

**EFFECT OF METHOD OF EXTRACTION ON THE QUALITY OF COCONUT OIL**

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**ABSTRACT**

Coconut oils prepared by pressing copra (commercial coconut oil) and boiling water extracts of scraped coconut kernel (home-made coconut oil) were analyzed in order to study the effect of method of extraction on their quality. Acid value and peroxide value were 89% and 95% respectively higher in commercial coconut oil compared to home-made coconut oil indicating that commercial coconut oil is more prone to oxidation. Saponification value was 12 % higher in home-made coconut oil while there was no significant difference in the iodine value of the two types of coconut oils. Only minor differences in the fatty acid composition between commercial coconut oil and home-made coconut oil were observed. The total content of phenolic compounds in home-made coconut oil was 84 % higher than that in commercial coconut oil. These results indicate that quality of coconut oil is highly dependent on the method of extraction.

**Keywords:** Coconut oil, Extraction method, Phenolic compounds, Fatty acids