PENGARUH LAMA PEMASAKAN DENGAN TEKANAN TERHADAP KUALITAS FISIK DAN SENSORIS DAGING ITIK AFKIR

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INTISARI

Penelitian ini bertujuan untuk mengetahui pengaruh lama pemasakan dengan tekanan terhadap kualitas fisik dan sensoris daging itik afkir. Penelitian ini dilakukan dengan perlakuan lama pemasakan 30 menit, pemasakan 60 menit, dan pemasakan 90 menit menggunakan tekanan tetap terhadap daging itik afkir. Uji kualitas fisik meliputi nilai pH, daya ikat air, susut masak, dan keempukan, serta dilakukan uji sensoris meliputi warna, rasa, aroma, tekstur, keempukan, dan kesukaan. Data hasil uji kualitas fisik dianalisis dengan analisis variansi rancangan acak lengkap pola searah. Data uji sensoris dianalisis dengan analisis *non parametrik* melalui uji *Hedonik Kruskal-Wallis.* Perbedaan rerata diuji dengan uji *Duncan's New Multiple Range Test*. Hasil statistik uji kualitas fisik menunjukkan bahwa lama pemasakan dengan tekanan tetap memberi pengaruh yang nyata ($P<0,05$) terhadap daya ikat air, susut masak, dan keempukan, tetapi berbeda tidak nyata pada nilai pH. Nilai rerata pH daging itik afkir kontrol sebesar 6,30, sedangkan nilai rerata pH daging dengan lama pemasakan 30, 60, dan 90 menit sebesar 6,41; 6,52; dan 6,60. Nilai rerata daya ikat air daging itik afkir kontrol sebesar 74,70%, sedangkan nilai rerata daya ikat air daging dengan lama pemanasan 30, 60, dan 90 menit sebesar 61,45%; 52,48%; dan 43,53%. Nilai rerata susut masak daging itik afkir kontrol sebesar 27,67%, sedangkan nilai rerata susut masak daging dengan lama pemasakan 30, 60, dan 90 menit sebesar 1,00%; 2,67%; dan 10,50%. Nilai rerata keempukan daging itik afkir kontrol sebesar 5,43 kg/cm^2, sedangkan nilai rerata keempukan daging dengan lama pemasakan 30, 60, dan 90 menit sebesar 4,70 kg/cm^2; 3,67 kg/cm^2; dan 3,30 kg/cm^2. Pengujian sensoris daging itik afkir menunjukkan pengaruh yang nyata ($P<0,05$) terhadap warna, rasa, aroma, keempukan, dan uji kesukaan tetapi berbeda tidak nyata terhadap tekstur. Berdasarkan hasil penelitian dapat disimpulkan bahwa metode pemasakan yang terbaik dengan lama waktu 90 menit dengan tekanan 15 psi.

(Kata kunci: Daging itik afkir, Pemasakan, Tekanan, Kualitas fisik, dan Sensoris).

THE INFLUENCE OF COOKING DURATION WITH PRESSURE ON PHYSICAL AND SENSORY QUALITY OF SPENT DUCK MEAT

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ABSTRACT

This aims of this research was to find the influence of cooking duration with pressure on physical and sensory quality of spent duck meat. The treatment of the duck meat was cooking duration with treatment of cooking 30 minutes, 60 minutes, and 90 minutes using pressure on spent duck meat. Physical qualities include the value of pH, water holding capacity, cooking losses, and tenderness, and sensory test include color, flavor, aroma, texture, tenderness, and acceptability. Data physical quality test were analyzed with analysis of variance, of completely randomized design. Sensory test data were analyzed with non parametric analysis by Kruskal-Wallis test Hedonic. Mean differences were tested with Duncan's New Multiple Range Test. The result of the physical quality of the test statistics indicated that the cooking duration method with pressure had significant effect ($P < 0.05$) on water holding capacity, cooking losses, and tenderness, but not significantly different in pH value. The average value of meat pH for control was 6.30 and average value with duration cooking of 30, 60, and 90 minutes were 6.41; 6.52; and 6.60. Average water holding capacity (WHC) of control was 74.70 %, and average of WHC with duration cooking 30, 60, and 90 minutes were 61.45%; 52.48%; and 43.53%. The average value of cooking loss (CL) in control was 27.67%, and the average value with duration cooking of 30, 60, and 90 minutes were 1.00%; 2.67%; and 10.50%. The average of tenderness value in control was 5.43 kg/cm^2, and average value of tenderness with duration cooking of 30, 60, and 90 minutes were 4.70 kg/cm^2; 3.67 kg/cm^2 and 3.30 kg/cm$^{2.}$ Sensory test of spent duck meat showed significant effect ($P<0.05$) of the colour, flavor, tenderness and acceptability but not significant for the texture. Based on the results of this study concluded that the best cooking method with a long 90 minutes with a pressure of 15 psi.

(Keywords: Spent duck meat, Cooking, pressure, physical and sensory quality).