

PENGARUH PROPORSI TEPUNG TAPIOKA DAN BUBUR RUMPUT LAUT (*Eucheuma cottonii*) TERHADAP KANDUNGAN SERAT BAKSO DAGING SAPI

[The Effects of Proportion of Tapioca Flour and Seaweed *Eucheuma cottonii* Paste on Beef Meatballs Fiber Content]

Dara Ariella Kahar¹⁾, Eko Basuki²⁾, I Wayan Sweca Yasa²⁾

¹⁾Mahasiswa Fakultas Teknologi Pangan dan Agroindustri, Universitas Mataram, Nusa Tenggara Barat

²⁾Staff Pengajar Fakultas Teknologi Pangan dan Agroindustri, Universitas Mataram, Nusa Tenggara Barat
Jl. Majapahit No. 62 Mataram, 83125, Nusa Tenggara Barat, Indonesia

*E-mail: darakahar@gmail.com

ABSTRACT

The reasearh aim was to determine the proportion of tapioca flour and seaweed of *E. cottonii* paste in formulation of beef meatballs on their food fiber content. The experiment was conducted in laboratory and arranged with a Completely Randomized Design of the proportion of tapioca flour and *E. cottonii* paste. The proportion were P0 (40%:0%) as a control, P1 (30%:10%), P2 (20%:20%), P3 (10%:30%) and P4 (0%:40%). Each tratments has has 3 replication, therefore there were 15 experimental units altogether. The total of dietary fiber content, insoluble dietary fiber content, soluble dietary fiber content, water content, ash content, sensory attributes (smell, flavor, texture and color) of beef meatballs were observed. Data were analyzed with analysis of variance at 5% of significance level, using CoStat software. The post hoc test was Least Significant Difference (LSD) at the same level of significancy. The result showed that the proportion of tapioca flour and *E. cottonii* paste on beef meatballs significantly affected the total of dietary fiber content, insoluble dietary fiber content, soluble dietary fiber content, water content, and ash content. The proportion of 10% tapioca flour and 30% *E. cottonii* paste was the best proportion of the seaweed to produce the beef meatballs with 3,17% total dietary fiber, 0,32% soluble dietary fiber, 2,85% insoluble dietary fiber, 55,72% of water content, 1,28% of ash content, and the sensory attributes such as taste and color of the meatballs mostly preferred by panelists.

Keywords: beef meatballs, dietary fibers, *E. cottonii* seaweed

ABSTRAK

Penelitian ini bertujuan untuk mengetahui jumlah proporsi tepung tapioka dan bubur rumput laut *Eucheuma cottonii* terbaik sebagai bahan pengisi terhadap kandungan serat bakso daging sapi. Penelitian dilakukan di laboratorium menggunakan Rancangan Acak Lengkap (RAL) 1 faktor yaitu proporsi tepung tapioka dan bubur rumput laut sebanyak 5 percobaan dengan perbandingan proporsi tepung tapioka dan rumput laut P0 (40%:0%) sebagai kontrol, P1 (30%:10%), P2 (20%:20%), P3 (10%:30%) dan P4 (0%:40%) sebanyak 3 kali ulangan sehingga diperoleh 15 unit percobaan. Parameter yang diuji adalah kadar total serat pangan, kadar serat pangan tidak larut, kadar serat pangan larut, kadar abu, kadar air, dan sifat organoleptik yang meliputi aroma, rasa, tekstur, dan warna bakso daging sapi. Data hasil pengamatan dianalisis dengan analisis keragaman pada taraf nyata 5%, menggunakan CoStat dan uji lanjut dengan Jika uji Beda Nyata Terkecil (BNT) pada taraf nyata yang sama. Hasil penelitian menunjukkan terdapat pengaruh proporsi tepung tapioka dan bubur rumput laut yang berbeda nyata terhadap total serat pangan, serat pangan larut, serat pangan tidak larut, kadar air, kadar abu bakso daging sapi. Semakin banyak jumlah bubur rumput laut dan semakin sedikit tepung tapioka yang digunakan, maka semakin tinggi nilai total serat pangan, serat pangan larut, serat pangan tidak larut, air dan abu yang dihasilkan. Perlakuan terbaik yaitu pada proporsi tepung tapioka 10% dan bubur rumput laut 30% menghasilkan bakso daging sapi dengan total serat pangan 3,17%, serat pangan larut 0,32%, serat pangan tidak larut 2,85%, kadar air 55,72%, kadar abu 1,28%, organoleptik rasa dan warna bakso daging sapi paling disukai panelis.

Kata Kunci: bakso daging sapi, rumput laut *Eucheuma cottonii*, serat pangan