

VARIATIONS OF MIXING MORINGA LEAVES (MORINGA OLEIFERA) IN THE MAKING OF CATFISH DIM SUM AS AN ALTERNATIVE HIGH-IRON SNACK IN TERMS OF PHYSICAL CHARACTER, ORGANOLEPTIC, AND IRON LEVEL

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ABSTRACT

Background : Iron deficiency is a major nutritional problem in Indonesia. Based on the result of Riskesdas year of 2018, it was reported that the prevalence of anemia in the pregnant women in Indonesia was 48.8%. Making of Moringa dim sum is expected to be a snack that can help meet the needs of iron intake.

Objective : This research aimed to determine the effect of variations in the mixing of Moringa leaves on the catfish dim sum in terms of physical character, organoleptic character, and iron level.

Methods : This was an experimental research with simple randomized design. The physical character was analyzed by descriptively. The character of organoleptic was analyzed by statistical test of Kruskal-Wallis, if there was difference then the analysis was followed by the Mann-Whitney test. Iron level was analyzed by the One Way Anova test, if there was differences then the analysis was continued with Duncan's test.

Result : The character of physic showed that the more mixture of Moringa leaves in the dim sun, the darker green the color of the dim sun filling, the more unpleasant the aroma, the less savory taste, and the less chewy (hard) texture. The result of the analysis of organoleptic character showed that the most preferred dim sum product from the aspects of color, aroma, taste and texture was dim sum with the mixture of 20% Moringa leaves. For iron level, the more mixture of Moringa leaves, the higher the iron level in the dim products.

Conclusion : There is an effect of variations in the mixing of Moringa leaves in the manufacture of catfish dim sum toward the characters of physic, organoleptic and iron level.

Keywords : Moringa leaves, catfish, dim sum, physical character, organoleptic character, iron level

**VARIASI PENCAMPURAN DAUN KELOR (*Moringa oleifera*) PADA
PEMBUATAN *DIM SUM* IKAN LELE SEBAGAI ALTERNATIF SNACK
TINGGI ZAT BESI DITINJAU DARI SIFAT FISIK, SIFAT
ORGANOLEPTIK, DAN KADAR ZAT BESI**

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ABSTRAK

Latar Belakang : kekurangan zat besi merupakan satu masalah gizi utama di Indonesia. Berdasarkan hasil Riskesdas tahun 2018 melaporkan bahwa prevalensi anemia pada ibu hamil di Indonesia sebesar 48,8%. Pembuatan *dim sum* daun kelor diharapkan dapat menjadi snack yang dapat membantu memenuhi kebutuhan asupan zat besi.

Tujuan : penelitian ini bertujuan untuk mengetahui pengaruh variasi pencampuran daun kelor pada *dim sum* ikan lele ditinjau dari sifat fisik, sifat organoleptik, dan kadar zat besi.

Metode : jenis penelitian ini adalah penelitian eksperimental dengan rancangan acak sederhana (RAS). Sifat fisik dianalisis secara deskriptif. Sifat organoleptik dianalisis dengan uji statistik *Kruskal-Wallis*, apabila ada perbedaan dilanjutkan dengan uji *Mann-Whitney*. Kadar zat besi dianalisis dengan uji *One Way Anova*, apabila ada perbedaan dilanjutkan dengan uji *Duncan*.

Hasil : sifat fisik menunjukkan bahwa semakin banyak campuran daun kelor pada *dim sum* maka warna isian *dim sum* semakin hijau pekat, aroma semakin langu, rasa gurih semakin berkurang, dan tekstur semakin tidak kenyal (keras). Hasil analisis sifat organoleptik menunjukkan produk *dim sum* yang paling disukai panelis dari segi warna, aroma, rasa, dan tekstur yaitu *dim sum* dengan campuran 20% daun kelor. Kadar zat besi, semakin banyak campuran daun kelor maka semakin meningkat kandungan zat besi pada produk *dim sum*.

Kesimpulan : ada pengaruh variasi pencampuran daun kelor pada pembuatan *dim sum* ikan lele terhadap sifat fisik, sifat organoleptik, dan kadar zat besi.

Kata Kunci : daun kelor, ikan lele, *dim sum*, sifat fisik, sifat organoleptik, kadar zat besi