

## Intisari

### MUTU NUGGET IKAN PATIN DENGAN PENAMBAHAN TEPUNG RUMPUT LAUT *Kappaphycus alvarezii* SEBAGAI TAMBAHAN SERAT

Peningkatan kandungan serat nugget ikan patin melalui penambahan rumput laut sebagai bahan pengisi merupakan upaya untuk meningkatkan konsumsi serat masyarakat yang masih sangat rendah. Penelitian ini bertujuan untuk mendapatkan formulasi terbaik dari penambahan *puree Kappaphycus alvarezii* dalam pengolahan nugget ikan patin (*Pangasius hypophthalmus*) terhadap peningkatan kandungan serat sesuai dengan preferensi kesukaan konsumen, analisis kimia dan aspek mutu sensorik. Penelitian ini dilaksanakan menggunakan Rancangan Acak Lengkap (RAL) faktor tunggal dengan menambahkan empat perlakuan penambahan rumput laut *puree Kappaphycus alvarezii* 10% (T1), 20% (T2), 30% (T3) serta perlakuan tanpa rumput laut (T0) ke dalam nugget ikan patin sebagai bahan pengisi. Berdasarkan hasil uji sensorik, uji mutu sensorik, dan analisis kimia maka perlakuan penambahan *puree Kappaphycus alvarezii* 20% menjadi perlakuan terbaik dengan kandungan serat sebesar 3,46%, kandungan protein sebesar 9,04%, kadar air sebesar 57,79%, kandungan abu sebesar 1,45%, kandungan lemak sebesar 0,66%, dan kandungan karbohidrat sebesar 27,61% serta memiliki karakteristik warna coklat muda dan abu-abu, aroma seimbang antara ikan patin dan rumput laut, rasa dominan rumput laut namun masih ada rasa gurih ikan, kekenyalan padat, kenyal dan kompak. Hasil analisis tersebut telah memenuhi syarat mutu nugget ikan yaitu SNI 7758:2013.

Kata kunci: serat, ikan patin, nugget ikan patin, *Kappaphycus alvarezii*, *puree*

## Abstract

### *QUALITY OF PATIN FISH NUGGETS WITH THE ADDITION OF *Kappaphycus alvarezii* SEAWEED POWDER AS ADDITIONAL FIBER*

*Increasing the fiber content of pangasius nuggets through the addition of seaweed as a filler is an effort to increase people's fiber consumption which is still very low. This study aims to obtain the best formulation from the addition of powder seaweed *Kappaphycus alvarezii* in the processing of pangasius (*Pangasius hypophthalmus*) nuggets for increasing fiber content according to consumer preferences, chemical analysis and sensory quality aspects. This research was carried out using a single factor Completely Randomized Design (CRD) by adding four treatments of adding seaweed 10% (T1), 20% (T2), 30% (T3) and treatment without seaweed (T0) into pangasius nuggets as filler. Based on sensory quality test, and chemical analysis, the treatment of adding 20% seaweed was the best treatment with a fiber content of 3.46%, a protein content of 9.04%, a moisture content of 57.79%, an ash content of 1.45%, a fat content of 0.66%, and a carbohydrate content of 27.61% and has characteristic light brown and gray colors, balanced aroma between pangasius and seaweed, dominant taste of seaweed but still has a savory taste of fish, dense texture, chewy and compact. The results of the analysis have met the quality requirements for fish nuggets, namely SNI7758:2013.*

*Keywords: fiber, pangasius, pangasius nuggets, *Kappaphycus alvarezii*, powder*