

ABSTRACT

Solanum melongena is found to be a rich source of phenolic compounds that function as antioxidants. In this study, five treatments of test eggplants were subjected to various cooking processes, namely boiling, grilling, frying, and steaming, which determined the antioxidant and phenolic content of the eggplants. The aim of this study is to see which among the different cooking processes changes the phenolic content of the eggplant extracts, which among the eggplant extracts exhibited the highest amount of antioxidant, and to see if there is any significant difference on the phenolic content of the eggplant extracts subjected to different cooking processes.

Further analysis of the data showed that the total phenolic contents of eggplant when subjected to different cooking processes such as boiling, grilling, frying, and steaming generated an average of 0.329 nm, 0.408 nm, 0.465 nm, and 0.472 nm respectively. However, the basis for comparison was made when the average of each samples were compared to the uncooked, with an average of 0.529 nm. Results showed a significant difference among the five treatments on the effect of different cooking processes on the phenolic content of eggplants. The cooking process which had minimal loss of antioxidant is the steaming process of cooking. The study showed that a greater quantity of phenolic compounds would be provided by consumption of steamed eggplants as compared with eggplants prepared by other cooking processes.