

ABSTRACT

THE EFFECT OF CHAYOTE PUREE (*Sechium edule*) ADDITION ON THE PHYSICOCHEMICAL AND SENSORY PROPERTIES OF OTAK- OTAK OF KUNIRAN FISH (*Upeneus sulphureus*)

By

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Otak-otak in general are processed products with low fiber content, so the use of chayote puree can increase fiber content and improve the texture of otak-otak. This study aims to determine the effect of the addition of chayote puree on the physicochemical and sensory properties of kuniran fish otak-otak and the best concentration of chayote puree addition on the physicochemical and sensory properties of kuniran fish otak-otak according to SNI 7757:2013. This study used a Randomized Complete Group Design (RAKL) with a single factor and four replicates. This research uses the formulation of adding chayote puree with 6 levels, namely P1 (0%), P2 (5%), P3 (10%), P4 (15%), P5 (20%), and P6 (25%). The data obtained were analyzed for homogeneity with Bartlett's test and data multiplicity was tested with Tuckey's test, then the data were analyzed for variance to determine the effect of treatment. If there is a significant effect, the data is further analyzed with the Honest Real Difference Test (BNJ) at the 5% level. The best otak-otak results are treatment P6 with the addition of chayote puree as much as 25% with the criteria of water content 52.99%, hardness 445.94 gf, cohesiveness 0.87, springiness 10.30 mm, L 73.68, a* 4.15, b* 9.73, color 2.75 (not brownish yellow), texture 4.58 (chewy), aroma 3.92 (somewhat typical of fish), taste 4.11 (like), and overall acceptance 4.11 (like). Kuniran fish otak-otak with the addition of chayote puree can increase fiber by 1.58% of the daily requirement.

Keyword: kuniran fish, otak-otak, chayote *puree*

ABSTRAK

PENGARUH PENAMBAHAN *PUREE* LABU SIAM (*Sechium edule*) TERHADAP SIFAT FISIKOKIMIA DAN SENSORI OTAK-OTAK IKAN KUNIRAN (*Upeneus sulphureus*)

Oleh

HANIFAH SEPTIANA PUTRI

Otak-otak secara umum termasuk produk olahan dengan kandungan serat yang rendah, sehingga penggunaan *puree* labu siam dapat meningkatkan kadar serat serta memperbaiki tekstur otak-otak ikan. Penelitian ini bertujuan mengetahui pengaruh penambahan *puree* labu siam terhadap sifat fisikokimia dan sensori otak-otak ikan kuniran serta konsentrasi terbaik pada penambahan *puree* labu siam terhadap sifat fisikokimia dan sensori otak-otak ikan kuniran sesuai SNI 7757:2013. Penelitian ini menggunakan Rancangan Acak Kelompok Lengkap (RAKL) dengan faktor tunggal dan empat ulangan. Penelitian ini menggunakan formulasi penambahan *puree* labu siam dengan 6 taraf yaitu P1 (0%), P2 (5%), P3 (10%), P4 (15%), P5 (20%), dan P6 (25%). Data yang diperoleh dianalisis kehomogenannya dengan uji Bartlett dan kemenambahan data diuji dengan uji *Tuckey*, selanjutnya data dianalisis sidik ragam untuk mengetahui pengaruh perlakuan. Apabila terdapat pengaruh nyata, data dianalisis lebih lanjut dengan Uji Beda Nyata Jujur (BNJ) pada taraf 5%. Hasil otak-otak terbaik yaitu perlakuan P6 dengan penambahan *puree* labu siam sebanyak 25% dengan kriteria kadar air 52,99%, *hardness* 445,94 gf, *cohesiveness* 0,87, *springiness* 10,30 mm, L 73,68, a* 4,15, b* 9,73, warna 2,75 (tidak kuning kecoklatan), tekstur 4,58 (kenyal), aroma 3,92 (agak khas ikan), rasa 4,11 (suka), dan penerimaan keseluruhan 4,11 (suka). Otak-otak ikan kuniran dengan penambahan *puree* labu siam dapat meningkatkan serat sebesar 1,58% dari kebutuhan harian.

Kata kunci: ikan kuniran, otak-otak, *puree* labu siam