

VARIASI PENCAMPURAN DAUN UBI JALAR UNGU (*IPOMEA BATATAS* L.) DAN IKAN OATIN PADA PEMBUATAN *DIM SUM* SEBAGAI ALTERNATIF *SNACK* DITINJAU DARI SIFAT FISIK, ORGANOLEPTIK, DAN KADAR ZAT BESI

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ABSTRAK

Latar Belakang : Masalah anemia pada ibu hamil menjadi salah satu perhatian utama. Berdasarkan Survei Kesehatan Indonesia (2023), prevalensi anemia pada ibu hamil mencapai 27,7%. Pembuatan *Dim sum* daun ubi jalar ikan patin diharapkan dapat menjadi *snack* yang dapat membantu memenuhi kebutuhan asupan zat besi guna mencegah terjadinya anemia pada ibu hamil.

Tujuan : Penelitian ini bertujuan untuk mengetahui pengaruh variasi pencampuran daun ubi jalar ungu dan ikan patin pada *Dim sum* ditinjau dari sifat fisik, sifat organoleptik, dan kadar zat besi.

Metode : Jenis penelitian eksperimen semu (*Quasi eksperimen*) dengan desain penelitian rancangan acak sederhana dengan 4 perlakuan. Variasi pencampuran daun ubi jalar ungu dan ikan patin 0% : 100% , 15% : 85%, 20% : 80%, dan 25% : 75%. Analisis sifat fisik dilakukan secara deskriptif. Sifat organoleptik dianalisis menggunakan uji statistik *Kruskal-Wallis*, dan apabila terdapat perbedaan yang signifikan, maka dilanjutkan dengan uji *Mann-Whitney*. Kadar zat besi dianalisis menggunakan uji *One Way ANOVA*, dan apabila terdapat perbedaan yang signifikan, maka dilanjutkan dengan uji lanjutan *Duncan*. Pengukuran kadar zat besi dilakukan menggunakan metode *spectrofotometry*.

Hasil : Sifat fisik menunjukkan bahwa semakin banyak campuran daun ubi jalar ungu pada *Dim sum* maka warna hijau semakin pekat, aroma semakin tidak amis, rasa gurih, dan tekstur semakin kenyal. 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 ubi jalar ungu. Kadar zat besi, semakin banyak campuran daun ubi jalar ungu maka semakin meningkat kandungan zat besi pada produk *Dim sum*.

Kesimpulan : Terdapat pengaruh variasi pencampuran daun ubi jalar ungu dan ikan patin pada *Dim sum* terhadap sifat fisik, sifat organoleptik, dan kadar zat besi.

Kata Kunci : Daun ubi jalar ungu, ikan patin, *Dim sum*, sifat fisik, sifat organoleptik, kadar zat besi, anemia.

VARIATIONS OF MIXING IPOMOEA BATATAS LEAVES (IPOMOEA BATATAS L.) AND CATFISH IN THE MAKING DIM SUM AS AN ALTERNATIVE SNACK IN TERMS OF PHYSICAL CHARACTER, ORGANOLEPTIC, AND IRON LEVEL

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ABSTRAC

Background : The problem of anemia in pregnant women is one of the main concerns. Based on the Indonesian Health Survey (2023), the prevalence of anemia in pregnant women reached 27.7% Making Dim sum ipomoea batatas leaves catfish is expected to be a snack that can help meet the needs of iron intake to prevent anemia in pregnant women

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

Methods : This type of research is a quasi-experiment with a simple randomized design with 4 treatments. Variations of mixing ipomoea batatas leaves leaves and catfish 0%: 100% , 15% : 85%, 20% : 80%, and 25%: 75%. Physical properties were analyzed descriptively. Organoleptic properties were analyzed with the Kruskal-Wallis statistical test, and if there were significant differences, then continued with the Mann-Whitney test. Iron levels were analyzed with the One Way Anova test, if there was a difference, it was followed by the Duncan test. Measurement of iron levels was carried out using the spectrophotometry method.

Result : Physical characteristics show that the more the mixture of ipomoea batatas leaves in dim sum, the more intense the green color, the less fishy the aroma, the savory taste, and the chewier the texture. The results of the organoleptic characteristics analysis showed that the dim sum product that was most liked by panelists in terms of color, aroma, taste, and texture was Dim sum with a mixture of 20% ipomoea batatas leaves. Iron content, the more the mixture of ipomoea batatas leaves, the more the iron content increases in dim sum products.

Conclusion : There is an effect of variation in mixing ipomoea batatas leaves and catfish in dim sum on physical characteristics, organoleptic characteristics, and iron content.

Keywords : ipomoea batatas leaves, catfish, dim sum, physical character, organoleptic character, iron level, anemia.