

PENGARUH LAMA MARINASI DENGAN AIR KELAPA (*Cocos nucifera*) TERHADAP KUALITAS FISIK DAN SENSORIS STEAK DAGING SAPI

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INTISARI

Penelitian ini bertujuan untuk mengetahui pengaruh lama marinasi daging sapi dengan air kelapa (*Cocos nucifera*) terhadap kualitas fisik dan sensoris *steak* daging sapi. Penelitian dilakukan dengan melakukan perendaman daging sapi dengan air kelapa selama 0, 40, 80 dan 120 menit pada suhu ruang. Penelitian dilakukan dengan pengulangan sebanyak lima kali untuk masing-masing perlakuan. Variabel yang diuji pada penelitian ini meliputi kualitas fisik berupa pH, daya ikat air, dan keempukan, serta kualitas sensoris meliputi warna, aroma, rasa, tekstur, dan daya terima *steak* daging sapi. Data hasil uji kualitas fisik dianalisis dengan Analisis Variansi Pola Searah, kemudian dilanjutkan dengan *Duncans New Multiple Range Test* (DMRT). Data uji sensoris dianalisis dengan uji Hedonik *Kruskal-Wallis*. Hasil penelitian menunjukkan bahwa perbedaan lama waktu marinasi dengan air kelapa (*Cocos nucifera*) selama 0, 40, 80 dan 120 menit memberikan pengaruh nyata ($P < 0,05$) terhadap nilai keempukan *steak* daging sapi secara berurutan yaitu 3,38; 3,24; 3,22 dan 3,08 kg/cm², namun tidak berpengaruh nyata ($P > 0,05$) pada Daya Ikat Air (DIA), pH, serta kualitas sensoris *steak* daging sapi. Kesimpulan yang didapat adalah perbedaan lama waktu marinasi dengan air kelapa dapat meningkatkan nilai keempukan *steak* daging sapi, namun tidak mempengaruhi daya ikat air dan pH, serta kualitas sensoris *steak* daging sapi.

Kata kunci : *Steak* daging sapi, Air kelapa, Marinasi, Kualitas fisik, Kualitas sensoris.

THE EFFECT OF MARINATION WITH COCONUT WATER (*Cocos nucifera*) ON THE PHYSIC AND SENSORY QUALITIES OF BEEF STEAK

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ABSTRACT

This study aims to determine the effect of the length of marination of beef with coconut water (*Cocos nucifera*) on the physical and sensory qualities of beef steak. The research was conducted by soaking beef in coconut water for 0, 40, 80 and 120 minutes at room temperature. The study was conducted with five repetitions for each treatment. The variables tested in this study included physical qualities in the form of pH, water holding capacity, and tenderness, as well as sensory qualities including color, aroma, taste, texture, and acceptability of beef steaks. The results of the physical quality test were analyzed using Unidirectional Pattern Variance Analysis, followed by the *Duncan's New Multiple Range Test* (DMRT). Sensory test data were analyzed with the Kruskal-Wallis hedonic test. The results showed that the difference in marination time with coconut water (*Cocos nucifera*) for 0, 40, 80 and 120 minutes had a significant effect ($P < 0.05$) on the value of beef steak tenderness respectively, namely 3.38; 3.24; 3.22 and 3.08 kg/cm², but had no significant effect ($P > 0.05$) on Water Holding Capacity (DIA), pH, and sensory quality of beef steak. The conclusion obtained is that the difference in marination time with coconut water can increase the value of the tenderness of the beef steak, but does not affect the water holding capacity and pH, as well as the sensory quality of the beef steak.

Key words : Beef steak, Coconut water, Marinade, Physical quality, Sensory quality.