ABSTRAK

NUR FADILA. Tingkat Kesukaan dan Uji Kadar Protein Sempol Ayam dengan Substitusi Ikan Patin, Dibimbing oleh Hesti Atasasih, SP, M.KM and Dewi Erowati, S.Gz, MPH.

Protein yang terkandung pada makanan jajanan masih rendah yaitu 4,7%. Indonesia menargetkan angka konsumsi ikan pada 2024 sebesar 62,5 kg/kapita. Kementerian Kelautan dan Perikanan mencatat angka konsumsi ikan nasional pada 2021 yaitu 55,16 kg/kapita. Data tersebut menunjukkan bahwa konsumsi ikan di Indonesia belum merata. Salah satu ikan yang banyak dikembangkan di Riau ialah Ikan Patin. Untuk pengolahan potensi pangan lokal di Riau, peneliti membuat sempol ayam dengan substitusi ikan patin. Tujuan penelitian adalah mengetahui tingkat kesukaan panelis terhadap warna, aroma, rasa, tekstur dan kadar protein. Penelitian ini bersifat eskperimental menggunakan Rancangan Acak Lengkap (RAL) pada 1 kontrol dan 3 perlakuan yang menggunakan 25 panelis agak terlatih. Perlakuan terdiri dari P0(100% daging ayam), P1(60% ayam;40% ikan patin), P2(50% daging ayam;50% ikan patin) dan P3(40% daging ayam;60% ikan patin). Hasil Penelitian menunjukkan bahwa nilai tertinggi panelis terhadap kesukaan warna, aroma dan tekstur pada perlakuan 2 dan sedangkan pada rasa, panelis lebih menyukai perlakuan 3. Hasil uji kadar protein pada P0=4,29 gr; P1=8,72 gr; P2=9,73 dan P3=10,6 gr. Sehingga ada 3 perlakuan yaitu P1, P2 dan P3 yang sudah memenuhi syarat protein mutu bakso yaitu minimal 8,0 gr untuk setiap tusuk sempolnya.

Kata Kunci : Ayam, ikan patin, protein, sempol.

ABSTRACT

NUR FADILA, Level of Likeability and Test of Chicken Sempol Protein Content with Patin Fish Substitution. Guided By Hesti Atasasih, SP, M.KM and Dewi Erowati, S.Gz, MPH.

The protein contained in snack foods is still low, namely 4.7%. Indonesia is targeting fish consumption in 2024 of 62.5 kg/capita. The Ministry of Maritime Affairs and Fisheries recorded the national fish consumption rate in 2021, namely 55.16 kg/capita. The data shows that fish consumption in Indonesia is not evenly distributed. One of the many fish developed in Riau is the Catfish. To process local food potential in Riau, researchers made chicken sempol with catfish substitution. The aim of the study was to determine the panelists' preference for color, aroma, taste, texture and protein content. This study was experimental using a completely randomized design (CRD) on 4 treatments and using 25 somewhat trained panelists. The treatments consisted of P0(100% chicken meat), P1(60% chicken;40% catfish), P2(50% chicken meat;50% catfish) and P3(40% chicken meat;60% catfish). The results showed that the panelist's highest score for color, aroma and texture preference was in treatment 2 and while in taste, panelists preferred treatment 3. The test results for protein levels at P0 = 4,29 gr; P1=8,72 gr; P2=9,73 and P3=10,6 gr. So that there are 3 treatments, namely P1, P2 and P3 which have met the meatball quality protein requirements, namely at least 8.0 grams for each skewer.

Keywords : Chicken, catfish, protein, sempol.