

**PENGARUH KONSENTRASI GULA AREN DAN LAMA FERMENTASI
JORUK IKAN OCI (*Rastrelliger kanagurta*) TERHADAP
KARAKTERISTIK KIMIAWI, FISIK, DAN SENSORIS**

ABSTRAK

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Ikan oci adalah ikan dari Gorontalo yang biasanya dikonsumsi oleh masyarakat setempat. Kandungan protein yang tinggi membuat ikan ini mudah rusak (*perishable food*). Oleh karena itu, metode pengawetan diperlukan untuk memperpanjang umur simpan. Salah satunya yaitu dengan pembuatan Joruk, produk fermentasi ikan secara spontan dengan penambahan garam, nasi, dan gula aren.

Penelitian ini bertujuan untuk mengetahui pengaruh lama fermentasi (8, 10 dan 12 hari) dan konsentrasi gula aren (10%, 20%, dan 30%) terhadap nilai pH, kadar garam, aktivitas antioksidan, dan tekstur Joruk ikan oci. Selain itu, juga bertujuan untuk mengetahui durasi fermentasi dan konsentrasi gula aren yang disukai panelis.

Semakin tinggi konsentrasi gula aren dapat menurunkan nilai pH dan kadar garam Joruk, sementara aktivitas antioksidan dan kekerasan tekstur meningkat ($p < 0,05$). Semakin lama waktu fermentasi dapat menurunkan nilai pH, kadar garam, dan kekerasan tekstur, sementara aktivitas antioksidan meningkat ($p < 0,05$). Joruk ikan oci yang paling disukai, berdasarkan uji hedonik adalah ikan oci yang difermentasi selama 8 hari dengan penambahan gula aren 10%.

Kata kunci: joruk, ikan oci, karakteristik kimia, sensoris.

EFFECTS OF PALM SUGAR CONCENTRATION AND FERMENTATION TIME OF OCI FISH (*Rastrelliger kanagurta*) JORUK ON CHEMICAL, PHYSICAL, AND SENSORY CHARACTERISTICS

ABSTRACT

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Oci is a fish from Gorontalo that is usually consumed by local people. Due to its high protein content, this fish is easily damaged (perishable food). Therefore, preservation methods are needed to extend its shelf life. One of the ways to preserve is by making it into Joruk, a product of fish fermented naturally by adding salt, rice, and palm sugar.

This study aimed to determine the effect of the duration of fermentation (8, 10 and 12 days) and the concentration of palm sugar (10%, 20%, and 30%) to pH value, salt content, antioxidant activity, and texture of Joruk oci fish. Besides, it also aimed to find out the optimal variable which gave the highest preference for sensory attributes among the panelists.

Result, the higher concentration of palm sugar decreased the pH value and salt content of Joruk (oci fish), whilst the antioxidant activity and the texture hardness were increased ($p < 0.05$). Meanwhile, the longer fermentation time decreased the pH value, salt content, and the texture hardness, whereas the antioxidant activity was increased ($p < 0.05$). The most preferred Joruk (oci fish) based on the hedonic test was oci fish treated with 8 days of fermentation and addition of 10% palm sugar.

Keywords: joruk, oci fish, chemical content, sensory.