

ABSTRAK

Ayu Lena Ritonga. Uji Tingkat Kesukaan dan Kadar Protein Bakpao Isi Ikan Patin Dengan Pewarna Bunga Telang. Dibimbing oleh Roziana, SST,M.Gizi dan Dewi Rahayu, M.Si.

Bakpao merupakan makanan tradisional Tionghoa yang sudah banyak dikonsumsi di berbagai negara salah satunya Indonesia. Bakpao biasanya menggunakan isian daging merah yang memiliki harga yang lebih mahal dan Bentuk bakpao yang bulat berwarna putih kurang menarik karena tampilannya yang polos oleh karena itu ikan air tawar yang banyak dikembangkan di Indonesia adalah ikan patin memiliki harga relatif murah sedangkan bunga telang tanaman yang berasal asli Indonesia yang sangat mudah ditemukan. Tujuan penelitian untuk mengetahui tingkat kesukaan dan kadar protein bakpao isi ikan patin dengan pewarna bunga telang. Penelitian ini menggunakan metode eksperimental dengan desain penelitian Rancangan Acak Lengkap (RAL) dengan tiga perlakuan. Uji tingkat kesukaan dilakukan oleh 25 panelis agak terlatih di Laboratorium Pangan Poltekkes Riau dengan analisa data menggunakan uji *one way anova* dan uji *Duncan* sebagai pembedanya sedangkan kadar protein di Laboratorium Unri. Adapun perlakuannya (P0) bakpao isi daging sapi tanpa penambahan bunga telang, (P1) bakpao dengan isi ikan patin 60 gr penambahan bunga telang 30 gr dan (P2) bakpao isi ikan patin 80 gr dengan penambahan bunga telang 30 gr. Hasil penelitian menyatakan terdapat pengaruh nyata terhadap warna bakpao isi ikan patin pewarna bunga telang dan tidak terdapat pengaruh nyata terhadap aroma, rasa dan tekstur bakpao. Perlakuan terbaik dari tingkat kesukaan ialah P2. Kadar protein P1 6,5528 gr/% dan P2 8.0020 gr/% mencukupi minimal kadar protein bakpao menurut SNI 5%. Berdasarkan hasil penelitian di atas, untuk penelitian selanjutnya mengembangkan produk ini dengan menambahkan protein sehingga kandungan gizi pada produk akan meningkat dan menambahkan warna alami agar lebih menarik.

Kata kunci : Bakpao, Ikan Patin, Bunga Telang, Kadar Protein

ABSTRACT

Ayu Lena Ritonga. Test the Level of Likeability and Protein Content of Bakpao Filled with Catfish With Butterfly Pea Flower Coloring. Supervised by Roziana, SST,M.Gizi and Dewi Rahayu, M.Si.

Bakpao is a traditional Chinese food that has been widely consumed in various countries, one of which is Indonesia. Bakpao usually uses red meat filling which has a higher price and the shape of the round white bun is less attractive because of its plain appearance. Therefore, a freshwater fish that is widely developed in Indonesia is catfish which has a relatively cheap price, while the butterfly pea flower is a native plant. Indonesia which is very easy to find. The aim of the study was to determine the level of preference and protein content of buns filled with catfish with butterfly pea flower coloring. This study used an experimental method with a completely randomized design (CRD) with three treatments. The preference level test was carried out by 25 somewhat trained panelists at the Riau Poltekkes Food Laboratory with data analysis using the one way ANOVA test and Duncan's test as the difference while protein content was at the UNRI Laboratory. As for the treatment (P0) beef buns without the addition of butterfly pea, (P1) buns with catfish filling 60 gr adding 30 gr butterfly pea flowers and (P2) buns filled with catfish 80 gr with the addition of butterfly pea flowers 30 gr. The results of the study stated that there was a significant effect on the color of the buns filled with catfish and butterfly pea flower coloring and there was no significant effect on the aroma, taste and texture of the buns. The best treatment of the level of preference is P2. P1 protein content of 6.5528 gr/% and P2 8.0020 gr/% sufficient minimum protein content of buns according to SNI 5%. Based on the results of the research above, for further research to develop this product by adding protein so that the nutritional content of the product will increase and add a natural color to make it more attractive.

Keywords: Bakpao, Catfish, Butterfly Pea, Protein Content