

Intisari

KARAKTERISTIK SOSIS IKAN NILA MERAH YANG DITAMBAH TEPUNG DAUN KELOR

Sosis ikan adalah salah produk olahan berbahan dasar daging lumat yang memiliki nilai gizi tinggi dan banyak disukai konsumen. Pengolahan sosis menggunakan bahan baku ikan nila merah yang ditambahkan tepung daun kelor untuk memperkaya komposisi gizi dan khususnya beta karoten (pro vitamin A). Tujuan penelitian adalah mengetahui karakteristik sosis nila merah yang ditambahkan tepung daun kelor. Metode penelitian menggunakan Rancangan Acak Lengkap (RAL) dengan 4 perlakuan: 0,0%; 0,9%; 1,7%; dan 2,6%. Penambahan tepung daun kelor berpengaruh terhadap kandungan gizi sosis dengan komposisi masing-masing: kadar air 42,75 - 57,18%; mineral 2,54 - 2,87%; lemak 0,91 - 1,92%; protein 5,84 - 7,14% dan beta karoten 270,84 - 4.086,98 µg/100 gram. Dari hasil uji hedonik, perlakuan p1 (tepung daun kelor 0,9%) menghasilkan sosis nila merah yang paling disukai konsumen, dengan atribut warna 3,93; aroma 3,53; rasa 3,84; dan tekstur 3,86. Tingkat kemunduran mutu sosis nilai merah pada pengamatan hari terakhir (hari ke-10) yang disimpan suhu dingin (4°C) berdasarkan parameter uji (TVB-N dan ALT) dinyatakan layak konsumsi.

Kata kunci: daging nila merah, tepung daun kelor, sosis, karakteristik

Abstract

CHARACTERISTICS OF RED TILAPIA FISH SAUSAGES ADDED WITH MORINGA LEAF FLOUR

Fish sausage is a food product made from crushed meat which has high nutritional value and is much liked by consumers. Sausage processing uses raw materials (red tilapia) which is added with Moringa leaf flour to enrich nutrition and especially beta carotene (pro vitamin A). The aim of the research was to determine the characteristics of red tilapia sausage added with Moringa leaf flour. The research method used a Completely Randomized Design (CRD) with 4 treatments: 0.0%; 0.9%; 1.7%; and 2.6%. The addition of Moringa leaf flour affects the nutritional content of sausages with the respective compositions: water content 42.75 - 57.18%; minerals 2.54 - 2.87%; fat 0.91 - 1.92%; protein 5.84 - 7.14% and beta carotene 270.84 - 4,086.98 µg/100 grams. From the results of the hedonic test, treatment p1 (0.9% Moringa leaf flour) produced red tilapia sausage which was most liked by consumers, with a color attribute of 3.93; aroma 3.53; taste 3.84; and texture 3.86. The quality rating level for red value sausages on the last day of observation (10th day) which were stored at cold temperature (4°C) based on test parameters (TVB-N and ALT) was declared suitable for consumption.

Keywords: red tilapia meat, moringa leaf flour, sausage, characteristics