

Intisari

Penelitian ini bertujuan untuk mengetahui pengaruh pemberian bumbu tradisional Indonesia pada lele asap terhadap kandungan gizi dan penerimaan konsumen. Bumbu tradisional yang digunakan sebagai medium antara lain sambal balado, sambal goreng dan rendang. Lele yang digunakan berbentuk potongan *filet skinless* dengan ukuran 2x3 cm² dan diasap menggunakan asap cair 10%. Proses sterilisasi dilakukan selama 30 menit dan suhu 121°C. Pengujian yang dilakukan meliputi uji kandungan gizi dan uji hedonik. Pengujian kandungan gizi filet lele asap kaleng dilakukan selama 8 minggu, meliputi uji kadar air, kadar protein, kadar lemak, kadar karbohidrat, dan kadar abu. Penerimaan konsumen berdasarkan hasil uji hedonik (aroma, kenampakan, rasa, dan tekstur) dilakukan setiap dua minggu sekali selama 8 minggu penyimpanan. Hasil penelitian menunjukkan bahwa sterilisasi mempengaruhi kandungan gizi lele asap. Kandungan lemak pada lele asap mengalami kenaikan khususnya pada medium yang menggunakan santan kelapa serta mengalami penurunan kadar air. Kadar abu, karbohidrat, dan protein cenderung stabil. Hasil uji hedonik menunjukkan bahwa sebagian besar panelis “agak suka” mendekati “suka” terhadap semua produk lele asap kaleng. Berdasarkan parameter rasa, aroma, kenampakan, dan tekstur tidak terjadi beda nyata pada ketiga produk selama penyimpanan.

Kata Kunci : lele asap, pengalengan, bumbu tradisional, nilai gizi, hedonik.

Abstract

The purpose of this research were to analyze nutritional content and acceptability of smoked catfish by addition of traditional seasoning. Traditional seasonings used as a medium were rendang, sambal balado and sambal goreng. The catfish skinless fillets had 2x3 cm² size and smoked using 10% of liquid smoke. The sterilization process was conducted at 121°C for 30 minute. The analysis includes nutrient content and hedonic test. In this research, nutrient content of smoked catfish was analyzed for 8 weeks which was moisture content, crude protein, fat, carbohydrate and ash. The acceptability test based on hedonic (aroma, appearance, flavour and texture) and scoring was carried out every 2 weeks during 8 weeks period of storage. The results showed that sterilization process altered nutrient content of smoked cat fish. The lipids value of smoked catfish increased especially in medium which containing coconut milk, and moisture content was decreased. While the ash, carbohydrate, and crude content tended to be stable. The result of hedonic test showed that most of the panelists “rather like” to “like” on all products of canned smoked catfish. Hedonic test based on flavour, aroma, appearance, and texture were not significantly different in all product during the storage period.

Keyword : smoked catfish, canning, traditional seasonings, nutrient value, hedonic.