

ABSTRACT

THE EFFECT OF METHOD AND TIME OF FRYING ON NUTRITIONAL VALUE AND SENSORY CHARACTERISTICS OF SHREDDED MACKEREL SCAD FISH (*Decapterus macarellus*)

By

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Shredded mackerel scad fish is a diversification of fishery product that has the potential to substitute beef and increase fish consumption. However, the product quality is influenced by many factors, including method and time of frying. This study aims to determine the effect of the method and time of frying and their interactions. This study was designed using a factorial randomized complete block design, which consisted of 2 factors with four replications. The first factor was frying method which consisted of pan frying (P1) and roasting (P2), and the second factor was frying time which consisted of 20 minutes (W1), 30 minutes (W2), and 40 minutes (W3). Observations made consisted of chemical tests including water content, fat content, protein content, and crude fiber content, as well as sensory tests covering color, taste, aroma, texture, and overall acceptability. The resulting data were analyzed for homogeneity with Bartlett's test, additives with Tuckey's test, differences between treatments with analysis of variance. Furthermore, the data were analyzed with the Honest Significant Difference test at the 5% level. The results showed that the best treatment shredded mackerel scad fish was obtained in the P2W3 treatment (40 minutes of pan frying) with golden brown color (4,14), typical taste of shredded fish (4,30), not fishy (4,46), very crunchy texture (4, 88) and the overall acceptance was highly favored (4,71). As for the chemical analysis, the results obtained were 2,109% for water content, 29,835% for fat content, 39,322% for protein content, and 0,703% for crude fiber content.

Keywords: *frying method, frying time, mackerel scad fish, shredded fish.*

ABSTRAK

PENGARUH METODE DAN LAMA PENGGORENGAN TERHADAP NILAI GIZI DAN KARAKTERISTIK SENSORI ABON IKAN LAYANG (*Decapterus macarellus*)

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Abon ikan layang merupakan diversifikasi produk hasil perikanan yang memiliki potensi untuk menjadi pengganti daging sapi dan meningkatkan angka konsumsi ikan. Namun, mutu produk dipengaruhi oleh banyak faktor, diantaranya adalah metode dan lama penggorengan. Penelitian ini bertujuan untuk mengetahui pengaruh metode dan lama penggorengan serta interaksi keduanya. Penelitian ini dirancang dengan menggunakan rancangan acak kelompok lengkap faktorial, yang terdiri dari 2 faktor dengan empat ulangan. Faktor pertama yaitu metode penggorengan yang terdiri dari *pan frying* (P1) dan penyangraian (P2), dan faktor kedua adalah lama penggorengan yang terdiri dari 20 menit (W1), 30 menit (W2), dan 40 menit (W3). Pengamatan yang dilakukan terdiri dari uji kimia meliputi kadar air, kadar lemak, kadar protein, dan kadar serat kasar, dan uji sensori yang meliputi warna, rasa, aroma, tekstur, dan penerimaan keseluruhan. Data yang dihasilkan dianalisis homogenitas dengan uji Bartlett, aditifitas dengan uji Tuckey, perbedaan antar perlakuan dengan analisis ragam. Selanjutnya, data dianalisis dengan uji Beda Nyata Jujur pada taraf 5%. Hasil penelitian menunjukkan bahwa perlakuan terbaik abon ikan layang didapatkan pada perlakuan P2W3 (*pan frying* 40 menit) dengan warna kuning keemasan (4,14), rasa khas abon (4,30), tidak amis (4,46), tekstur sangat renyah (4,88) dan penerimaan keseluruhan sangat disukai (4,71). Sedangkan, untuk analisis kimia dihasilkan 2,109% kadar air, 29,835% kadar lemak, 39,322% kadar protein, dan 0,703% serat kasar.

Kata kunci: abon ikan, ikan layang, lama penggorengan, metode penggorengan.