ABSTRACT

THE EFFECT OF ADDING JACKFRUIT (*Artocarpus heterophyllus*) ON THE SENSORY AND CHEMICAL CHARACTERISTICS OF SELAR TENGKEK FISH FLOSS (*Megalaspis cordyla*)

By

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Abon is a processed dry food product typically made from beef and chicken through a seasoned cooking process until dry. The addition of young jackfruit can be used as a filler in fish abon, so that the final product resembles beef abon with a fibrous texture. This study aimed to determine the optimal concentration of young jackfruit for producing selar tengkek fish abon with the best sensory and chemical characteristics. This study employed a Completely Randomized Block Design (CRBD) with 6 treatments: P0 (0 g); P1 (20 g); P2 (40 g); P3 (60 g); P4 (80 g); and P5 (100 g), each with 4 replicates. The data obtained were analyzed using Bartlett's test and Tukey's test, followed by analysis of variance (ANOVA) and post-hoc tests using the Honest Significant Difference (HSD) test at the 5% level. The results of the study indicate that the jackfruit concentration treatments used had a highly significant effect on sensory properties, including color, aroma, taste, texture, and overall acceptability, as well as a highly significant effect on the moisture content of the resulting product. Treatment P2, with the addition of 40 g of jackfruit, produced the best mackerel fish floss with the following sensory characteristics: brown color (1.90), a very distinctive fish floss flavor (2.85), a strong fish floss aroma (2.85), a crisp texture without clumping (2.90), and very high overall acceptance (2.90), as well as a moisture content of 11.66%, protein content of 42.97%, crude fiber content of 1.76%, fat content of 22.02%, and ash content of 4.05%.

Keywords: fish floss, selar tengkek fish, young jackfruit

ABSTRAK

PENGARUH PENAMBAHAN NANGKA (*Artocarpus heterophyllus*) TERHADAP KARAKTERISTIK SENSORI DAN KIMIA ABON IKAN SELAR TENGKEK (*Megalaspis cordyla*)

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Abon merupakan produk olahan makanan kering yang umumnya terbuat dari daging sapi dan ayam melalui proses pemasakan berbumbu hingga kering. Penambahan nangka muda dapat dimanfaatkan sebagai bahan pengisi pada abon ikan, sehingga hasil akhir abon ikan menyerupai abon sapi dengan tekstur yang berserat. Penelitian ini bertujuan mengetahui konsentrasi nangka muda yang optimal dalam menghasilkan abon ikan selar tengkek dengan karakteristik sensori dan kimia terbaik. Penelitian ini menggunakan metode Rancangan Acak Kelompok Lengkap (RAKL) dengan 6 perlakuan yakni P0 (0 g); P1 (20 g); P2 (40 g); P3 (60 g); P4 (80 g); dan P5 (100 g) dan 4 ulangan. Data yang diperoleh dianalisis dengan uji Barlett dan uji Tukey lalu dilanjutkan dengan analisis ragam dan uji lanjutan menggunakan uji Beda Nyata Jujur (BNJ) pada taraf 5%. Hasil penelitian menunjukkan bahwa perlakuan konsentrasi nangka yang digunakan berpengaruh sangat nyata terhadap sifat sensori yang meliputi warna, aroma, rasa, tekstur, dan penerimaan keseluruhan serta berpengaruh sangat nyata terhadap kadar air yang dihasilkan. Perlakuan P2 dengan penambahan nangka 40 g menghasilkan abon ikan selar tengkek terbaik dengan sifat sensori warna abon ikan coklat (1,90), rasa sangat khas abon ikan (2,85), aroma abon ikan kuat (2,85), tekstur renyah dan tidak menggumpal (2,90) dan penerimaan keseluruhan sangat suka (2,90) serta kadar air 11,66%, kadar protein 42,97%, kadar serat kasar 1,76%, kadar lemak 22,02% dan kadar abu 4,05%.

Kata kunci: abon ikan, ikan selar tengkek, nangka muda