PERBEDAAN SIFAT FISIK, ORGANOLEPTIK, KANDUNGAN PROTEIN DAN MUTU LEMAK RENDANG DAGING DENGAN VARIASI BAHAN PENGGANTI SANTAN

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ABSTRAK

Latar Belakang: Masyarakat Indonesia sering mengonsumsi makanan yang tinggi lemak jenuh, salah satunya rendang yang bersantan. Santan sebagai bahan utama selain daging sapi yang dimasak selama berjam-jam hingga menghasilkan minyak. Pemasakan yang cukup lama tersebut menyebabkan terbentuknya asam lemak bebas. Selain itu santan kelapa segar dinilai kurang praktis dalam persiapannya. Pengganti santan yang digunakan yaitu santan bubuk, susu sapi, dan krimer komersial. Maka dengan penggunaan bahan tersebut dapat meningkatkan pengetahuan masyarakat mengenai variasi bahan yang dapat menggantikan santan.
Tujuan Penelitian: Diketahuinya sifat fisik, organoleptik, kandungan protein serta mutu lemak rendang yang dibuat dengan variasi bahan pengganti santan yaitu santan kemasan, susu sapi, dan krimer komersial.
Metode Penelitian: Jenis penelitian yaitu eksperimental semu dengan rancangan acak sederhana meliputi 4 perlakuan, 1 unit percobaan dan 2 kali ulangan. Perlakuan berupa rendang dengan santan kelapa segar sebagai kontrol, rendang dengan santan kemasan bubuk, rendang dengan susu sapi dan rendang dengan krimer komersial.
Hasil Penelitian: Sifat fisik subjektif rendang daging menunjukkan bahwa perlakuan B memiliki warna mendekati kontrol, aroma santan dan rempah seluruhnya sama kuat, tekstur perlakuan C secara subjektif mendekati kontrol sedangkan perlakuan D secara objektif mendekati kontrol, rasa santan dan rempah perlakuan D mendekati kontrol. Kesukaan panelis tertinggi secara keseluruhan yaitu pada perlakuan D. Kandungan protein tertinggi pada perlakuan B. Mutu lemak tertinggi yaitu pada perlakuan B.
Kesimpulan: Diketahuinya sifat fisik, ada perbedaan pada sifat organoleptik, kandungan protein serta mutu lemak rendang yang dibuat dengan variasi bahan pengganti santan.

Kata kunci: Rendang, Santan, Santan Bubuk, Susu Sapi, Krimer, Sifat Fisik, Sifat Organoleptik, Kandungan Protein, Mutu Lemak

DIFFERENCES OF PHYSICAL, ORGANOLEPTIC, PROTEIN CONTENT AND FAT QUALITY OF RENDANG MEAT WITH VARIATIONS IN SUBSTITUTE OF COCONUT MILK

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ABSTRACT

Background: Indonesian people often consume foods high in saturated fat, one of which is rendang that contains coconut milk. Coconut milk as the main ingredient other than beef cooked for hours to produce oil. This long enough cooking causes the formation of free fatty acids. Besides fresh coconut milk is considered less practical in its preparation. Substitute coconut milk used is coconut milk powder, cow's milk, and commercial creamer. So the use of these materials can increase public knowledge about the variety of materials that can replace coconut milk.
Objectives: Knowing the physical, organoleptic, protein content and quality of rendang fat made with variations of coconut milk substitutes, namely packaged coconut milk, cow's milk, and commercial creamer.
Methods: This research is an experimental apparent by simple random design includes 4 treatment, one unit of trial and 2 times replications. The treatments are rendang with fresh coconut milk as a control, rendang with powdered coconut milk, rendang with cow's milk and rendang with commercial creamer.
Results: The subjective physical character of meat rendang showed that the treatment D had the similar color with the control, the aroma of coconut milk and spices were all the same, the texture of the treatment B subjectively similar with the control and treatment D objectively similar with the control, the taste of coconut milk and the spices of treatment D were similar with the control. The overall panelists' favorite rendang was in treatment D. The highest protein content was in treatment C. The highest fat quality was in treatment B.
Conclusion: There are differences in the physical characteristic, organoleptic character, protein content and the quality of rendang fat made with a variety of coconut milk substitutes.

Keywords: Rendang, Coconut Milk, Coconut Milk Powder, Cow Milk, Creamer, Physical Characteristic, Organoleptic Characteristic, Protein Content, Fat Quality