

KADAR LEMAK, PROTEIN DAN SIFAT SENSORIS KORNET YANG DISUBSTITUSI JANTUNG PISANG

Nala Naeli Nur Fauziah, Yunan Kholifatuddin, Joko Teguh Isworo
Program Studi Diploma III Gizi Fakultas Ilmu Keperawatan dan Kesehatan
Universitas Muhammadiyah Semarang
yunan_k@ymail.com

ABSTRACT

Banana inflorescence is a food rich in nutrients. During this time the benefits of banana inflorescence is limited to vegetable products, banana inflorescence jerky and banana inflorescence abon. Cornet is one of the efforts to diversify the utilization of banana inflorescence in the field of nutritious and cheap food as a substitute for some raw materials of beef. Banana inflorescence when it has undergone a processing process has a fibrous texture almost the same as the texture of beef. The purpose of this study was to determine to fat content, protein content and sensory characteristics of corned beef with banana inflorescence substitution.

The method used was experimental method by making corned beef with mixture of banana inflorescence material with treatment 0%, 15%, 30%, 45%, 60% then, corned yielded test fat content, protein content and sensory properties.

The results of the analysis of fat content and protein of corned beef with various treatments were obtained the less the proportion of beef decreased. Protein content of corned beef with banana inflorescence substitution per treatment decreased at a 15% ratio of 21.87%, while the highest banana inflorescence fat content was 3.23% and the lowest was 0.75%. Result of statistical test of fat content there is no influence between treatment. The best sensory properties were based on the statistical test of corned beef with banana inflorescence substitution with a ratio of 15% because there was no real effect with a 0% substitution ratio.

Keywords: *Banana Heart, Fat, Protein, Sensory Properties Corned Beef With Beef Substitution Banana*

ABSTRAK

Jantung pisang merupakan bahan pangan yang kaya zat gizi. Selama ini manfaat jantung pisang terbatas pada produk sayur, dendeng jantung pisang serta abon jantung pisang. Kernet jantung pisang merupakan salah satu dalam usaha penganekaragaman pemanfaatan jantung pisang dalam bidang makanan yang bergizi dan murah sebagai pengganti sebagian bahan baku yaitu daging sapi. Jantung pisang apabila sudah mengalami proses pengolahan mempunyai tekstur yang berserat hampir sama dengan tekstur pada daging sapi. Tujuan penelitian ini adalah untuk mengetahui pengaruh terhadap kadar lemak, kadar protein dan sifat sensoris pada kernet daging sapi dengan substitusi jantung pisang.

Metode yang digunakan yaitu metode eksperimen dengan cara membuat kernet dengan campuran bahan jantung pisang dengan perlakuan 0%, 15%, 30%, 45%, 60% kemudian, kernet yang dihasilkan dilakukan uji kadar lemak, kadar protein dan sifat sensoris.

Hasil analisa kadar lemak dan protein kernet daging sapi dengan berbagai perlakuan diperoleh semakin sedikit proporsi daging sapi semakin menurun. Kandungan protein pada kernet daging sapi dengan substitusi jantung pisang setiap perlakuan menurun pada perbandingan 15% sebesar 21,87%, sedangkan kandungan lemak pada kernet jantung pisang tertinggi sebesar 3,23 % dan terendah 0,75%. Hasil uji statistik kadar lemak tidak terdapat pengaruh antar perlakuan. Sifat sensoris terbaik berdasarkan uji statistik kernet daging sapi dengan substitusi jantung pisang dengan perbandingan 15% karena tidak ada pengaruh nyata dengan perbandingan substitusi 0%.

Kata kunci : Jantung Pisang, Lemak, Protein, Sifat Sensoris Kernet Daging Sapi Dengan Substitusi Jantung Pisang