ABSTRACT

THE EFFECT OF ADDING EXTRACT FRUIT MAHKOTA DEWA (Phaleria macricarpa) ON FLOSS FISH TUHUK (Marlin)

By

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Thumped fish is very susceptible to rancidity, rancidity occurs because fatty acids at room temperature are overhauled due to hydrolysis or oxidation, so it is necessary to add antioxidants to suppress the rate of free fatty acids. The purpose of this study was to determine the effect of the addition of extracts of the mahkota dewa (Phaleria macrocarpa) on changes in free fatty acids contained in shredded Tuhuk fish (marlin) which were stored for 28 days. The antioxidants used were mahkota dewa extract with concentrations of 0%, 1%, 3%, 3% and 4%. The study was conducted using a single factor completely randomized design. The data were further tested with the Significant Difference Test (LSD) at the level of 1%. Mahkota dewa extract on abon tuhuk fish had a significant effect on changes in total free fatty acids, but had no significant effect on taste, aroma, color and texture. The concentration chosen is the addition of 4% with the criteria for a distinctive taste of shredded, not rancid aroma, dry texture, brownish yellow color, with a free fatty acid content of 7.56%, fat content 25.58%, water content 5.95% , 6.56% ash content, 29.56% protein content, 28.88% carbohydrate content, 26% sugar content and 2.71% crude fiber.

Keywords: antioxidant, crown of the gods, shredded tuhuk fish.

ABSTRAK

PENGARUH PENAMBAHAN EKSTRAK BUAH MAHKOTA DEWA (*phaleria macricarpa*) PADA ABON IKAN TUHUK (*Marlin*)

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Abon ikan tuhuk sangat rentan terhadap ketengikan, Ketengikan terjadi karena asam lemak pada suhu ruang dirombak akibat hidrolisis atau oksidasi sehingga perlu adanya penambahan antioksidan untuk menekan laju asam lemak bebas. Tujuan penelitian adalah untuk mengetahui pengaruh penambahan ekstrak buah mahkota dewa (*Phaleria macrocarpa*) terhadap perubahan asam lemak bebas yang terkandung dalam abon ikan tuhuk (*marlin)* yang disimpan selama 28 hari. Antioksidan yang digunakan yaitu ekstrak buah mahkota dewa dengan konsentrasi 0%, 1%,2% 3% dan 4%. Penelitian dilakukan menggunakan Rancangan acak Lengkap faktor tunggal. Data diuji lanjut dengan Uji Beda Nyata (BNT) pada taraf 1%. Ekstrak buah mahkota dewa pada abon ikan tuhuk berpengaruh nyata terhadap perubahan total asam lemak bebas, tetapi tidak berpengaruh nyata terhadap rasa, aroma, warna dan tekstur. Konsentrasi yang terpilih yaitu pada penambahan sebesar 4% dengan kriteria rasa khas abon, aroma tidak tengik, tekstur kering, warna kuning kecoklatan, dengan kandungan asam lemak bebas sebesar 7,56%, kadar lemak 25,58%, kadar air 5,95%, kadar abu 6,56%, kadar protein 29,56%, kadar karbohidrat 28,88%, kadar gula 26% dan serat kasar 2,71%.

Kata kunci : antioksidan, mahkota dewa, abon ikan tuhuk.