



## **PENGARUH KULIT BUAH CARICA (*Carica pubescens*) TERHADAP KUALITAS FISIK DAN SENSORIS SATE TAICHAN**

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### **INTISARI**

Penelitian ini bertujuan untuk mengetahui pengaruh kulit buah carica terhadap kualitas fisik dan sensoris sate taichan. Bahan yang digunakan antara lain dada ayam petelur afkir, bawang putih, lada bubuk, kaldu, garam, gula, kecap asin, jeruk nipis, dan parutan kulit buah carica. Penelitian ini dilakukan dengan memarinasi daging ayam petelur afkir pada parutan kulit buah carica. Setiap sampel diberi perlakuan yang berbeda dengan penambahan parutan kulit buah carica sebanyak 0, 10, 20 dan 30% dari berat daging. Wadah sampel kemudian ditutup dan dimarinasi menggunakan metode *tumbling*. Daging kemudian dicuci dan dimarinasi dengan bumbu selama 30 menit. Penelitian dilakukan dengan pengulangan sebanyak tiga kali untuk masing-masing perlakuan. Variabel yang diuji dalam penelitian ini adalah uji kualitas fisik yang meliputi keempukan, daya ikat air, pH dan susut masak, serta uji kualitas sensoris yang meliputi warna, aroma, tekstur, rasa dan daya terima. Uji kualitas fisik dianalisis menggunakan rancangan acak lengkap (RAL) pola searah, dengan uji *Duncan's Multiple Range Test* (DMRT) sebagai uji lanjutan. Uji sensoris dianalisis menggunakan analisis *non-parametrik* uji *Hedonik Kruskal-Wallis*. Hasil penelitian menunjukkan bahwa marinasi parutan kulit buah carica berpengaruh nyata ( $P < 0,05$ ) terhadap pH, keempukan dan susut masak sate taichan secara berurutan pada P0; P1; P2; P3 dengan nilai pH 5,83; 5,69; 5,42; 5,35, nilai keempukan 3,20; 2,50; 2,03; 1,53 kg/cm<sup>2</sup>, serta nilai susut masak 19,19; 25,06; 28,44; 29,68%. Sedangkan nilai DIA dan nilai uji sensoris pada penelitian ini tidak menunjukkan perbedaan nyata ( $P > 0,05$ ). P1 pada penggunaan kulit carica sebanyak 10% menunjukkan nilai pH yang sesuai standar daging (5,5 – 5,7) serta lebih efisien dari jumlah penggunaan dibanding perlakuan lainnya. Kesimpulan yang didapat adalah marinasi kulit buah carica terhadap sate taichan dapat meningkatkan nilai keempukan dan nilai susut masak, serta dapat menurunkan nilai pH. Nilai daya ikat air dan nilai uji sensoris dalam penelitian ini tidak menunjukkan hasil yang berpengaruh.

**Kata kunci** : kulit buah carica, daging ayam afkir, marinasi.



## **THE EFFECT OF CARICA FRUIT PEEL (*Carica pubescens*) ON THE PHYSIC AND SENSORY QUALITIES OF SATE TAICHAN**

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### **ABSTRACT**

This study aims to determine the effect of carica fruit peel on the physical and sensory qualities of sate taichan. The ingredients used include old layers of chicken breast, garlic, ground pepper, broth, salt, sugar, soy sauce, lime juice, and chopped carica peel. This research was conducted by marinating the old layers meet on chopped carica fruit peel. Each sample was given a different treatment with the addition of chopped carica peels as much as 0, 10, 20, and 30% of the weight of the meat. The sample container was then closed and marinated using the tumbling method. The meat is then washed and marinated with spices for 30 minutes. The study was conducted with three repetitions for each treatment. The variables tested in this study were physical quality tests which included tenderness, water holding capacity, pH, and cooking losses, as well as sensory quality tests which included color, aroma, texture, taste, and acceptability. The physical quality test was analyzed using a one-way completely randomized design (CRD), with Duncan's Multiple Range Test (DMRT) as a follow-up test. The sensory test was analyzed using the non-parametric analysis of the Hedonic Kruskal-Wallis test. The results showed that the marination of chopped carica peel had a significant effect ( $P < 0,05$ ) on pH, tenderness, and cooking loss of sate taichan respectively at P0; P1; P2; P3 with a pH value of 5,83; 5,69; 5,42; 5,35, the value of tenderness is 3,20; 2,50; 2,03; 1,53 kg/cm<sup>2</sup>, and cooking loss value of 19,19; 25,06; 28,44; 29,68%. Meanwhile, the DIA score and sensory test scores in this study showed no significant difference ( $P > 0,05$ ). P1 on the use of carica peel as much as 10% showed a pH value that was by meat standards (5,5 – 5,7) and was more efficient than the amount of use compared to other treatments. The conclusion obtained was that marinated carica fruit peel on sate taichan can increase the value of tenderness and cooking shrinkage, and can reduce the pH value. The water-holding capacity and sensory test values in this study did not show significant results.

Keywords: carica fruit peel, old layers meat, marination