Intisari

Fortifikasi Tepung Udang Rebon terhadap Kandungan Kalsium, Nilai Gizi dan Tingkat Kesukaan Konsumen Sosis Ikan Nila Merah

Nila adalah jenis ikan air tawar yang bergizi dengan volume produksi tertinggi dibandingkan jenis ikan air tawar lain sehingga berpotensi ekonomi untuk dijadikan bahan baku sosis ikan, yang diperkaya mineral/Ca dari tepung udang rebon. Tujuan penelitian adalah mengetahui pengaruh penambahan tepung udang rebon sebagai sumber Ca terhadap komposisi gizi dan tingkat penerimaan konsumen sosis ikan nila serta umur simpan. Penelitian menggunakan Rancangan Acak Lengkap dengan 4 perlakuan (penambahan tepung udang rebon: 0 g; 5 g; 10 g; 15 g). Penambahan tepung udang rebon menambah warna kecoklatan sosis ikan, meningkatkan komposisi gizi (abu, protein, lemak, kalsium), dan berpengaruh terhadap penerimaan konsumen. Penambahan tepung rebon 10 g merupakan perlakuan terbaik dengan kadar air (52,24%), abu (2,23%), protein (10,36%), lemak (1,37%), dan Ca (760,81 mg/100g); nilai uji kesukaan parameter warna (3,5); aroma (3,29); tekstur (3,36); rasa (3,7) berada pada tingkat "3". Sosis ikan yang disimpan pada suhu dingin (5^oC) ternyata layak dikonsumsi hingga hari ke–8 dengan nilai pH (7,05), kadar air (64,31%), ALT (3,31 log CFU/g), dan TVB (19,20 mg/100g)

Kata kunci: ikan nila merah, tepung udang rebon, fortifikasi, sosis, komposisi gizi, mutu

Abstract

Fotification of Rebon Shrimp Flour on Calcium Content, Nutritional Value and Consumer Preference of Red Tilapia Sausage

Tilapia is a type of freshwater fish that is nutritious with the highest production volume compared to other types of freshwater fish, so it has an economic potential to be used as raw material for fish sausage, which is enriched with minerals/Ca from rebon shrimp flour. The aim of the study was to determine the effect of adding rebon shrimp flour as a source of Ca on the nutritional composition and level of consumer acceptance of tilapia sausage and shelf life. The study used a completely randomized design with 4 treatments (addition of rebon shrimp flour: 0 g; 5 g; 10 g; 15 g). The addition of rebon shrimp flour adds a brownish color to fish sausages, increases the nutritional composition (ash, protein, fat, calcium), and affects consumer acceptance. The addition of 10 g rebon flour was the best treatment with moisture content (52.24%), ash (2.23%), protein (10.36%), fat (1.37%), and Ca (760.81 mg/ 100g); color parameter preference test value (3.5); fragrance (3.29); texture (3.36); taste (3.7) is at the "3" level. Fish sausage stored at cold temperatures (5^{o}C) turned out to be suitable for consumption until the 8th day with pH values (7.05), moisture content (64.31%), ALT (3.31 log CFU/g), and TVB (19.20 mg/100g).

Keywords: red tilapia, rebon shrimp meal, fortification, sausages, nutritional composition, quality