

INTISARI

Ikan oci (*Rastrelliger kanagurta*) adalah ikan perairan laut yang memiliki kandungan air, protein, dan lemak yang tinggi sehingga bersifat mudah rusak (*perishable*). Oleh karena itu, perlu dilakukan metode pengawetan untuk meningkatkan umur simpan ikan oci, salah satunya dengan cara memfermentasi ikan menjadi joruk. Joruk adalah produk fermentasi ikan dengan penambahan garam, gula aren, dan nasi. Tujuan dari penelitian ini adalah untuk mengetahui pengaruh konsentrasi gula aren, waktu fermentasi, dan interaksi antara konsentrasi gula aren dan waktu fermentasi terhadap kandungan proksimat, kadar protein terlarut, dan total asam laktat joruk ikan oci.

Ikan oci yang telah berbentuk filet akan diperam selama 48 jam dengan penambahan garam sebanyak 25% (b/b). Setelah itu, ditambahkan garam dapur 3,5% (b/b), nasi IR-64 10% (b/b), dan gula aren 10%, 20%, dan 30% (b/b). Ikan lalu difermentasi selama 8, 10, dan 12 hari. Konsentrasi gula aren yang semakin banyak pada joruk ikan oci menurunkan kadar air, kadar abu, dan kadar protein produk, namun meningkatkan kadar karbohidrat dan total asam laktat produk. Waktu fermentasi yang semakin lama pada joruk ikan oci menurunkan kadar air, kadar abu, kadar protein produk, namun meningkatkan kadar karbohidrat dan kadar protein terlarut produk. Terdapat interaksi antara perlakuan konsentrasi gula aren dan waktu fermentasi terhadap kadar air joruk ikan oci.

Kata kunci: Ikan oci (*Rastrelliger kanagurta*), joruk, gula aren, waktu fermentasi

ABSTRACT

Oci fish (*Rastrelliger kanagurta*) is a marine fish with high water, protein, and fat content which causes it to be easily perishable. Hence preservation technique is needed to increase its shelf-life, for example by fermenting oci fish into joruk. Joruk is a product of fish fermentation with the addition of salt, palm sugar, and rice. The purpose of this research is to determine the effect of palm sugar concentration, fermentation duration, and the interaction between palm sugar concentration and fermentation duration to proximate composition, total soluble protein, and total lactic acid of oci fish joruk.

Oci fish fillet was brined for 48 hours by adding 25% (w/w) salt. Then, 3,5% (w/w) salt, 10% (w/w) IR-64 rice, and 10%, 20%, and 30% (w/w) palm sugar were added to the fish. Oci fish was then fermented for 8, 10, and 12 days. The increase in palm sugar concentration decreased the water content, ash content, and protein content of the product but increased the total carbohydrate and total lactic acid of the product. The increase in fermentation duration decreased the water content, ash content, and protein content but increased the total carbohydrate and total soluble protein of the product. There was an interaction between palm sugar concentration and fermentation duration to water content of oci fish joruk.

Keywords: Oci fish, joruk, palm sugar, fermentation duration