

PENGARUH VARIASI CAMPURAN JAMUR TIRAM PUTIH PADA SOSIS IKAN PATIN TERHADAP SIFAT FISIK, SIFAT ORGANOLEPTIK, KANDUNGAN PROTEIN DAN AKTIVITAS ANTIOKSIDAN

Bernadeta Nesya Desti Pangestika¹, Noor Tifauzah², Lastmi Wayansari³
Jurusan Gizi Poltekkes Kemenkes Yogyakarta,
Jl. Tatabumi No. 3 Banyuraden, Gamping, Sleman, Yogyakarta 5529
Email: bernadetanesya007@gmail.com

ABSTRAK

Latarbelakang: Jumlah angka konsumsi ikan di Daerah Istimewa Yogyakarta yang rendah dikarenakan kurangnya kesadaran masyarakat akan manfaat mengkonsumsi ikan. Karakteristik ikan yang memiliki bau amis, berduri serta beberapa orang memiliki alergi terhadap ikan yang mempengaruhi ketertarikan masyarakat untuk mengkonsumsi ikan. Ikan patin dipilih sebagai bahan dasar pada penelitian ini karena ikan patin termasuk ikan air tawar. Pada penelitian ini sosis dipilih untuk meningkatkan konsumsi ikan dengan campuran jamur tiram putih. Jamur tiram putih dipilih karena memiliki tekstur yang lembut, tampilan yang menarik serta rasa yang cenderung mudah dipadukan dengan berbagai jenis masakan dan memiliki kandungan vit A, C dan E yang berperan sebagai antioksidan.

Tujuan : Mengetahui pengaruh variasi campuran jamur tiram putih sosis ikan patin terhadap sifat fisik, sifat organoleptik, kandungan protein dan aktivitas antioksidan.

Metode : Jenis penelitian ini adalah eksperimental semu, dengan rancangan acak sederhana dengan empat perlakuan (100%:0%, 75%:25%, 65%:35%, 55%:45%) dengan dua kali pengulangan. Hasil uji sifat organoleptik dianalisis menggunakan uji statistik *One-Way Anova* dan apabila terdapat perbedaan dilanjutkan dengan *Duncan Multiple Range Test (DMRT)*.

Hasil : Terdapat perbedaan variasi campuran jamur tiram putih terhadap sifat fisik, sifat organoleptik, kandungan protein dan aktivitas antioksidan sosis ikan patin. Semakin banyak campuran jamur tiram putih warna sosis semakin coklat, rasa sosis ikan patin semakin berkurang rasa ikan patin dan tekstur sosis ikan patin semakin lunak, namun pada aroma tidak terdapat perbedaan pada sosis ikan patin yaitu masih khas amis ikan. Variasi campuran jamur tiram putih berpengaruh terhadap sifat organoleptik sosis ikan patin. Sosis ikan patin dengan campuran jamur tiam putih 35% dapat direkomendasikan untuk dikembangkan merupakan varisia dengan titik optimal kandungan protein dan aktivitas antioksidan. Adanya pengaruh variasi campuran jamur tiram putih terhadap kandungan protein dan aktivitas antioksidan. **Kesimpulan:** Ada pengaruh variasi campuran jamur tiram putih pada sosis ikan patin terhadap sifat fisik, sifat organoleptik, kandungan protein dan aktivitas antioksidan.

Kata kunci: ikan patin, jamur tiram putih, sifat fisik, sifat organoleptik, protein, aktivitas antioksidan

THE EFFECT OF THE VARIATION OF WHITE OYSTER MUSHROOM MIXTURE IN CATFISH SAUSAGE TOWARDS PHYSICAL PROPERTIES, ORGANOLEPTIC PROPERTIES, PROTEIN CONTENT AND ANTIOXIDANT ACTIVITIES

Bernadeta Nesya Desti Pangestika¹, Noor Tifauzah², Lastmi Wayansari³
Jurusan Gizi Poltekkes Kemenkes Yogyakarta,
Jl. Tatabumi No. 3 Banyuraden, Gamping, Sleman, Yogyakarta 5529
Email: bernadetanesya007@gmail.com

ABSTRACT

Background: The low number of fish consumption in the Special Region of Yogyakarta is due to the lack of public awareness of the benefits of consuming fish. Characteristics of fish that have a fishy smell, prickly and several people have allergies to fish that affect people's interest in consuming fish. Catfish was chosen as the basic ingredient in this study because catfish was included in a freshwater fish. In this study sausages were chosen to increase fish consumption with a mixture of white oyster mushrooms. White oyster mushroom was chosen because it has a soft texture, attractive appearance and taste that tend to be easily combined with various types of dishes and contains vitamin A, C and E which act as antioxidants. **Objective:** To determine the effect of variations of white oyster mushroom mixture in catfish sausages towards physical properties, organoleptic properties, protein content and antioxidant activities.

Research Method: This type of research was quasi-experimental, with a simple randomized design with four treatments (100%: 0%, 75%: 25%, 65%: 35%, 55%: 45%) with two repetitions. The results of the organoleptic test were analyzed using the One-Way Anova statistical test. If there were differences, it would be continued with Duncan Multiple Range Test (DMRT).

Results: There were differences in the mixture of white oyster mushroom mixture on physical properties, organoleptic properties, protein content and antioxidant activity of catfish sausage. The more a mixture of white oyster mushroom, the more brown also the sausages, the taste of catfish sausage would decrease the taste of the catfish and the texture of the catfish sausage would be softer, but there was no difference in the aroma of the catfish sausage, which was still fishy. Variations in the mixture of white oyster mushrooms affected the organoleptic properties of the catfish sausage. Catfish sausage with a mixture of 35% white oyster mushroom could be recommended to be developed. Furthermore, it was a variation with an optimal point of protein content and antioxidant activity. The influence of variations in the mixture of white oyster mushrooms on protein content and antioxidant activity.

Conclusion: There was an effect of variations in the mixture of white oyster mushrooms on catfish sausage towards physical properties, organoleptic properties, protein content and antioxidant activities.

Keywords: Catfish, white oyster mushroom, physical properties, organoleptic properties, protein, and antioxidant activities