

**MIXING VARIATION OF BREADFRUIT (*ARTOCARPUS ALTILIS*) IN
THE MAKING OF ANCHOVIES NUGGETS ASSESSED FROM
PHYSICAL PROPERTIES OF ORGANOLEPTIC PROPERTIES AND
CALCIUM CONDITIONS**

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ABSTRACT

Background: The processing of local food products continues to develop, including fish nuggets. One of the raw materials for anchovy nuggets is wheat flour, which is the highest imported commodity in Indonesia. Efforts to reduce dependence on wheat flour are the use of local food ingredients, namely breadfruit flour. Breadfruit flour is used in the manufacture of fish nuggets because it has a high calcium content so that it can meet the nutritional needs of school children.

Objective: This study aims to determine the physical properties, organoleptic properties and calcium levels of anchovies nuggets with a variety of mixing breadfruit flour (*Artocarpus altilis*).

Methods: This type of research is purely experimental using a completely randomized design (CRD), using 4 treatments with 2 repetitions. The physical characteristic test was carried out by the researcher and two enumerators, the organoleptic test was carried out by 30 untrained panelists who were schoolchildren with the criteria for the age of 10-12 years, the analysis of calcium levels was carried out at the Chem-Mix Pratama Laboratory.

Results: In terms of physical characteristics, there were influence in the aspects of color, taste, aroma and texture. Judging from the organoleptic test, overall the nugget that the panelists liked the most was the treatment A nugget (control) which included aspects of color, aroma, taste and texture. For the organoleptic test with variations in the treatment of breadfruit flour, the most preferred anchovy nuggets were treatment B (60%: 40%) including aspects of color, aroma, taste and texture. The highest calcium content was nugget treatment D (40%: 60%)

Conclusion: There are influence in the variety of breadfruit flour mixture on physical properties, organoleptic properties and calcium content of anchovies.

Keywords: Breadfruit flour, anchovies nuggets, physical properties, organoleptic properties, calcium levels

VARIASI PENCAMPURAN TEPUNG SUKUN(*ARTOCARPUS ALTILIS*) DALAM PEMBUATAN NUGGET TERI DITINJAU DARI SIFAT FISIK SIFAT ORGANOLEPTIK DAN KADAR KALSIMUM

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ABSTRAK

Latar Belakang : Pengolahan produk pangan lokal terus berkembang diantaranya adalah nugget ikan. Salah satu bahan baku nugget ikan teri adalah tepung terigu yang merupakan komoditi impor tertinggi di Indonesia. Upaya untuk mengurangi ketergantungan tepung terigu adalah dengan pemanfaatan bahan pangan lokal, yaitu tepung sukun. Tepung sukun digunakan dalam pembuatan nugget ikan karena mempunyai kandungan kalsium yang tinggi sehingga dapat memenuhi kebutuhan gizi pada anak sekolah.

Tujuan : Penelitian ini bertujuandiketahuinya sifat fisik, sifat organoleptic dan kadar kalsium nugget teri dengan variasi pencampuran tepung sukun (*Artocarpus altilis*)

Metode : Jenis penelitian ini adalah eksperimental murni dengan menggunakan rancangan acak lengkap (RAL), menggunakan 4 perlakuan dengan 2 kali pengulangan. Uji sifat fisik dilakukan oleh peneliti dan dua enumerator, uji sifat organoleptik dilakukan oleh 30 panelis tidak terlatih yang merupakan anak sekolah dengan kriteria umur 10-12 tahun, analisis kadar kalsium dilakukan di Laboratorium Chem-Mix Pratama.

Hasil : Ditinjau dari sifat fisik terdapat pengaruh pada aspek warna, rasa, aroma dan tekstur. Ditinjau dari uji organoleptik, secara keseluruhan *nugget* yang paling disukai panelis adalah *nugget* perlakuan A (kontrol) meliputi aspek warna, aroma, rasa dan tekstur. Untuk uji organoleptik dengan variasi perlakuan tepung sukun *nugget* teri yang paling disukai adalah *nugget* perlakuan B(60%:40%)) meliputi aspek warna, aroma, rasa dan tekstur. Kandungan kalsium tertinggi yaitu *nugget* perlakuan D (40%:%:60%).

Kesimpulan : Terdapat pengaruh variasi campuran tepung sukun terhadap sifat fisik, sifat organoleptik dan kadar kalsium *nugget* teri

Kata Kunci : Tepung sukun, nugget teri, sifat fisik, sifat organoleptik, kadar kalsium