolymer in the edible coating field to improve coating performance, especially in food and beverage products, i.e., sauces, gelled desserts, cakes, and soft drinks (Saha & Bhattacharya, 2010). Typically, they functioned as a thickening, gelling, emulsifying, and stabilization agent, i.e., for controlling ice and sugar crystal growth. The addition of food hydrocolloids as dry ingredients is a practical way of improving barrier properties, yield, and strength (Meyer et al., 2006).

Methylcellulose (MC), hydroxypropyl cellulose (HPC), and hydroxypropyl methylcellulose (HPMC) are types of cellulose derivative hydrocolloids that are commonly used in the food and beverage field. They are water-soluble polymer with good film-forming properties and coupled with the hydrophilic functional group. It is reported that the gel formation process of the hydrocolloids such as HPC, HPMC, and MC demonstrated the viscoelastic behavior as the elastic and viscous were combined and dependently on the temperature that caused the changes in the polymer deformation rate (Picout and Ross-Murphy, 2003).

In the deep-frying process, one of the main concern is high absorption of oil available in food which might affected the consumer's health. For example, oil content of French fries increases from 0.2 to 14 % while oil content available in potato chip may reach up to 40 % (Garcia, 2004). Alternatively, researchers found that hydrocolloids was significantly reduce the oil uptake when used in the coating as batter mixtures. According to Daraei Garmakhany et al. (2014), different hydrocolloid properties behave differently in terms of the fried product's mass and heat transfer. During the frying process, heat and mass transfer occur simultaneously by two mechanisms where heat is initially transferred from the oil to the surface of the product through free convection and from the surface to the interior via conduction (Safari et al., 2018; van Koerten et al., 2017). There are numerous empirical and mathematical models in the literature related to the heat and mass transfer during the food frying process (B. E. Farkas et al., 1996; B.E. Farkas et al., 1996).

Thermal properties possess by some cellulose derivatives were found to be an effective surface coating for reducing oil uptake in fried products (Albert and Mittal, 2002). For instance, MC can increase the viscosity with temperature and formed weak viscoelastic gel when the temperature rises above 52 °C (Saha and Bhattacharya, 2010). An increasing number of works that related to the MC

application were reported in the cereal product (Albert and Mittal, 2002), puri (Parimala and Sudha, 2012), akara (Hasheminya et al., 2019), and others.

Besides that, high amount of acrylamide (AA) available in fried potato which was considered a "potential" carcinogen in humans become attention for consumption. Many of the causes of acrylamide formation are presented by previous researchers.

Zhang et al. (2005) reviewed the acrylamide formation mechanisms to announce that the asparagine pathway was mainly responsible for acrylamide formation in cooked foods at high temperatures after condensed with reducing sugars or carbonyl source, the main intermediate product, and molecular rearrangement products. Recently, hydrocolloids have attracted increasing attention due to their potential to mitigate acrylamide and oil uptake in frying foods (Fang et al., 2016; Medeiros Vinci et al., 2012; Zeng et al., 2010). According to Kurek et al. (2017), hydrocolloid coating could interfere with the molecular interactions during acrylamide formation and subsequently reduce acrylamide content in deep fat frying products. Pectin, alginic acid, and xanthan gum inhibited up to 50% of the acrylamide model system (Achaerandio and Benedetti, 2017).

Applying ultrasound to hydrocolloid mixture seems desirable for the degradation of hydrocolloid dispersions when applied on food, a promising alternative to presently used degradation techniques (Tiwari et al., 2010). In general, the ultrasonic wave reduced the microcrystalline cellulose's degree of polymerization by disrupting the interchain-hydrogen bond between hydrogen and oxygen during the process (Li et al., 2018).

During the process, the hydrogen bond network is strongly disturbed at the interface; between the water and extended hydrophobic surface. The condition formed an interfacial region with depleted water density where the OH stretch range of water molecules organized at interfaces (Cheng et al., 2010; Simonsen et al., 2004). The ultrasound treatment (UT) to the hydrocolloid mixtures has become significant as the process enhances the rheology properties of hydrocolloid mixtures such as optimizing viscosity, enhancing the gel-structures, and improving structural stability (Tiwari et al., 2010). Although studies of gelation mechanisms provide enormous information that is very useful for applying hydrocolloids in food products, the study in this work is limited only to the application of batter-coating processing. It is relevant to improve the batter-coated fried product along the frying process.

This study emphasized the batter mixtures' properties correlated to the oil uptake minimization and acrylamide formation of potatoes substrate (French fries) along the deep-fat frying process.

1.2 Problem Statement

Food is known as a pillar industry that is closely related to people's life. Along with the promotion of life quality and accelerated pace of life, food demands are going through transmission from quantity and nutrition to pleasure and health-benefits, and customized food products targeting specific populations with desired functionalities are becoming increasingly important. However, the worldwide prevalence of obesity has nearly doubled in the last two decades, and obesity is currently among the most significant public health concerns worldwide. Recently, the UK Food Standards Agency (FSA) has announced the risk of cancer associated with cooking potatoes and other starchy foods at high temperatures due to acrylamide formation, contributing to the nervous system and reproductive disease. One of the bold reformulation strategies proposed is to directly control the human digestion and absorption system of lipids by manipulating a food product's physiochemical and structural attributes for daily consumption. Interestingly, the application of hydrocolloids, i.e., MC, as food coating, was found to have advantages in terms of controllable heat transfer onto the food matrix along with the frying condition. Hydrophobic saccharides available in hydrocolloids created a potential layer for surface minimization, which will minimize acrylamide formation at high-temperature process food. Therefore, this study was important to determine the correlation between fried food and the hydrocolloids coating mechanism of a fried substrate.

1.3 Specific Objective

The objectives of this study were:

1. To characterize the rheology properties of ultrasonic treatment (UT) methylcellulose.
2. To investigate the effect of batter-coated methylcellulose potato substrate on oil uptake, with the ultrasonic treatment.
3. To study the effect of the ultrasonic treatment in minimizing the acrylamide formation of the fried potato substrate.

1.4 Scope of Study

In this study, the experiment was focus on two parts; the properties of Methylcellulose (MC) with ultrasound treatment (UT) and the effects of the UTMC on the potato substrate during and/or post frying process was demonstrated. The study was performed in depth by studying the rheology properties of UTMC. The methylcellulose solutions with and without ultrasound treatment was analysed in term of the thermal reversible gelation at varies temperature and frequency with different concentration. Application of methylcellulose with ultrasound treatment as coating on potatoes was performed. Potato strips were coated with ultrasonicated methylcellulose solutions and undergo deep-fat frying at $180^{\circ}\text{C}\pm 5^{\circ}\text{C}$. The physical properties (moisture content, oil content, acrylamide content,

colour and texture) of coated fried potato was measured to study the effect of treatment in producing more healthier fried potato strips.

1.5 Framework of the thesis

The thesis is organized into five chapters in the following way. Chapter 1 introduces the thesis, and Chapter 2 contains the literature review of the work, including an overview of hydrocolloids, ultrasound treatment, deep fat frying process, and acrylamide formation. In Chapter 3, the methodology of this research is discussed. The experimental results and statistical analysis are shown and discussed in Chapter 4. This includes an investigation of MC solutions' rheology properties, an investigation of pre-treatments influence on fried potato's physical properties, and an evaluation influence of pre-treatment using mathematical modelling. Finally, the overall conclusion and recommendation of this study are given in Chapter 5.

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