

**THE EFFECT OF MIXED VARIATIONS OF DRY REBON SHRIMP
(MYSIS RELICTA) IN MAKING PATIN FISH DIM SUM AS AN
ALTERNATIF HIGH IRON SNACK PREVENTING ANEMIA FOR
ADOLESCENT WOMEN REVIEWED FROM PHYSICAL
CHARACTERISTICS, ORGANOLEPTIC CHARACTERISTICS AND
IRON LEVELS**

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ABSTRACT

Background : Anemia is one of the public health problems that often happens all over the world, especially in Indonesia. Based on Riskesdas data in 2018, the prevalence of anemia in women was 27,2%. The high prevalence of anemia can be caused by several factors including the lack of iron intake. Rebon shrimp is one of the foods that is easy to get and the price is relatively cheap. In 100 g of dried rebon shrimp contains 21,4 mg of iron. Dim sum is a snack which is processed by steaming and is a healthier alternatives compared to fried fast food. The popularity of dim sum in Indonesia is quite wide, it is in great demand and favored by all circles, especially teenagers.

Objectives : Knowing the effect of variations in mixing dried rebon shrimp on patin fish *dim sum* in terms of physical characteristics, organoleptic characteristics and iron level.

Methods : This type of research is a quasi-experimental with a simple randomized design. There are four treatments with a ratio of patin fish and dried rebon shrimp 100%:0%, 90%:10%, 85%:15%, 80%:20%. Physical properties test data were analyzed by descriptive method. Organoleptic test data and iron levels were analyzed statistically.

Results : Physical characteristics of dim sum show that the more mixing of dried rebon shrimp, the more brown the resulting color will be, the more distinctive the aroma of rebon shrimp, less chewy texture, and more savory taste. Organoleptic properties indicate that the dim sum product with a mixed of dried rebon shrimp was the pannelist liked the most in terms of color, aroma, taste and texture is dim sum treatmen B (10% mix dry rebon shrimp). The more mixture of dried rebon shrimp, the more iron level in dim sum will increase.

Conclusion : There is an effect of variations in the mixture or dried rebon shrimp on the physical characteristics, organoleptic characteristics, and iron level of patin fish dim sum.

Keyword : Dim sum, Dried rebon shrimp, Physical characteristics, Organoleptic characteristics, iron level

PENGARUH VARIASI CAMPURAN UDANG REBON KERING (*MYSIS RELICTA*) PADA PEMBUATAN *DIM SUM* IKAN PATIN SEBAGAI ALTERNATIF KUDAPAN TINGGI ZAT BESI PENCEGAH ANEMIA UNTUK REMAJA PUTRI DITINJAU DARI SIFAT FISIK, SIFAT ORGANOLEPTIK, DAN KADAR ZAT BESI

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ABSTRAK

Latar Belakang : Anemia merupakan salah satu masalah kesehatan masyarakat yang sering terjadi diseluruh dunia, terutama di negara Indonesia. Berdasarkan Data Risesdas tahun 2018, prevalensi anemia pada perempuan sebanyak 27,2%. Tingginya prevalensi anemia dapat diakibatkan oleh beberapa faktor diantaranya yaitu kurangnya asupan zat besi. Udang rebon merupakan salah satu pangan yang mudah didapatkan serta harganya relatif murah. Dalam 100 g udang rebon kering mengandung zat besi sebanyak 21,4 mg. *Dim sum* merupakan makanan kudapan yang diolah dengan cara dikukus dan merupakan alternatif yang lebih sehat dibandingkan dengan kudapan yang digoreng. Kepopuleran *dim sum* di Indonesia cukup luas, sangat diminati dan digemari oleh semua kalangan khususnya remaja.

Tujuan Penelitian : Mengetahui pengaruh variasi pencampuran udang rebon kering pada *dim sum* ikan patin terhadap sifat fisik, sifat organoleptik dan kadar zat besi.

Metode Penelitian : Jenis penelitian ini adalah eksperimental semu dengan desain Rancangan Acak Sederhana. Terdapat 4 perlakuan dengan perbandingan ikan patin dan udang rebon kering 100%:0%, 90%:10%, 85%:15%, 80%:20%. Data Uji Sifat fisik dianalisis secara deskriptif. Data uji organoleptik dan kadar zat besi dianalisis secara statistik.

Hasil Penelitian : Sifat fisik *dim sum* menunjukkan semakin banyak campuran udang rebon kering maka warna yang dihasilkan semakin kecoklatan, aroma semakin khas udang rebon, tekstur kurang kenyal dan rasa semakin gurih. Sifat organoleptik menunjukkan produk *dim sum* dengan campuran udang rebon kering yang paling disukai panelis dari segi warna, aroma, rasa dan tekstur adalah *dim sum* perlakuan B (campuran 10% udang rebon kering). Semakin banyak campuran udang rebon kering maka semakin meningkat kandungan zat besi pada *dim sum*.

Kesimpulan : Ada pengaruh variasi campuran udang rebon kering terhadap sifat fisik, sifat organoleptik, dan kadar zat besi *dim sum* ikan patin.

Kata Kunci : *Dim sum* ikan patin, Udang rebon kering, Sifat Fisik, Organoleptik, Kadar Zat Besi