

**PENGARUH LAMA WAKTU PEMERAMAN ADONAN TERHADAP  
KUALITAS FISIK, SENSORIS DAN MIKROSTRUKTUR BAKSO  
DAGING AYAM**

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**INTISARI**

Penelitian ini bertujuan untuk mengetahui pengaruh lama waktu pemeraman adonan terhadap kualitas fisik, sensoris, dan mikrostruktur bakso daging ayam. Bahan-bahan yang digunakan dalam pembuatan bakso adalah daging ayam broiler bagian dada, garam, bawang merah goreng, merica, bawang putih, misonyal, tepung tapioka dan air es. Pembuatan bakso dilakukan dengan beberapa tahap yaitu penggilingan daging ayam, penyiapan bahan-bahan, *chopping* bahan-bahan, pemeraman adonan, pembulatan adonan dan perebusan. Perlakuan pemeraman adonan meliputi 0 (kontrol), 30, 60, 90 dan 120 menit. Variabel yang diukur adalah kualitas fisik (nilai pH, daya ikat air, dan keempukan), kualitas sensoris (warna, rasa, aroma/bau, tekstur, kekenyalan, dan daya terima) dan mikrostruktur. Data kualitas fisik dianalisis dengan analisis variansi dari rancangan acak lengkap atau *Completely Randomized Design* (CRD) pola searah. Data kualitas sensoris diuji dengan analisis statistik non parametrik dengan uji Hedonik Kruskal Wallis. Uji mikrostruktur bakso dianalisis secara deskriptif. Hasil penelitian menunjukkan bahwa lama waktu pemeraman adonan memberikan pengaruh ( $P < 0,01$ ) terhadap kualitas fisik meliputi nilai pH, daya ikat air dan keempukan. Lama waktu pemeraman adonan memberikan pengaruh yang berbeda nyata ( $P < 0,05$ ) terhadap nilai warna bakso. Mikrostruktur bakso daging ayam menunjukkan perbedaan antar perlakuan. Kesimpulan yang didapat pada penelitian ini yaitu lama waktu pemeraman adonan bakso ayam terbaik berdasarkan kualitas fisik, sensoris dan mikrostruktur yaitu pemeraman adonan selama 30 menit.

(Kata Kunci: Bakso Daging Ayam, Pemeraman Adonan, Kualitas Fisik, Kualitas Sensoris, Mikrostruktur)

## **THE EFFECT OF DURATION OF DOUGH RIPENING ON PHYSICAL, SENSORY AND MICROSTRUCTURE QUALITIES OF CHICKEN MEATBALLS**

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### **ABSTRACT**

The experiment was conducted to investigate the effect of duration of dough ripening on physical, sensory and microstructure qualities of chicken meatballs. The components of chicken meatballs were broiler chicken meat breast, salt, fried onion, pepper, garlic, misonyal, tapioca flour and water ice. Meatballs was made with several stages of grinding chicken, ingredients preparation, ingredients chopping, dough ripening, dough rounding, and boiling. Duration of dough ripening were 0 (control), 30, 60, 90 and 120 minutes. The variables that measured were physical qualities (pH value, water holding capacity, and tenderness), sensory qualities (colour, taste, flavour, texture, elasticity, and acceptability) and microstructure. The data of physical qualities were analyzed using One Way ANOVA. The data of sensory qualities were tested using non parametric tests with Kruskal Wallis Hedonik Test. Microstructure test were analyzed descriptively. The results showed that duration of dough ripening showed significant differences ( $P < 0.01$ ) on physical qualities included pH value, water holding capacity, and tenderness. Duration of dough ripening showed significant differences ( $P < 0.05$ ) on colour value, but all treatment did not show significant differences in taste, flavour, texture, elasticity, and acceptance value of sensory qualities meatballs. The results of microstructure observed of chicken meatballs showed different microstructure between all treatments. It could be concluded that the best duration of dough ripening of chicken metaballs based on physical qualities, sensory qualities and microstructure qualities was 30 minutes ripening.

(Key Words: Chicken Meatballs, Dough Ripening, Physical Quality, Sensory Quality, Microstructure)