

SIFAT KIMIA, FISIK DAN TINGKAT KESUKAAN BAKSO KOMBINASI DAGING SAPI DAN AYAM

INTISARI

Pangan merupakan kebutuhan hidup yang utama dan mendasar bagi manusia. Peran pangan yaitu untuk pemenuhan gizi manusia. Salah satu zat gizi yang penting yaitu protein, akan tetapi kebutuhan protein masyarakat Indonesia masih belum sesuai dengan anjuran yaitu 56-59 gram untuk perempuan dewasa dan 62-65 gram untuk laki-laki dewasa. Salah satu sumber protein terbesar yaitu daging tetapi daya beli masyarakat Indonesia terhadap daging masih rendah. Oleh sebab itu daging diolah menjadi produk yang memiliki citarasa yang dapat diterima masyarakat, dapat memenuhi kebutuhan protein masyarakat, dan harganya terjangkau. Produk olahan daging yang paling populer dan digemari masyarakat yaitu bakso. Pada umumnya bakso dibuat menggunakan daging sapi, akan tetapi harga daging sapi yang cukup mahal menghasilkan bakso dengan harga yang tinggi pula sehingga diperlukan alternatif bahan baku untuk ditambahkan ke dalam adonan bakso. Salah satu bahan yang dapat digunakan sebagai alternatif bahan baku pada pembuatan bakso yaitu daging ayam. Daging ayam memiliki kadar protein hampir sama dengan daging sapi tetapi memiliki karakteristik fisik yang cukup berbeda dengan daging sapi. Oleh sebab itu perlu adanya kombinasi antara daging sapi dan daging ayam dalam pembuatan bakso agar dapat menghasilkan bakso yang lebih terjangkau, memiliki kandungan gizi tinggi, dan disukai oleh masyarakat.

Pada penelitian ini dibuat 5 sampel dengan variasi konsentrasi jenis daging yang berbeda-beda. Sampel yang dibuat yaitu bakso dengan 100% daging sapi; 75% daging sapi dan 25% daging ayam; 50% daging sapi dan 50% daging ayam; 25% daging sapi dan 75% daging ayam; serta 100% daging ayam. Kemudian sampel dianalisis kimia, fisik dan dilakukan uji kesukaan. Setelah dilakukan penelitian kemudian dilakukan uji statistik. Hasil uji statistik menunjukkan bahwa variasi konsentrasi jenis daging berpengaruh nyata pada kadar air, tekstur, dan warna bakso, tetapi tidak berpengaruh nyata pada daya ikat air, protein dan fosfat. Hasil uji kesukaan menunjukkan variasi konsentrasi jenis daging tidak memberikan pengaruh nyata terhadap tingkat kesukaan konsumen terhadap aroma, warna, tekstur, rasa, dan sifat keseluruhan bakso.

Kata kunci : Bakso, daging sapi, daging ayam, sifat bakso

CHEMICAL AND PHYSICAL PROPERTIES, AND PREFERENCE LEVEL OF MEAT BALL MADE FROM BEEF AND CHICKEN MEAT COMBINATION

ABSTRACT

Food is a necessity of human. The role of food is to fulfill of human nutrition. One of the important nutrients are protein, but the protein needs of the people of Indonesia are still not in accordance with the recommendation that 56-59 grams for women and 62-65 grams for men. One of the biggest sources of protein are meat but Indonesia's purchasing power against the flesh is still low. Therefore, the meat is processed into a product that is affordable, has a socially acceptable flavor, and can fulfill the protein needs of the human. The most popular and mainstream processed meat product is meatball. In general, the meatballs are made using beef, but the price is quite expensive beef meatballs with a yield premium price, so that the necessary alternative raw materials to be added to the dough balls. One ingredient that can be added in the manufacture is chicken meatballs. Chicken meat has a protein content is similar to beef but has enough physical characteristics berebda with beef. Therefore there is need for a combination of beef and chicken meat in the making meatballs meatballs in order to produce a more affordable, has a high nutritional content, and favored by the public. Chicken meat has a protein content is similar to beef but has enough physical characteristics berebda with beef. Therefore, combination of beef and chicken meat in the meatballs production in order to produce a more affordable, has a high nutritional content, and favored by the people. Chicken meat has a similar protein content to beef but has different physical characteristics with beef. Therefore, we need to combine the beef and chicken meat in the meatballs production in order to produce a more affordable, has a high nutritional content, and favored by the people.

In this research, there are 5 samples with variation of concentrations kinds of meat. Samples are meatballs made with 100% beef; 75% beef and 25% chicken; 50% beef and 50% chicken; 25% beef and 75% chicken; as well as 100% of chicken meat. Then the samples are analyzed the chemical, physical, and preferences level. Statistical analysis showed that the variation of the concentration of different types of meat has a significant effect on the water content, texture, and color of meatballs, but no significant effect on the water holding capacity, protein and phosphate. The result of hedonic test showing the variation in concentrations of different types of meat has no significant effect on the level of consumer preference to flavor, color, texture, taste, and overall properties of the meatballs.

Keywords: Meatball, beef, chicken meat, meatball characteristics