

**PENGARUH EKSTRAK SENGKUBAK (*Phycnarrhena cauliflora*) DAN  
PENYIMPANAN TERHADAP KUALITAS FISIKOKIMIA, SENSORIS,  
TOTAL BAKTERI, DAN KADAR ASAM GLUTAMAT  
BAKSO AYAM *READY-TO-EAT***

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**INTISARI**

Bakso siap makan merupakan terobosan baru dalam industri pangan modern. Penambahan penyedap alami pada bakso menjadi salah satu alternatif dalam produksi pangan yang sehat. Sengkubak (*Phycnarrhena cauliflora*) merupakan tanaman yang habitat aslinya di Kalimantan Barat dan digunakan sebagai penyedap rasa masakan oleh masyarakat sekitar. Penelitian ini menggunakan dua faktor, yakni level ekstrak daun sengkubak sebesar 0% (kontrol), 0,25%, 0,5%, dan 0,75%, lalu lama penyimpanan selama 0 minggu (kontrol), 4 minggu, 8 minggu, dan 12 minggu. Variabel yang diuji yakni kualitas fisik (pH, daya ikat air (DIA), dan keempukan), kualitas kimia (kadar air, kadar protein, dan kadar lemak), kualitas sensoris, total mikroba, dan kadar asam glutamat. Analisis data yang digunakan adalah analisis variansi (ANOVA) rancangan acak lengkap (RAL) pola faktorial 4x4. Penambahan ekstrak menghasilkan pH pada kisaran 6,61 sampai 6,63; DIA 39,89 sampai 45,70%; keempukan 7,27 sampai 9,35 gf; kadar air 78,71 sampai 79,53%; protein 11,67 sampai 11,87%, lemak 1,44 sampai 1,94%; TPC 5,38 sampai 5,75 CFU/g; kadar asam glutamat 0,10 sampai 0,23 g/100 g bahan. Nilai kesukaan pada semua parameter sensoris menunjukkan hasil dari agak suka ke suka. Hasil menunjukkan bahwa penambahan ekstrak sengkubak berpengaruh nyata ( $p < 0,05$ ) terhadap kualitas bakso. Penambahan 0,5% ekstrak daun sengkubak disarankan pada penelitian ini. Bakso memenuhi standar SNI dan aman dikonsumsi sampai penyimpanan minggu ke-8 pada suhu ruang ( $\pm 27^{\circ}\text{C}$ ). Terdapat interaksi antara penambahan ekstrak daun sengkubak dan penyimpanan terhadap daya ikat air, kualitas kimia bakso, dan kadar asam glutamat bakso.

Kata kunci: Ekstrak, Daun sengkubak, Bakso ayam, Kualitas, *Ready-to-eat*

THE EFFECT OF SENGKUBAK EXTRACT (*Phycnarrhena cauliflora*)  
AND STORAGE TIME ON THE PHYSICAL AND CHEMICAL  
PROPERTIES, SENSORY QUALITIES, TOTAL  
MICROBES, AND GLUTAMIC ACID  
CONTENT OF READY-TO-EAT  
BAKSO AYAM

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**ABSTRACT**

Ready-to-eat *bakso ayam* is a new breakthrough in the modern food industry. The addition of natural flavoring to *bakso ayam* is an alternative for healthy food production. *Sengkubak* (*Phycnarrhena cauliflora*) is a plant that originally habitat in Western Kalimantan and it used as a flavoring agent by the surrounding communities. The study used two factors, namely level of *sengkubak* leaf extract of 0% (control), 0.25%, 0.5%, and 0.75%, and then storage time for 0 weeks (control), 4 weeks, 8 weeks, and 12 weeks. The variables tested were physical qualities (pH, water-holding capacity (WHC), and firmness), chemical qualities (water level, protein level, and fat content), sensory qualities, total microbes, and glutamic acid level. The data analysis used variance analysis (ANOVA) of a complete random pattern (RAL) of 4x4 factorial pattern by three repetitions. The pH range of the additional extract was 6.61 to 6.63, DIA 39.89 to 45.70%, firmness 7.27 to 9.35 gf, the water content 78.71 to 79.53%, protein content 11.67 to 11.87%, fat content 1.44 to 1.94%, TPC 5.38 to 5.75 CFU/g, and the glutamic acid content 0.10 up to 0.23 g/100 g of dry material. Most of sensory parameters showed outcomes ranging from like to rather like. The results showed that the addition of *sengkubak* leaf extract had a significant effect ( $p < 0.05$ ) on the qualities of the *bakso ayam*. The addition of 0.5% *sengkubak* leaf extract was recommended in this study. *Bakso ayam* complies with SNI standard and it was safe to be consumed until the 8<sup>th</sup> week of storage at room temperature ( $\pm 27^{\circ}\text{C}$ ). There was an interaction between *sengkubak* leaf extract and storage time on the water-holding capacity, the chemical qualities, and the glutamic acid content of the *bakso ayam*.

**Keywords:** Extract, *Sengkubak* leaf, *Bakso ayam*, Qualities, Ready-to-eat