

ABSTRAK

Maria Agrevina Sitorus: Analisis Zat Gizi Makro Dali Susu Kerbau Pada Olahan Arsik Makanan Khas Batak Toba. Skripsi. Program Studi Gizi. Jurusan Pendidikan Kesejahteraan Keluarga. Fakultas Teknik. Universitas Negeri Medan. 2023

Di Sumatera Utara khususnya suku Batak Toba, dali susu kerbau dijadikan sebagai makanan tradisional. Beberapa masyarakat menghadirkan dali susu kerbau dengan olahan arsik dali susu kerbau Arsik dali susu kerbau makanan tradisional khas Batak Toba diolah dengan menggunakan rempah-rempah tradisional yang dapat memberikan rasa yang lebih bervariasi dan diterima oleh lebih banyak masyarakat khususnya remaja sampai kalangan orang dewasa. Penelitian ini bertujuan untuk mengetahui: 1) Pembuatan arsik dali susu kerbau dengan formulasi 30 persen, 60 persen, dan 90 persen; 2) Hasil uji hedonik dan uji mutu hedonik terhadap warna, aroma, rasa dan tekstur arsik dali susu kerbau; 3) Formula terbaik arsik dali susu kerbau makanan khas Batak Toba; 4) Kandungan zat gizi makro (protein, lemak, dan karbohidrat) dali susu kerbau pada olahan arsik makanan khas Batak Toba. Metode penelitian yang dilakukan merupakan penelitian eksperimen dengan tiga formula arsik dali susu kerbau. Lokasi penelitian uji organoleptik dilakukan di Onan Runggu, Samosir dan uji kandungan zat gizi dilakukan di Laboratorium Balai Standarisasi dan Pelayanan Jasa Industri (BSPJI) Medan. Panelis uji organoleptik berjumlah 10 orang panelis tidak terlatih. Teknik analisis data dilakukan secara deskriptif dan uji *kruskall wallis* dan *mann-whitney* untuk uji lanjutan.

Hasil penelitian menunjukkan bahwa penambahan 900 gr dali susu kerbau menghasilkan arsik terbaik pada perlakuan kode sampel P3 (90%). Uji hedonik pada arsik dali susu kerbau 90 persen (kode sampel P3 (90%)) panelis menyatakan sangat suka terhadap warna dan rasa masing-masing sebesar 70 persen, sangat suka terhadap aroma sebesar 60 persen, sangat suka terhadap tekstur sebesar 50 persen. Hasil uji mutu hedonik diperoleh 70 persen panelis suka pada warna kuning cerah, 60 persen panelis suka pada aroma susu dan aroma bumbu arsik, 80 persen panelis suka pada rasa susu dan bumbu arsik, 50 persen panelis suka pada tekstur lembut. Nilai rerata uji hedonik terhadap warna 4,2, aroma 4,3, rasa 4,7, tekstur 4,3. Kandungan gizi protein susu kerbau murni sebelum diolah sebesar 4,4 persen, lemak 7,8 persen, dan karbohidrat 4,8 persen. Kandungan gizi arsik dali susu kerbau dengan dali susu kerbau 90 persen adalah kadar protein sebesar 11,4 persen, kadar lemak sebesar 23,3 persen, dan kadar karbohidrat sebesar 1,52 persen.

ABSTRACT

Maria Agrevina Sitorus: Analysis of Macronutrients from Buffalo Milk in Arsik Typical Batak Toba Food. Thesis. Nutrition Study Program. Family Welfare Education Department. Faculty of Engineering. State University of Medan. 2023

In North Sumatra, especially the Toba Batak tribe, dali buffalo milk is used as a traditional food. Some people serve buffalo milk dali with processed arsik dali buffalo milk. Arsik dali buffalo milk, traditional Batak Toba food processed using traditional spices which can provide a more varied taste and be accepted by more people, especially teenagers to adults. This study aims to determine: 1) Making arsik dali buffalo milk with 30 percent, 60 percent, and 90 percent formulations; 2) Hedonic test results and hedonic quality tests on color, aroma, taste and texture of arsik dali buffalo milk; 3) The best formula for arsik dali, buffalo milk, a typical Batak Toba food; 4) The content of macro-nutrients (protein, fat, and carbohydrates) in buffalo milk in processed arsik, a typical Batak Toba food. The research method used was experimental research with three formulas of arsik dali buffalo milk. The research location for the organoleptic test was carried out in Onan Runggu, Samosir and the nutrient content test was carried out at the Laboratory of the Center for Standardization and Industrial Services (BSPJI) Medan. The panelists for the organoleptic test consisted of 10 untrained panelists. The data analysis technique was carried out descriptively using the Kruskal Wallis test and the Mann-Whitney test for the follow-up test.

The results showed that the addition of 900 g of buffalo milk dali produced the best arsik in the treatment of sample code P3 (90%). The hedonic test on arsik dali buffalo milk 90 percent (sample code P3 (90%)) panelists stated they really liked the color and taste of each by 70 percent, really liked the aroma by 60 percent, really liked the texture by 50 percent. The results of the hedonic quality test showed that 70 percent of the panelists liked the bright yellow color, 60 percent of the panelists liked the aroma of milk and the aroma of arsik seasoning, 80 percent of the panelists liked the taste of milk and arsik seasoning, 50 percent of the panelists liked the soft texture. The mean value of the hedonic test for color is 4.2, aroma is 4.3, taste is 4.7, texture is 4.3. The nutritional content of pure buffalo milk protein before being processed is 4.4 percent, 7.8 percent fat, and 4.8 percent carbohydrates. The nutritional content of arsik dali buffalo milk with 90 percent buffalo milk dali is a protein content of 11.4 percent, a fat content of 23.3 percent, and a carbohydrate content of 1.52 percent..