

PENGARUH TEMPERATUR DAN LAMA PEMASAKAN TERHADAP KOMPOSISI KIMIA DAN POTENSI ANTIOKSIDAN DAGING SAPI

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INTISARI

Penelitian ini bertujuan untuk mengetahui pengaruh temperatur dan lama pemasakan terhadap komposisi kimia serta kemampuan antioksidan daging sapi. Temperatur dan lama pemasakan akan berpengaruh terhadap kandungan dan pencernaan protein dalam daging. Proses pemasakan membuat protein daging memiliki potensi antioksidan yang bermanfaat bagi kesehatan tubuh. Materi yang digunakan pada penelitian ini adalah daging sapi Peranakan Ongole bagian *Longissimus dorsi*. Perlakuan dalam penelitian ini terdiri dari temperatur pemasakan (80 dan 90°C) dan lama pemasakan (30, 45 dan 60 menit), dengan ulangan sebanyak tiga kali. Data yang diambil meliputi komposisi kimia yang meliputi kadar air, kadar lemak dan protein terlarut; potensi antioksidan. Data komposisi kimia dan potensi antioksidan dianalisis dengan analisis variansi pola faktorial 2x3. Perbedaan rata-rata diuji dengan uji beda berganda *Duncan's New Multiple Range Tests*. Hasil penelitian menunjukkan bahwa perlakuan temperatur dan lama pemasakan tidak mempengaruhi kadar air dan kadar lemak pada daging sapi, tetapi temperatur dan lama pemasakan mempengaruhi kadar protein terlarut dan potensi antioksidan dari daging sapi. Daging sapi dengan temperatur 80°C dengan lama pemasakan 30 menit memiliki kadar protein terlarut dan potensi antioksidan tertinggi. Temperatur dan lama pemasakan terbukti mempengaruhi komposisi kimia dan potensi antioksidan pada daging sapi.

Kata kunci : Daging sapi, Temperatur pemasakan, Lama pemasakan,
Komposisi kimia dan Potensi antioksidan

THE EFFECT OF TEMPERATURE AND COOKING TIME ON CHEMICAL COMPOSITION AND ANTIOXIDANT POTENTIAL OF BEEF

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ABSTRACT

This research was conducted to investigate the effect of temperature and cooking time on chemical composition and antioxidant potential of beef. Temperature and cooking time affected protein contents and digestibility. Cooking process made beef protein have antioxidant potential which benefit into human health. The material used in this study was Ongole Crossbreed beef of *Longissimus dorsi*. This research used two level cooking temperature (80 and 90°C) and cooking time (30, 45 and 60 minutes) with three replications. The data observed were chemical composition consisted of moisture, fat and soluble protein contents; and antioxidant potential. The data of chemical composition and antioxidant potential were analyzed by analysis of variance of 2x3 factorials. The mean differences were tested by Duncan's New Multiple Range Test. The results of this research showed that temperature and cooking time did not influence moisture and fat content of beef, but they influence the soluble protein content and antioxidant potential. Beef with temperature of 80°C and cooking time of 30 minutes had the highest contents of soluble protein and antioxidant potential. Temperature and cooking time could affect chemical composition and antioxidant potential of beef.

Key words : Beef, Cooking temperature, Cooking time, Chemical composition and Antioxidant potential