ABSTRAK

Tujuan penelitian ini adalah untuk menghasilkan abon ikan gabus dengan formula yang berbeda yang disubstitusi dengan nangka muda.

Penelitian pendahuluan yaitu menganalisis kadar protein dan lemak pada ikan gabus segar serta analisis kadar protein pada nangka muda. Penelitian utama bertujuan untuk mengetahui formula dan substitusi nangka muda terbaik yang digunakan dalam pembuatan abon ikan gabus.

Rancangan percobaan yang digunakan pada penelitian ini menggunakan pola faktorial 2x3 dalam Rancangan Acak Kelompok (RAK) dengan ulangan sebanyak 4 kali, sehingga diperoleh 24 satuan percobaan. Rancangan perlakuan yang dilakukan pada penelitian ini terdiri dari 2 faktor yaitu faktor formula yang terdiri dari 2 taraf, yaitu a_1 (formula 1) dan a_2 (formula 2) dan faktor substitusi nangka muda b_1 (30%), b_2 (40%) dan b_3 (50%). Rancangan respon meliputi respon organoleptik dengan atribut warna, aroma, rasa dan tekstur serta respon kimia yaitu kadar air, kadar abu, kadar protein, kadar lemak dan kadar serat kasar.

Hasil penelitian menunjukkan bahwa formula berpengaruh nyata terhadap warna, aroma, rasa, tekstur, kadar air, kadar abu, kadar protein dan kadar serat kasar abon ikan gabus. Substitusi nangka muda berpengaruh nyata terhadap warna, aroma, rasa, tekstur, kadar air, kadar protein, kadar lemak dan kadar serat kasar abon ikan gabus. Interaksi antara formula dan substitusi nangka muda berpengaruh nyata terhadap warna, tekstur, kadar air dan kadar serat kasar abon ikan gabus.

Berdasarkan hasil uji organoleptik warna dan tekstur yang paling disukai oleh panelis dan mengacu pada kadar serat terendah diperoleh perlakuan terpilih adalah a_1b_1 (formula 1 dengan substitusi nangka muda 30%) dengan kadar air 4,50%, kadar abu 3,92%, kadar protein 21,91%, kadar lemak 42,04%, kadar serat kasar 14,22%.

Kata kunci : *formula, substitusi nangka muda, kadar air, kadar abu, kadar protein, kadar lemak, kadar serat kasar.*

ABSTRACT

The purpose of this study was to produce a cork fish abon with a different formula that was substituted with young jackfruit.

Preliminary research is to analyze the levels of protein and fat in fresh cork fish and analysis of protein content in young jackfruit. The main research aimed to find out the best formula and young jackfruit substitution used in making cork fish abon.

The experimental design used in this study used 2x3 factorial pattern in Randomized Block Design (RAK) with 4 replications, so that 24 units of experiments were obtained. The treatment design in this study consisted of 2 factors, namely the formula factor consisting of 2 levels, namely a1 (formula 1) and a2 (formula 2) and young jackfruit substitution factor b1 (30%), b2 (40%) and b3 (50%). The response design includes organoleptic responses with color, aroma, taste and texture attributes as well as chemical response is moisture content, ash content, protein content, fat content and crude fiber content.

The results showed that the formula have a significantly effect on color, aroma, taste, texture, moisture content, ash content, protein content and crude fiber content of cork fish abon. Young jackfruit substitution have a significant effect on color, aroma, taste, texture, moisture content, protein content, fat content and crude fiber content of cork fish abon. The interaction between the formula and young jackfruit substitution has a significant effect on the color, texture, moisture content and crude fiber content of cork fish abon.

Based on organoleptic test results of the most preferred color and texture by panelists and referring to the lowest fiber content obtained the selected treatment is a_1b_1 (formula 1 with young 30% nangka substitution) with water content of 4.50%, ash content 3.92%, protein content 21.91%, fat content 42.04%, crude fiber content 14.22%.

Keywords: formula, young jackfruit substitution, moisture content, ash content, protein content, fat content, crude fiber content.