

Gulai dengan Teknik Masak Berbeda Menggunakan QDA dan CATA

INTISARI

Bumbu dasar merah merupakan komponen penting dalam masakan Indonesia yang menghasilkan profil sensori berbeda tergantung cara metode memasak. Penelitian ini bertujuan memetakan profil sensori hidangan berbasis bumbu dasar merah menggunakan metode analisis deskriptif kuantitatif (QDA) dan *Chek-All-That-Apply* (CATA). Sebanyak 16 sampel disiapkan melalui metode memasak panggang, goreng, kukus, dan rebus. Data CATA dianalisis menggunakan *heatmap*, analisis korespondensi, dan uji Cochran's Q, sedangkan data QDA dianalisis dengan *Principal Component Analysis* (PCA) dan diagram jaring laba – laba. Hasil menunjukkan perbedaan profil sensori antar metode memasak. CATA dengan 35 panelis tidak terlatih mengidentifikasi atribut dominan seperti bawang, asin, dan rempah – rempah. Hasil atribut yang muncul dari metode pemasakan berbeda, menunjukkan berbeda nyata ($P < 0,05$). Hasil metode sensori QDA menggunakan 8 panelis terlatih mampu mendeskripsikan atribut aroma dan rasa secara lebih rinci, terutama intensitas tinggi pada metode memasak kering (goreng dan panggang) akibat reaksi Maillard, karamelisasi, dan pelepasan senyawa volatil. Kombinasi QDA dan CATA memberikan profil sensori yang saling melengkapi dari sampel hidangan berbasis bumbu dasar merah.

Kata Kunci : Bumbu dasar merah, metode masak, profil sensori, QDA, CATA.

ABSTRAC

Red-base seasoning is an important component in Indonesian cuisine that produces different sensory profiles depending on the cooking method. This study aims to map the sensory profiles of dishes based on red-base seasoning using Quantitative Descriptive Analysis (QDA) and Check-All-That-Apply (CATA) methods. A total of 16 samples were prepared using roasting, frying, steaming, and boiling methods. CATA data were analyzed using heatmaps, correspondence analysis, and Cochran's Q test while QDA data were analyzed using Principal Component Analysis (PCA) and spiderweb diagrams. The results showed differences in sensory profiles between cooking methods. CATA with 5 untrained panelists identified dominant attributes such as onion, saltiness, and spices. The attributes that emerged from the cooking methods were different, showing significant differences ($P < 0,05$). The results of the QDA sensory method using 8 trained panelists were able to describe aroma/flavor and taste attributes in more detail, especially high intensity in dry cooking methods (frying and roasting) due to Maillard reactions, caramelization, and release of volatile compounds. The combination of QDA and CATA provided complementary sensory profiles of red-base seasoning dish samples.

Keywords : Red-base seasoning, cooking method, sensory profile, CATA, QDA.