

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA
POLITEKNIK KESEHATAN KEMENKES RIAU
JURUSAN DIIRI GIZI**

FITRI MELENI

**Tingkat Kesukaan Dan Analisa Kadar Protein Nugget Tahu Dengan
Penambahan Jamur Merang (*Volvariella Volvaceae*)**

xv,48 Halaman +11 Tabel + 7 Gambar + 13 Lampiran

INTISARI

Nugget tahu merupakan olahan beku (*frozen food*) bermanfaat dalam memperpanjang masa simpan tahu. *Nugget* tahu adalah suatu produk olahan dengan bahan dasar tahu yang dikukus, dicetak dan melalui proses pemaniran kemudian digoreng dan dibekukan. Selain penggunaan tahu, pembuatan nugget tahu dengan penambahan jamur merang diharapkan dapat menjadi makanan olahan kudapan tinggi protein. Tujuan dari penelitian ini adalah untuk mengetahui tingkat kesukaan dan kadar protein nugget tahu dengan penambahan jamur merang.

Desain penelitian menggunakan Rancangan Acak Lengkap (RAL) dengan 4 perlakuan, yaitu dengan perlakuan P0 tanpa penambahan jamur merang (sebagai kontrol), perlakuan P1 penambahan jamur merang sebanyak (50%), perlakuan P2 penambahan jamur merang sebanyak (75%), dan perlakuan P3 penambahan jamur merang sebanyak (90%). Uji tingkat kesukaan dilakukan di Lab Pangan Poltekkes Kemenkes Riau dengan panelis agak terlatih sebanyak 25 orang. Uji kadar protein dilakukan di Laboratorium Analisis Hasil Pertanian Fakultas Pertanian Universitas Riau dengan metode kjedahl.

Berdasarkan analisa data dengan menggunakan uji *one-way ANOVA* didapatkan hasil adanya pengaruh nyata terhadap penambahan jamur merang dengan tingkat kesukaan pada *nugget* tahu jamur merang dari segi rasa yaitu 0.004 $p(<0.01)$. Dan tidak ada pengaruh nyata terhadap penambahan jamur merang dengan tingkat kesukaan pada *nugget* tahu jamur merang dari segi warna yaitu 0.377 $p(>0.01)$, aroma yaitu 0.453 $p(>0.01)$ dan tekstur yaitu 0,836 $p(>0.01)$. Hasil kadar protein nugget tahu tertinggi adalah 12.05% dengan penambahan jamur merang 90%. Dari setiap perlakuan dapat diketahui tingkat kesukaan rasa, aroma dan kadar protein yang sangat disukai dengan penambahan jamur merang pada P3 sebanyak (90%)

Daftar Pustaka : 22 referensi

Kata Kunci : Nugget, Tahu, Jamur Merang, Tingkat Kesukaan

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA
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PROGRAM STUDI DIPLOMA III GIZI**

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**Likes And Analysis Of Protein Content With The Addition Of Mushrooms
Nugget Tofu Merang (*Volvariella Volvaceae*)**

xv,48 Pages +11 Table + 7 Picture + 13 Attachment

ESSENCE

Tofu nuggets are frozen food that is useful in extending the shelf-life of tofu. Tofu nuggets are a processed product with tofu as basic ingredients which are steamed, molded and going through a harvesting process then frozen and fried. Apart from using tofu, making tofu nuggets with the addition of mushrooms is expected to be a high protein processed food. The purpose of this study was to determine the preference level and protein content of tofu nuggets with the addition of edible mushrooms.

Design using a completely randomized design (CRD) with 4 treatments, namely with P0 treatment without the addition of edible mushrooms (as a control), P1 treatment of the addition of edible mushrooms (50%), P2 treatment of addition of straw mushrooms (75%), and P3 treatment the addition of mushroom (90%). The level preference test was carried out at the Food Lab of the Health Polytechnic of the Ministry of Health Riau, with a fairly trained panel of 25 people. The protein content test was carried out at the Laboratory of Agricultural Product Analysis, Faculty of Agriculture, Riau University using the kjedahl method.

Based on data analysis using the one-way ANOVA test, it was found that there was a significant effect on the addition of edible mushroom with the level of preference for mushroom tofu nuggets and the level of preference for mushroom tofu nuggets in terms of taste, namely 0.004 $p(<0.01)$. And there is no real effect on the addition of straw mushrooms with the level of preference for mushroom tofu nuggets in terms of color, namely 0.377 $p(>0.01)$, the scents is 0.453 $p(>0.01)$ and texture is 0,836 $p(>0.01)$. the result of the highest tofu protein nuggets is 12.05% with the addition of mushroom 90%. From each treatment, it can be seen that the level of taste, aroma and protein content is highly preferred by adding edible mushroom P3 as much 90%.

Bibliography : 22 Reference

Keywords : Nugget, Tofu, Mushrooms, Favorite Level