PENGARUH ENZIM PROTEASE LABU SIAM DAN PEPAYA MUDA TERHADAP SIFAT FISIK, SIFAT ORGANOLEPTIK, DAN KADAR PROTEIN SEMUR DAGING SAPI

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ABSTRAK

Latar Belakang : daging sapi merupakan sumber protein bermutu tinggi. Olahan semur daging sapi sangat praktis, namun hasil olahnya sering tidak sesuai harapan karena daging keras, dan susah dikunyah. Pengempukan daging dapat dilakukan secara enzimatis menggunakan enzim protease (proteolitik). Pepaya muda dan labu siam mengandung enzim protease. Oleh karena itu dilakukan pembaluran daging sapi dengan labu siam atau pepaya. Dilakukan pembaluran dengan perbandingan 20% dari berat daging dan dibalurkan selama 60 menit.

Tujuan : mengetahui pengaruh enzim protease labu siam dan pepaya muda terhadap sifat fisik, organoleptik, dan kadar protein semur daging sapi.

Metode : penelitian yang digunakan adalah penelitian eksperimental semu dengan Rancangan Acak Sederhana (RAS) dengan 3 perlakuan, 2 ulangan, dan 2 unit percobaan sehingga terdapat 12 unit percobaan. Perlakuan variasi pembaluran daging sapi dengan a) tanpa pembaluran; b) bubur labu siam 20%; dan c) bubur pepaya muda 20%, dilakukan selama 60 menit pada suhu ruang.

Hasil : sifat fisik semur berwarna coklat tua, aroma khas semur, rasa manis gurih khas semur, dan tekstur empuk, paling empuk dengan pembaluran pepaya muda. Sifat fisik secara objektif terdapat perbedaan keempukan yang signifikan pada 3 perlakuan (p= 0,01). Sifat organoleptik semur daging sapi dengan pembaluran pepaya muda memiliki tingkat kesukaan paling banyak. Kadar protein paling rendah pada semur dengan pembaluran pepaya muda, namun terdapat perbedaan kadar protein pada semur yang tidak signifikan (p=0,179)

Kesimpulan : dari semur daging sapi yang diberi 3 perlakuan yang berbeda terdapat pengaruh yang berbeda secara signifikan pada sifat fisik dan sifat organoleptik (keempukan). Tidak terdapat perbedaan pada kadar protein semur daging sapi.

Kata Kunci : Enzim Protease, Keempukan, Labu siam, Pepaya muda, Sifat fisik, Sifat Organoleptik, Kadar Protein, Semur Daging sapi

THE DIFFERENCE OF CHAYOTE AND YOUNG PROTEASE ENZYMES ON PHYSICAL CHARACTERISTICS, ORGANOLEPTIC CHARACTERISTICS, AND PROTEIN LEVELS OF BEEF SEMUR

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ABSTRACT

Background : beef is a high-quality source of protein. Beef semur is very practical, but the results of the process are often not as expected because the meat is hard, and hard to chew. Meat tenderness can be carried out enzymatically using the protease enzyme (proteolytic). Young papaya and chayote contain protease enzymes. Therefore, put the chayote or papaya pulp into the skin of the meat can make tender beef. Use a ratio of 20% of the weight of meat and left for 60 minutes.

Aims : to find out the effect protease enzymes from chayote and young papaya pulp of physical characteristic, organoleptic characteristic, and protein levels in beef semur

M**ethods** : the study used was a quasi-experimental study with Simple Random Design with 3 treatments, 2 replications, and 2 experimental units so that there were 12 experimental units. The treatment of variations in the distribution of beef with a) without put the pulp; b) 20% chayote pulp; and c) 20% young papaya pulp, left for 60 minutes at room temperature.

Result : physical characteristics of beef semur are dark brown, the smell of a typical beef semur, sweet and savory taste of beef semur, and tender texsture, most tender with young papaya pulp. There was a significant difference of tenderness physical characteristics from 3 treatments ($p = 0.01$). Organoleptic characteristics of beef with young papaya pulp has become a favorite. The lowest protein content is a beef semur with young papaya pulp, but there was not significant difference of protein level from 3 treatments ($p=0,179$).

Conclusion : from 3 treatment there was a significant difference of physical characteristic (tenderness) and organoleptic characteristic. There was a effect from chayote and young papaya pulp but not a difference of protein level of beef semur.

Keyword : Protease Enzymes, Tenderness, Chayote, Young Papaya, Physical Characteristics, Organoleptic caracteristics, Protein Levels, Beef semur.