

Alternativas para reducir la absorción de grasa durante la fritura por inmersión de los alimentos;
alternatives to reduce fat uptake during deep fat frying of food

Deep fat frying is the method of cooking that consists of submerging foods in an edible fat at a temperature above the boiling point of the water, which allows to develop unique sensory aspects, especially in palatability. However, a limitation is the high fat content of the products, which is considered a risk factor for health. Hence, one of the industrial concerns has been to obtain products with a low amount of fat and suitable organoleptic characteristics that allow its acceptability. For this reason, different technological alternatives have been proposed in stages prior to treatment, including the use of edible coatings. In this review we analyzed some recent research that used biopolymers to reduce the absorption of fat during frying. It was found that hydrocolloids were the most used and allow to obtain fried products with a lower fat content with respect to the uncoated samples, being an alternative that does not significantly alter the traditional process and the acceptability of the foods. Nevertheless, despite the great investigative boom, most of these investigations have not been completely transformed into real solutions for the industrial sector, in part due to the variability of the percentages of implementation and the microstructures of food matrices. This poses challenges in the search for optimal processing conditions and adequate percentages of application of biopolymers under standardized conditions, which allow to obtain fried foods of better quality and in line with healthy trends.