

Intisari

Biji picung telah terbukti efektif untuk mengawetkan ikan karena memiliki senyawa antibakteri. Kombinasi pemberian biji picung dan pengemasan adalah upaya pemanfaatan bahan pengawet alami untuk mempermudah transportasi ikan segar. Penelitian ini bertujuan untuk mengetahui pengaruh pemberian biji picung dan pengemasan terhadap mutu kesegaran (organoleptik, kimia, mikrobiologi) dari nila merah pada penyimpanan suhu kamar. Nila merah yang digunakan berukuran ± 200 gram per ekor dengan bahan pengemas plastik polietilen 0,3 mm. Perlakuan biji picung terdiri atas 2%, 4% dan 6% dari berat ikan serta perlakuan pengemasan vakum dan non vakum. Ikan disimpan pada suhu ruangan ($20 - 27^{\circ}\text{C}$) dan diuji pada hari ke 0, 3, 6 dan 9 dengan pengujian kimia (pH, TVB), mikrobiologi (TPC), dan organoleptik. Hasil pengujian menunjukkan penambahan konsentrasi picung berpengaruh nyata terhadap parameter TVB, pH, TPC nila merah selama penyimpanan suhu kamar, sedangkan metode pengemasan (vakum & non vakum) hanya berpengaruh nyata pada parameter TPC. Perlakuan terbaik diperoleh dari pengemasan vakum dengan penambahan biji picung 6% (a1b4) karena nilai organoleptik yang masih dapat diterima (nilai 7) hingga hari ke 3, TVB 2,66 mgN%, pH 6,7 dan TPC $1,46 \times 10^5$ cfu/g.

Kata kunci: Antibakteri, biji picung, mutu, nila merah, vakum

Abstract

Picung seeds have been shown to be effective in preserving fish because they have antibacterial compounds. The combination of providing picung seeds and packaging is an effort to use natural preservatives to facilitate the transportation of fresh fish. The aim of this study was to determine the effect of giving picung seeds and packaging on freshness quality (organoleptic, chemical, microbiological) of red tilapia at room temperature storage. The red tilapia used is ± 200 grams per head with 0.3 mm polyethylene plastic packaging material. The treatment of picung seeds consisted of 2%, 4% and 6% of the fish weight as well as vacuum and non-vacuum packaging treatments. Fish were stored at room temperature (20 - 27°C) and tested on days 0, 3, 6 and 9 by chemical (pH, TVB), microbiological (TPC), and organoleptic testing. The test results showed that the addition of picung concentration had a significant effect on the parameters of TVB, pH and TPC of red tilapia during room temperature storage, while the packaging method (vacuum & non-vacuum) only had a significant effect on the TPC parameters. The best treatment showed by the addition of 6% picung seeds with vacuum packaging (a1b4) because the organoleptic value was still acceptable (value 7) until day 3, TVB 2.66 mgN%, pH 6.7 and TPC 1.46×10^5 cfu/g.

Keywords: Antibacterial, picung seed, quality, red tilapia, vacuum