

Intisari

Penelitian ini bertujuan untuk mengetahui pengaruh sterilisasi serta lama penyimpanan terhadap kandungan gizi dan penerimaan konsumen produk lele asap *retort pouch* dengan berbagai bumbu tradisional Indonesia. Bumbu tradisional yang digunakan sebagai medium antara lain rendang, sambal balado, dan sambal goreng. Lele yang digunakan berbentuk potongan filet *skinless* dengan ukuran kurang lebih 2x3 cm² dan diasap menggunakan asap cair 10% pada suhu 90°C selama 2 jam. Medium ditambahkan pada saat sebelum sterilisasi. Proses sterilisasi dilakukan pada suhu 121°C selama 20 menit. Pengujian yang dilakukan meliputi uji proksimat untuk mengetahui kandungan gizi dan hedonik untuk mengetahui penerimaan konsumen. Uji proksimat (kadar protein, abu, air, lemak, dan karbohidrat) dilakukan selama setiap 4 minggu sekali selama 8 minggu masa penyimpanan. Uji hedonik (kenampakan, aroma, rasa, tekstur, dan penerimaan keseluruhan) dilakukan setiap 2 minggu sekali selama 8 minggu penyimpanan. Hasil penelitian menunjukkan bahwa sterilisasi dan masa penyimpanan tidak mempengaruhi kandungan gizi dan penerimaan konsumen produk lele asap *retort pouch*. Kandungan gizi lele asap *retort pouch* masih memenuhi standar dan nilai penerimaan konsumen dari “agak suka” hingga “suka”. Medium rendang memiliki nilai kesukaan 5,00-6,70, medium sambal balado memiliki nilai dari 5,15-6,13, dan medium sambal goreng memiliki nilai 5,07-6,58.

Kata kunci : bumbu tradisional, kandungan gizi, lele asap, penerimaan konsumen, *retort pouch*

Abstract

The aims of this research were to analyze the affect of sterilization and storage period to nutritional content and consumer acceptability of smoked catfish in three different Indonesian traditional seasonings package with retort pouch. Traditional seasonings used as a medium were rendang, sambal balado, and sambal goreng. The smoked catfish was prepared by dipping the 2x3 cm² catfish fillet in 10% of liquid smoke and dried at 90°C for 2 hours. The mediums were then added prior the sterilization process. The sterilization process was conducted at 121°C for 20 minutes. The analysis includes proximate analysis for nutritional content and hedonic test for consumer acceptability. Proximate analysis (crude protein, ash, moisture, fat, and carbohydrate) was analyzed every 4 weeks during 8 weeks period of storage. Hedonic test (appearance, odor, flavor, texture, overall acceptance) was analyzed every 2 weeks during 8 weeks period of storage. The results showed that sterilization and storage period did not affect nutritional content and consumer acceptability of smoked catfish retort pouch. Nutritional content still meet the standards after sterilization and during storage period and the most of panelists showed “rather like” to “like” on all products of smoked catfish retort pouch. The result of hedonic test is 5,00-6,70 for rendang, 5,15-6,13 for sambal balado, and 5,07-6,58 for sambal goreng.

Keywords : consumer acceptability, nutritional content, retort pouch, smoked catfish, traditional seasonings