UNIVERSITAS GADJAH MADA
Pengaruh Pre-Cooking Daging Terhadap Kualitas Fisik dan Total Bakteri Ready-To-Eat Empal Gentong
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PENGARUH *PRE-COOKING* DAGING TERHADAP KUALITAS FISIK DAN TOTAL BAKTERI *READY-TO-EAT* EMPAL GENTONG

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INTISARI

Penelitian ini bertujuan untuk mengetahui pengaruh *precooking* daging terhadap kualitas fisik dan total bakteri *ready to eat* empal gentong. Bahan yang digunakan pada penelitian ini adalah daging sapi bagian *longissimus dorsi* dengan ukuran 3 cm^3, bumbu jadi empal gentong, dan santan. Perlakukan *precooking* yang dilakukan yaitu P0 (tanpa *precooking*), P1 (10 menit), P2 (20 menit), dan P3 (30 menit). Parameter uji fisik yang dilakukan adalah uji pH, susut masak, daya ikat air, dan keempukan. Uji mikrobiologi yang digunakan yaitu TPC (*Total Plate Count*). Data kualitas fisik dan total bakteri dianalisis menggunakan analisis Rancangan Acak Lengkap (RAL) pola searah. Hasil analisis dengan perbedaan nyata dilanjutkan dengan uji lanjut *Duncan's New Multiple Range Test* (DMRT). Hasil analisis statistik menunjukkan bahwa perlakuan *precooking* pada P0, P1, P2, dan P3 memberikan pengaruh nyata ($P<0,05$) pada nilai pH, susut masak, daya ikat air, keempukan, dan *total plate count.* Sampel P2 mempunyai nilai pH dan susut masak lebih rendah dibandingkan P3 tetapi tidak terdapat perbedaan signifikan dengan P1. Nilai daya ikat air P2 lebih rendah dibandingkan P0 tetapi tidak terdapat perbedaan signifikan dengan P1 dan P2. Keempukan P2 lebih rendah dibandingkan kontrol tetapi tidak terdapat perbedaan signifikan antar pelakuan. *Total plate count* P2 lebih rendah dibandingkan P0 dan P1. Kesimpulannya, perlakuan *precooking* dengan waktu 20 menit suhu 90°C dapat menurunkan nilai keempukan, total bakteri dengan susut masak yang tidak terlalu tinggi sehingga kandungan nutrien pada daging tidak banyak yang hilang.

Kata kunci: RTE Daging Empal Gentong, *Pre-Cooking*, Uji Fisik, Total Bakteri

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THE EFFECT OF PRE-COOKING MEAT ON THE PHYSICAL QUALITY AND TOTAL BACTERIA IN READY TO EAT EMPAL GENTONG

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ABSTRACT

The aim of this study was to determine the effect of meat precooking on the physical quality and total bacteria of ready to eat empal gentong. The materials used in this study were beef longissimus dorsi with a size of 3 cm^3, spices to make empal gentong, and coconut milk. The precooking treatments were P0 (without precooking); P1 (10 minutes); P2 (20 minutes); and P3 (30 minutes). The parameters of the physical test carried out were pH, cooking loss, water holding capacity, and tenderness. The microbiological test used was TPC (Total Plate Count). Physical quality and total bacteria data were analyzed using a completely randomized design (CRD). The results of the analysis with significant differences were continued with Duncan's New Multiple Range Test (DMRT) as the further test. The results of statistical analysis showed that the precooking treatment at P0, P1, P2, and P3 had a significant effect ($P<0.05$) on the pH value, cooking loss, water holding capacity, tenderness, and total plate count. Sample P2 had a lower pH value and cooking loss than P3 but there was no significant difference with P1. The water holding value of P2 was lower than P0 but there was no significant difference with P1 and P2. P2 tenderness was lower than control but there was no significant difference between treatments. The total plate count of P2 was lower than that of P0 and P1. In conclusion, precooking treatment with a time of 20 minutes at 90°C could reduce the value of tenderness, the total bacteria with a cooking loss that was not too high so that the nutrient content of the meat was not lost.

Keyword: RTE Empal Gentong, precooking, physical quality, total bacteria