

PENGARUH PERLAKUAN PEMASAKAN DAN PENAMBAHAN TEPUNG TULANG IKAN LELE DUMBO TERHADAP KADAR KALSIUM, KADAR FOSFOR DAN TINGKAT KESUKAAN GEBLEK KULON PROGO

INTISARI

Geblek merupakan salah satu makanan khas Kabupaten Kulon Progo yang berbahan dasar tapioka dan belum memberikan kontribusi asupan mineral. Penelitian ini bertujuan untuk mempelajari pengaruh penambahan tepung tulang pada ikan lele dumbo terhadap kadar kalsium, kadar fosfor, sifat kimia dan tingkat kesukaan panelis.

Rancangan percobaan dilakukan dengan menggunakan Rancangan Acak Lengkap (RAL). Perlakuan tepung tulang ikan lele dumbo terdiri dari metode pemasakan tulang yaitu kukus dan presto dengan konsentrasi penambahan 0%, 5%, 10%, dan 15%. Parameter yang diamati meliputi analisis kimia yang terdiri dari kalsium, fosfor, kadar air, kadar abu, protein, lemak, dan karbohidrat, sedangkan uji kesukaan meliputi warna, aroma, rasa, tekstur dan keseluruhan. Pengolahan data yang diperoleh dihitung dengan metode statistik SPSS 22 menggunakan analisis *univariate* dan apabila terdapat perbedaan nyata antar perlakuan dilanjutkan dengan uji *Duncan's Multiple Range Test* (DMRT).

Hasil penelitian menunjukkan bahwa perlakuan metode pemasakan kukus dan penambahan tulang ikan lele dumbo konsentrasi 10% menghasilkan geblek yang disukai panelis, rendemen tepung tulang ikan lele yang dihasilkan adalah dengan metode presto 48% dan metode kukus 60,8% dengan nilai kadar kalsium 5,25%, kadar fosfor 6,47%, kadar abu 5,50 (%b/b), kadar protein 5,45 (%b/b) dan nilai uji kesukaan atribut rasa 3,70%, atribut aroma 3,20%, dan atribut keseluruhan 4,10%.

Kata kunci: Geblek, tepung tulang ikan lele, kalsium, fosfor.

**THE EFFECT OF COOKING TREATMENT AND ADDITION OF DUMBO
CATFISH BONE FLOUR ON CALCIUM, PHOSPHORE LEVELS, AND
PREFERENCE LEVEL OF GEBLEK KULON PROGO**

Abstract

Geblek is one of the typical foods of Kulon Progo which is made from tapioca and does not contribute to mineral intake. This study aims to study the effect of adding bone meal to African catfish on calcium levels, phosphorus levels, chemical properties and panelists' preference level.

The experiment was conducted using a completely randomized design (RAL). The treatment of African catfish bone meal consisted of bone cooking methods with steam and pressure with concentrations of 0%, 5%, 10%, and 15%. The parameters observed included chemical analysis consisting of calcium, phosphorus, water content, ash content, protein, fat, and carbohydrates, while the preference test included color, aroma, taste, texture and overall. The processing of the data obtained was calculated using the SPSS 22 statistical method using univariate analysis and if there were significant differences between treatments, it was continued with Duncan's Multiple Range Test (DMRT).

The results showed that the treatment of the steamed cooking method and the addition of 10% African catfish bones produced geblek favored by the panelists, the yield of catfish bone meal was 48% presto method and 60.8% steamed method with a calcium content value of 5,25 %, phosphorus content 6, 47%, ash content 5, 50 (% w/w), protein content 5, 45 (% w/w) and the value of the preference test for taste attributes was 3, 70%, aroma attributes were 3, 20%, and 4, 10% overall attributes.

Keywords :Geblek, catfish bone meal, calcium, phosphorus