

ABSTRAK

BADZLINA FARAHIYATI JF. Kadar Protein dan Sifat Organoleptik Lasagna Goreng dengan Substitusi Ikan Patin. Dibimbing oleh Sri Mulyani, STP, M.Si dan Dra. Lily Restusari, M.Farm, Apt.

Pasta merupakan produk olahan tepung terigu yang digemari masyarakat Indonesia, salah satunya lasagna. Ikan patin mencatat tingkat produksi ikan tertinggi di Provinsi Riau yaitu sebanyak 30.967 ton pada tahun 2020. Peningkatan kandungan protein dilakukan dengan substitusi tepung terigu dengan ikan patin sebagai sumber protein. Tujuan penelitian ini untuk mengetahui kadar protein dan sifat organoleptik lasagna goreng dengan substitusi ikan patin. Penelitian ini bersifat eksperimental dengan desain penelitian Rancangan Acak Lengkap (RAL) dengan substitusi ikan patin yaitu 0%, 30%, 35%, dan 40% ikan patin. Pengujian hedonik dilakukan pada 15 panelis agak terlatih di Laboratorium Pangan Poltekkes Kemenkes Riau. Pengukuran kadar protein dilakukan di Laboratorium Hasil Perikanan dan Kelautan Universitas Riau dan UPT Pengujian dan Sertifikasi Mutu Barang dengan Metode Kjeldahl. Analisis data dilakukan dengan uji One Way Anova dan uji lanjut Duncan. Berdasarkan penelitian yang telah dilakukan diperoleh hasil bahwa tingkat kesukaan rasa dan aroma yang paling disukai panelis adalah perlakuan 3 (40% daging ikan patin). Sedangkan tingkat kesukaan tekstur yang paling disukai panelis adalah kontrol akan tetapi tidak berbeda nyata dengan perlakuan 1 dan perlakuan 2. Berdasarkan hasil uji statistik lasagna goreng dengan substitusi ikan patin $p < 0,05$ memberikan pengaruh nyata pada tingkat kesukaan rasa, tekstur dan aroma. Sedangkan tidak memberikan pengaruh nyata pada warna. Perlakuan terbaik yaitu pada perlakuan 2 (35% daging ikan patin) dengan biaya produksi Rp.82.467/kg.

Kata Kunci : Lasagna, Ikan Patin, Uji Hedonik, Kadar Protein

ABSTRACT

BADZLINA FARAHIYATI JF. Protein Content and Organoleptic Properties of Fried Lasagna with Catfish Substitution. Supervised by Sri Mulyani, STP, M.Si and Dra. Lily Restusari, M.Farm, Apt.

Pasta is a processed wheat flour product that is favored by the Indonesian people, one of which is lasagna. Patin fish recorded the highest level of fish production in Riau Province, which was 30,967 tons in 2020. Increasing protein content is done by substituting wheat flour with catfish as a source of protein. The purpose of this study was to determine the protein content and organoleptic properties of fried lasagna with catfish substitution. This research is experimental with a Completely Randomized Design (CRD) research design with the substitution of catfish, namely 0%, 30%, 35%, and 40% catfish. Hedonic testing was conducted on 15 moderately trained panelists at the Food Laboratory of the Poltekkes Kemenkes Riau. Measurement of protein content was carried out at the Riau University Fishery and Marine Products Laboratory and UPT Testing and Certification of Goods Quality using the Kjeldahl Method. Data analysis was done with One Way Anova test and Duncan's further test. Based on the research that has been done, the results show that the level of flavor and aroma that is most liked by panelists is treatment 3 (40% catfish meat). Based on the results of the statistical test of fried lasagna with catfish substitution $p < 0.05$, it gives a real influence on the level of liking of taste, texture and aroma. While not giving a real influence on color. The best treatment is treatment 2 (35% catfish meat) with a production cost of Rp.82,467/kg.

Keywords: Lasagna, Catfish, Hedonic Test, Protein Content