

## PENGARUH METODE PEMASAKAN TERHADAP KUALITAS FISIKOKIMIA, PROFIL ASAM LEMAK DAN KOLESTEROL DAGING AYAM KEDU

### INTISARI

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Penelitian ini bertujuan untuk mengetahui berbagai pengaruh metode pemasakan terhadap kualitas fisikokimia, profil asam lemak, dan kolesterol daging ayam Kedu. Penelitian ini direncanakan dilaksanakan dalam tiga tahap yaitu tahap persiapan bahan, perlakuan penelitian, dan tahap pengujian. Tahap penyiapan bahan berupa pemilihan ayam dengan jenis kelamin, bobot, dan umur yang relatif sama di Kecamatan Kedu Kabupaten Temanggung Jawa Tengah. Tahap perlakuan penelitian ini adalah memasak daging ayam dengan tiga metode, yaitu direbus, digoreng, dan *microwave*. Selanjutnya tahap pengujian meliputi kualitas fisik dan kimia daging ayam. Hasil penelitian menunjukkan bahwa perebusan, penggorengan, dan pemasakan *microwave* berpengaruh sangat nyata ( $P < 0,01$ ) terhadap kandungan air, lemak, protein, dan kolagen daging ayam. Kualitas fisik daging menunjukkan bahwa daging ayam yang dimasak dengan metode berbeda berpengaruh nyata ( $P < 0,05$ ) terhadap nilai pH daging ayam, dan berpengaruh sangat nyata ( $P < 0,01$ ) terhadap susut masak, keempukan, dan daya ikat air daging ayam. Metode memasak yang berbeda berpengaruh sangat nyata ( $P < 0,01$ ) terhadap SFA (*Saturated Fatty Acid*), MUFA, (*Monounsaturated Fatty Acid*) PFA (*Polyunsaturated Fatty Acid*), dan UNFA (*Unsaturated Fatty Acid*) daging ayam Kedu, daging. Kolesterol daging menunjukkan hasil yang sangat signifikan ( $P < 0,01$ ) dengan metode pemasakan berbeda. Berdasarkan hasil penelitian, kualitas kimia dan fisik memasak dengan metode rebus sedangkan profil asam lemak dan kolesterol memasak dengan metode *microwave* lebih baik dibandingkan dengan dua metode memasak lainnya.

**Kata kunci** : Metode pemasakan, Kualitas fisikokimia ayam, Profil asam lemak ayam, Kolesterol daging ayam, Daging Ayam Kedu

## THE EFFECT OF COOKING METHODS ON PHYSICOCHEMICAL QUALITY, FATTY ACID PROFILE AND CHOLESTEROL OF KEDU CHICKEN MEAT

### ABSTRACT

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This study aims to determine the effect of cooking methods on physicochemical quality, fatty acid profile, and cholesterol of Kedu chicken meat. This research was planned to be carried out in three stages, namely the preparation of materials, research treatment, and the testing stage. The preparation stage of the materials is the selection of chickens with relatively the same sex, weight, and age in the Kedu District, Temanggung Regency, Central Java. The treatment stage of the research was cooking chicken meat with four treatments fresh meat, boiling, frying, and microwave. Furthermore, the testing phase includes the physical and chemical quality of chicken meat. The results showed that boiling, frying, and microwave cooking had a very significant effect ( $P < 0,01$ ) on water, fat, protein, and collagen content of chicken meat. The physical quality of meat showed that chicken meat cooked using different methods had a significant effect ( $P < 0,05$ ) on the pH value of chicken meat, and had a very significant effect ( $P < 0,01$ ) on cooking loss, tenderness, and water holding capacity of chicken meat. The cooking method had a very significant effect ( $P < 0,01$ ) on SFA (Saturated Fatty Acid), MUFA, (Monounsaturated Fatty Acid) PFA (Polyunsaturated Fatty Acid), dan UNFA (Unsaturated Fatty Acid) of Kedu chicken, meat. Cholesterol of meat showed a very significant result ( $P < 0,01$ ) with different cooking methods. Based on the research results, the chemical and physical quality of cooking using the boiled method, while the fatty acid profiles and cholesterol of cooking using the microwave method were better than the other two cooking methods.

**Keywords** : Cooking methods, Chicken physicochemical quality, Chicken fatty acid profile, Cholesterol chicken meat, Kedu chicken meat