THE EFFECT OF VARIATION OF MIXTURE OF PATIN FISH (*Pangasius hypopthalmus*) AND MORINGA LEAVES (*Moringa oleifera*) ON PHYSICAL, ORGANOLEPTIC PROPERTIES, AND IRON CONTENT IN THE PRODUCTION OF DIM SUM PAMORA SNACK PRODUCTS HIGH IN IRON

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ABSTRACT

Background : Anemia is one of the nutritional problems that often occurs in adolescent girls due to iron deficiency. Based on the results of the 2018 Riskesdas, the prevalence of anemia in adolescent girls was recorded at 32%, meaning that an estimated three out of ten adolescent girls experience anemia. Anemia has a serious impact on the health of mothers and babies during pregnancy. As an effort to prevent anemia, it is necessary to improve eating habits by consuming foods rich in protein and iron. Dim Sum is a food that can be created with highly nutritious ingredients such as catfish (Pangasius hypopthalmus) and moringa leaves (Moringa oleifera) chosen as alternative sources of affordable and nutritious high-iron snacks.
Objectives : To determined the effect of variations in the mixture of catfish (Pangasius hypopthalmus) and moringa leaves (Moringa oleifera) on the physical, organoleptic, and iron content properties in the manufacture of PAMORA Dim sum products, high-iron snacks.
Methods : This study was a quasi-experiment with a Simple Randomized Design (RAS) using four treatments with a ratio of catfish and moringa leaves of 100%: 0%, 90%: 10%, 85%: 15%, 80%: 20%. The data collected included physical properties tests, organoleptic tests (hedonic scale tests), and iron content tests using the spectrophotometric method.
Results : Physical properties tests showed that the higher the addition of moringa leaves, the greener the dim sum color, the chewier the texture, and the less savory taste. Organoleptic tests showed that dim sum treatment C (85% catfish and 15% moringa leaves) was the most preferred in terms of aroma, color, taste, and texture. The highest iron content was found in dim sum treatment A (14.25 mg/100 g), while treatments B and C met around 45-47% of the daily iron needs of adolescent girls.
Conclusion : There was an effect of variations in the mixture of catfish (Pangasius hypopthalmus) and moringa leaves (Moringa oleifera) on the physical properties, organoleptic properties, and iron content in the manufacture of PAMORA Dim sum products, high iron snacks.
Keywords : Anemia, Dim sum, Catfish, Moringa Leaves, Physical Properties, Organoleptic Properties, Iron

PENGARUH VARIASI CAMPURAN IKAN PATIN (*Pangasius hypopthalmus*) DAN DAUN KELOR (*Moringa oleifera*) TERHADAP SIFAT FISIK, ORGANOLEPTIK, DAN KADAR ZAT BESI PADA PEMBUATAN PRODUK *DIM SUM* PAMORA SNACK TINGGI ZAT BESI

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ABSTRAK

Latar Belakang : Anemia merupakan salah satu masalah gizi yang sering terjadi pada remaja putri akibat kekurangan zat besi. Berdasarkan hasil Riskesdas tahun 2018, tercatat prevalensi anemia pada remaja putri sebesar 32% artinya diperkirakan tiga dari sepuluh remaja putri mengalami anemia. Anemia memiliki dampak yang serius terhadap kesehatan ibu dan bayi saat hamil. Sebagai upaya pencegahan anemia, diperlukan perbaikan kebiasaan makan dengan mengonsumsi makanan yang kaya protein dan zat besi. *Dim Sum* merupakan makanan yang dapat dikreasikan dengan bahan bergizi tinggi seperti, Ikan patin (*Pangasius hypopthalmus*) dan daun kelor (*Moringa oleifera*) dipilih sebagai sumber alternatif snack tinggi zat besi yang terjangkau dan bergizi.
Tujuan Penelitian : Mengetahui pengaruh variasi campuran ikan patin (*Pangasius hypopthalmus*) dan daun kelor (*Moringa oleifera*) terhadap sifat fisik, organoleptik, dan kadar zat besi pada pembuatan produk *Dim sum* PAMORA snack tinggi zat besi.
Metode Penelitian : Penelitian ini merupakan eksperimen semu dengan desain Rancangan Acak Sederhana (RAS) menggunakan empat perlakuan dengan perbandingan ikan patin dan daun kelor 100% : 0%, 90% : 10%, 85% : 15%, 80% : 20%. Data yang dikumpulkan meliputi uji sifat fisik, uji organoleptik (*hedonic scale test*), dan uji kadar zat besi menggunakan metode spektrofotometri.
Hasil Penelitian : Uji sifat fisik menunjukkan bahwa semakin tinggi penambahan daun kelor, warna *dim sum* semakin hijau, tekstur semakin kenyal, dan rasa gurih semakin berkurang. Uji organoleptik menunjukkan bahwa *dim sum* perlakuan C (85% ikan patin dan 15% daun kelor) paling disukai dari segi aroma, warna, rasa, dan tekstur. Kadar zat besi tertinggi terdapat pada *dim sum* perlakuan A (14,25 mg/100 g), sedangkan perlakuan B dan C memenuhi sekitar 45-47% kebutuhan harian zat besi remaja putri.
Kesimpulan : Ada pengaruh variasi campuran ikan patin (*Pangasius hypopthalmus*) dan daun kelor (*Moringa oleifera*) terhadap sifat fisik, organoleptik, dan kadar zat besi pada pembuatan produk *Dim sum* PAMORA snack tinggi zat besi.
Kata Kunci : Anemia, *Dim sum*, Ikan Patin, Daun Kelor, Sifat Fisik, Organoleptik, Zat Besi