ABSTRACT

THE EFFECT OF BLANCHING AND PREPARATION TO QUALITY CONTAINED ON BAMBOO SHOOTS FISH FERMENTED

By

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Fermented fish bamboo shoots (Lemea) is one of the foods that must be considered the quality of fermentation. The aim of this research was to know the influence of blanching and preparation, and the interaction between them on the best quality of bamboo shoots fish fermented. This research was set as factorial in complete randomized group design (CRBD). The first factor was blanching (B) which consists of 2 levels, they were without blanching (B0) and blanching (B1). The second factor was preparation (P) consisting of 4 levels was preparation by smoothing and stirring (P1), preparation by cutting and stirring (P2), preparation by smoothing and layering (P3), preparation by cutting and layering (P4).The data were tested by BNJ at 5% and 1% level rate. This research noticed some observations, such as total lactic acid bacteria, total volatile nitrogen, moisture content, organoleptic test (color, aroma, texture, and overall acceptability) and protein levels.

The analyse of variant showed that the blanching and preparation treatments significantly affected total volatile nitrogen and organoleptic tests (color, aroma,

texture, and overall acceptability). The best results obtained in this study was blanching treatment with cutting and stirring preparation (B1P2) with a total value of lactic acid bacteria 10,1160 log cfu/g, total volatile nitrogen 43.1388 mg / 100g, moisture content 87.9925% (b/v), color score 4,325 (yellowish white), scent score 3,7750 (rot), and texture score 4,5250 (soft) and overall acceptance 3,900 (like).

Keywords: *bamboo shoots, blanching, fish, and preparation*

ABSTRAK

PENGARUH *BLANCHING* DAN PREPARASI TERHADAP MUTU REBUNG IKAN TERFERMENTASI

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Rebung ikan terfermentasi (Lemea) merupakan salah satu makanan yang harus diperhatikan mutu hasil fermentasinya. Penelitian ini bertujuan untuk mengetahui pengaruh *blanching*, pengaruh preparasi dan interaksi antara *blanching* dan preparasi terhadap mutu rebung ikan terfermentasi terbaik. Penelitian ini disusun secara faktorial dalam Rancangan Acak Kelompok Lengkap (RAKL). Faktor pertama adalah *blanching* (B) yang terdiri atas 2 taraf yaitu tanpa *blanching* (B0) dan *blanching* (B1). Faktor kedua adalah preparasi (P) yang terdiri atas 4 taraf yaitu preparasi dengan cara dihaluskan dan diaduk (P1), preparasi dengan cara dipotong cacah dan diaduk (P2), preparasi dengan cara dihaluskan dan dilapis (P3), preparasi dengan cara dipotong cacah dan dilapis (P4). Data dianalisis lebih lanjut dengan Uji BNJ 5% dan 1%. Pengamatan yang dilakukan meliputi total bakteri asam laktat, total volatil nitrogen, kadar air, uji organoleptik (warna, aroma, tekstur, dan penerimaan keseluruhan) dan kadar protein.

Hasil analisis ragam menunjukan bahwa perlakuan blanching dan preparasi berpengaruh nyata terhadap total volatil nitrogen dan uji organoleptik (warna,

aroma, tekstur, dan penerimaan keseluruhan). Hasil terbaik pada perlakuan ini adalah perlakuan *blanching* dengan preparasi dicacah dan di aduk (B1P2) dengan nilai total bakteri asam laktat 10,1160 log cfu/g, total volatil nitrogen 43,1388 mg/100g, kadar air 87,9925% (b/v), skor warna 4,325 (putih kekuningan), skor aroma 3,7750 (busuk), dan skor tekstur 4,5250 (lunak) dan penerimaan keseluruhan 3,900 (suka).

Kata kunci: *blanching, ikan, preparasi dan rebung*