ABSTRAK

NURHIDAYAH. Uji Organoleptik Modifikasi Lauk Nabati Wonton Tahu di RSUD X. Dibimbing oleh IRMA SUSAN PARAMITA dan ALKAUSYARI AZIZ.

Pelayanan gizi rumah sakit bertujuan memenuhi kebutuhan gizi pasien dan menunjang proses penyembuhan. Salah satu indikator mutu penyelenggaraan makanan adalah rendahnya sisa makanan pasien. Hasil studi pendahuluan di RSUD X menunjukkan bahwa sisa makanan pada menu lauk nabati bola-bola tahu mencapai 30%, melebihi Standar Pelayanan Minimal rumah sakit (≤20%). Salah satu upaya untuk meningkatkan daya terima makanan adalah melalui modifikasi menu menjadi wonton tahu. Penelitian ini bertujuan mengetahui kandungan zat gizi produk berdasarkan Tabel Komposisi Pangan Indonesia (TKPI) serta tingkat kesukaan panelis terhadap warna, aroma, tekstur, dan rasa. Penelitian menggunakan desain deskriptif kuantitatif dengan melibatkan 15 panelis terlatih yang terdiri atas 10 ahli gizi dan 5 pramusaji. Data dikumpulkan melalui perhitungan kandungan zat gizi menggunakan TKPI dan uji organoleptik dengan kuesioner hedonik skala 1–5, kemudian dianalisis secara deskriptif. Hasil penelitian menunjukkan bahwa seluruh panelis memberikan penilaian suka hingga sangat suka terhadap produk, yaitu warna (60,0% suka; 40,0% sangat suka), aroma (26,7% suka; 73,3% sangat suka), tekstur (33,3% suka; 66,7% sangat suka), dan rasa (40,0% suka; 60,0% sangat suka). Wonton tahu memiliki tingkat penerimaan yang sangat baik sehingga berpotensi menjadi alternatif menu lauk nabati di RSUD X.

Kata kunci: uji organoleptik, wonton tahu, lauk nabati, modifikasi menu, daya terima makanan.

ABSTRACT

NURHIDAYAH. Organoleptic Test of Modified Plant-Based Side Dish Wonton Tofu at X Regional General Hospital. Supervised by IRMA SUSAN PARAMITA and ALKAUSYARI AZIZ.

Hospital nutrition services aim to meet patients' nutritional needs and support the recovery process. One indicator of food service quality is the amount of plate waste. A preliminary study at X Regional General Hospital showed that plate waste from the tofu ball plant-based side dish reached 30%, exceeding the hospital minimum service standard (≤20%). One strategy to improve food acceptability is menu modification by developing tofu wonton. This study aimed to determine the nutritional content of the modified product based on the Indonesian Food Composition Table (TKPI) and to evaluate panelists' preferences for its color, aroma, texture, and taste. This descriptive quantitative study involved 15 trained panelists consisting of 10 nutritionists and 5 food service staff. Data were collected through nutrient calculation using the Indonesian Food Composition Table and organoleptic testing with a five-point hedonic scale, then analyzed descriptively. The results showed that all panelists rated the product as either "liked" or "strongly liked": color (60.0% liked; 40.0% strongly liked), aroma (26.7% liked; 73.3% strongly liked), texture (33.3% liked; 66.7% strongly liked), and taste (40.0% liked; 60.0% strongly liked). Tofu wonton demonstrated excellent acceptability and has the potential to be used as an alternative plant-based side dish in hospital menus.

Keywords: organoleptic test, wonton tofu, plant-based side dish, menu modification, food acceptability.