

ABSTRAK

Angel Fransisca Manurung, NIM 4173210001 (2021). Optimasi Perbandingan Tepung Tapioka dan Daging Ayam Serta Penambahan Tinta Cumi-cumi Untuk Menghasilkan Bakso Hitam Bernutrisi Tinggi.

Bakso merupakan salah satu produk olahan daging yang digemari oleh masyarakat. Daging yang biasa digunakan dalam pembuatan bakso adalah daging ayam maupun daging sapi. Daging ayam memiliki kandungan gizi yang cukup baik bagi tubuh dimana kandungan proteinnya 21% dan lemaknya 0-5%. Cumi-cumi adalah salah satu jenis hewan laut yang memiliki kantung tinta yang mengandung melanin dalam bentuk melanoprotein, asam glutamat dan asam aspartat yang memberikan rasa sedap dan gurih. Pemanfaatan tinta cumi-cumi belum dilakukan secara maksimal bahkan dianggap sebagai limbah. Penelitian ini bertujuan untuk mengoptimasi penambahan tepung tapioka dan daging ayam dalam jumlah yang berbeda serta penambahan tinta cumi-cumi (*Loligo sp*) untuk menghasilkan bakso hitam yang bernutrisi tinggi. Penelitian ini dilaksanakan di Laboratorium Penelitian Jurusan Kimia. Penelitian ini menggunakan lima perlakuan. Perlakuan tersebut antara tepung tapioka dengan persentase (20%, 25%, 30%, 40%, dan 50%), dan penambahan tinta cumi-cumi dengan persentase (0%, 0.5%, 1%, 1.5%, dan 2%). Parameter yang diamati dalam penelitian adalah organoleptik terhadap kenampakan warna, aroma, tekstur dan rasa bakso, uji kandungan gizi meliputi kadar air, kadar abu, kadar protein dan kadar lemak. Parameter tersebut sesuai dengan SNI 3818:2014. Hasil penelitian pada optimasi perbandingan tepung tapioka dan daging ayam dengan beberapa uji yang dilakukan persentase bakso yang baik adalah 30%, hasil pada uji organoleptik dengan nilai rata-rata kesukaan pada kenampakan warna, tekstur, aroma, dan rasa masing-masing yaitu (3,55; 3,64; 3,2; dan 3,15) dan uji kadar air, abu, protein, dan lemak masing-masing 66%; 1,41%; 9,40%; 8,70%. Pada penambahan tinta cumi-cumi persentase yang bagus adalah 2% dengan hasil nilai rata-rata kesukaan pada organoleptik dengan kriteria kenampakan warna, tekstur, aroma dan rasa masing-masing (3,6; 3,15; 1,9; dan 3,6), dan untuk uji kadar air, abu, protein dan lemak masing-masing 67,3%; 1,79%; 10,56%; 9,88%.

Kata kunci : Bakso ayam, tepung tapioka, tinta cumi-cumi, organoleptik, kadar air, kadar abu, kadar lemak, kadar protein.

ABSTRACT

Angel Fransisca Manurung, NIM 4173210001 (2021). Optimization of the Comparison of Tapioca Flour and Chicken Meat And The Addition Of Squid Ink To Produce High Nutrient Black Meatballs.

Meatballs are one of the processed meat products that are favored by the public. The meat commonly used in making meatballs is chicken or beef. Chicken meat has a fairly good nutritional content for the body where the protein content is 21% and the fat is 0-5%. Squid is a type of marine animal that has an ink sac containing melanin in the form of melanoprotein, glutamic acid, and aspartic acid which gives it a delicious and savory taste. The utilization of squid ink has not been carried out optimally and is even considered waste. This study aims to optimize the addition of tapioca flour and chicken meat in different quantities as well as the addition of squid ink (*Loligo sp*) to produce black meatballs with high nutrition. This research was conducted at the Research Laboratory of the Department of Chemistry. This study used five treatments. The treatments included tapioca flour with percentages (20%, 25%, 30%, 40%, and 50%), and the addition of squid ink with percentages (0%, 0.5%, 1%, 1.5%, and 2%). The parameters observed in this study were organoleptic for the appearance of color, aroma, texture, and taste of the meatballs, the nutritional content test included water content, ash content, protein content, and fat content. These parameters are in accordance with SNI 3818:2014. The results of the research on the optimization of the ratio of tapioca flour and chicken meat with several tests carried out the percentage of good meatballs was 30%, the results of the organoleptic test with an average preference value on the appearance of color, texture, aroma, and taste respectively (3, 55; 3.64; 3.2; and 3.15) and the water, ash, protein, and fat content of 66%, respectively; 1.41%; 9.40%; 8.70%. On the addition of squid ink, a good percentage is 2% with the results of the average preference value on organoleptic with the criteria of color appearance, texture, aroma, and taste respectively (3.6; 3.15; 1.9; and 3, respectively). 6), and for the test of water, ash, protein, and fat content, each is 67.3%; 1.79%; 10.56%; 9.88%.

Keywords : *Chicken meatballs, tapioca flour, squid ink, organoleptic, moisture content, ash content, fat content, protein content.*