**ABSTRACT**

**Use Influence The Coconut water ( *Cocos Nucifera* ) To The tenderness of fresh beef, Fajar Febriani, P07133107018, 2010**

Human being need the food to the continuity of its life. Obtainable requirement nutrition accomplishment from source of hewani and vegetation. Food-stuff come from animal of livestock or product processed which elementary that substance of livestock animal. High nutritious livestock flesh and represent one of source nutrition needed by for our body. Flesh consumed in Indonesia, one of it is the beef. Tenderness of beef is an important element as a food ingredient in addition to the factors of taste, color and fragrance. The meat which is soft, easy to cut, bitten and chewed and not to interfere in the process of digestion so that the nutritional value of protein will easily absorbed by the body. Coconut water (*Cocos nucifera*) contains amino acids, proteins are often able to decide which exist in the flesh, the meat is tender. Therefore, coconut can be used as meat tenderizer. The purpose of this study was to investigate the effect of coconut water (*Cocos nucifera*) on the level of fresh beef tenderness by long immersion time for 10, 15, and 20 minutes.

 This research method is experimental and research designs that pre test post test design. The object of this research is the fresh beef and coconut water are taken at market Wates. Fresh beef purchased 1,400 grams, obtained from 10 beef traders, each with 140 grams of repetition 10 times. For this study, selected meat from the hind legs because the muscle and its fiber large and clear enough. For the coconut water, coconut water is selected that is not too old or too young (good) and buying from a seller to obtain the desired coconut water. Coconut is good if the sound of water whipped, but no coconut ovule. Coconut water that purchased is 10 liters.

Soaking fresh beef in coconut milk can increase the tenderness of fresh beef. Based on effective test with a penetrometer, soaking fresh beef for 10, 15, and 20 minutes, the result proved by immersion for 20 minutes was significantly different from the numbers is the softness 1.99114 N/mm2.

The use of coconut water can increase the tenderness of fresh beef. The fresh beef marinated in coconut water for 20 minutes better than its marinated for 10 and 15 minutes. People are advised to use the coconut water (*Cocos nucifera*) as alternative to help increase the softness of fresh beef will be consumed. This can help the digestive process because the meat is soft and easy to cut and chew bitten, so that the nutrients are easily absorbed by the body.

**Key words:** The tenderness of fresh beef, coconut water, long immersion time, marinate.