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TINGKAT KESUKAAN DAN KANDUNGAN GIZI BAKSO IKAN LELE *(Clariidae)* DENGAN PENAMBAHAN JAMUR KUPING *(Auricularia Auricula Judae)*

ABSTRAK

Latar Belakang: Berdasarkan BPS 2023, produksi ikan lele mencapai 90.527 ton. Namun, pengolahannya hanya digoreng sehingga dapat memimbulkan kebosanan dan menurunkan selera makan ikan lele. Bakso ikan lele dapat menjadi alternatif sehat dengan kandungan lemak lebih rendah dibandingkan bakso daging sapi yang umum dikonsumsi masyarakat. Selain itu, produksi jamur kuping di Jawa Tengah tahun 2022 mencapai 499.229 m², menjadikannya bahan tambahan yang berpotensi meningkatkan minat konsumen serta kandungan gizi produk olahan ikan lele.

Tujuan: Mendeskripsikan tingkat kesukaan dan kandungan protein serta serat kasar pada formula bakso ikan lele dengan penambahan jamur kuping

Metode: Penelitian ini merupakan desain eksperimental. Perlakuan dengan membuat 3 formulasi yang berbeda dengan perbandingan ikan lele dan jamur kuping 90% : 10%, 80% : 20%, dan 70% : 30% yang kemudian dilakukan uji tingkat kesukaan pada 25 panelis tidak terlatih. Formula dengan skor tingkat kesukaan tertinggi selanjutnya dilakukan analisis kandungan protein dan serat kasar

Hasil: Hasil uji tingkat kesukaan diketahui formula 1 memiliki rata-rata skor tertinggi dan formula 3 dengan skor terendah F1 (66,4%), F2 (60,4%), dan F3 (51,2%). Analisis kandungan protein sebesar 13,83% (tinggi) dan kandungan serat kasar sebesar 6,81% (tinggi).

Simpulan: Formula 1 bakso ikan lele dengan penambahan jamur kuping dapat diterima oleh masyarakat meskipun masih dalam kategori kurang. Namun, kandungan zat gizi protein dan kasar serat tergolong diatas SNI, sehingga layak dikembangkan lebih lanjut sebagai alternatif pangan yang sehat.

Kata Kunci: tingkat kesukaan, bakso ikan lele, jamur kuping, kandungan gizi

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THE LEVEL PREFERENCE AND NUTRITION CONTENT CATFISH MEATBALLS *(Clariidae)* WITH ADDITION OF EAR MUSHROOMS *(Auricularia Auricula Judae)*

ABSTRACT

Background: Based on BPS 2023, catfish production reached 90,527 tons. However, the processing is only fried so that it can cause boredom and reduce the appetite for catfish. Catfish meatballs can be a healthy alternative with lower fat content than beef meatballs that are commonly consumed by the public. In addition, the production of ear mushrooms in Central Java in 2022 reached 499,229 m², making it an additional ingredient that has the potential to increase consumer interest and the nutritional content of processed catfish products.

Objective: To purpose the level of preference and the content of protein and crude fiber in the formula of catfish meatballs with the addition of ear mushrooms.

Methods: This research is an experimental design. Treatment by making 3 different formulations with a ratio of catfish and ear mushrooms 90%: 10%, 80% : 20%, and 70%: 30% which was then tested on 25 untrained panelists. The formula with the highest favorability score was then analyzed for protein and crude fiber content.

Results: The results of the level of favorability test showed that formula 1 had the highest average score and formula 3 with the lowest score F1 (66.4%), F2 (60.4%), and F3 (51.2%). Analysis of protein content of 13.83% (high) and crude fiber content of 6.81% (high).

Conclusion: Formula 1 catfish meatballs with the addition of ear mushrooms can be accepted by the public even though it is still in the less category. However, the nutrient content of protein and crude fiber is above SNI, so it is worth developing further as a healthy food alternative.

Keywords: level of favorability, catfish meatballs, ear mushrooms, nutritional content