

UJI MUTU HEDONIK BAKSO IKAN TONGKOL DENGAN *PURE* RUMPUT LAUT *EUCHEUMA COTTONII*

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ABSTRAK

Penelitian ini bertujuan untuk: 1) Mendeskripsikan proses pengolahan bakso ikan tongkol dengan penambahan *pure* rumput laut *Eucheuma cottonii*; 2) Mendeskripsikan kualitas bakso ikan tongkol dengan penambahan *pure* rumput laut *Eucheuma cottonii* berdasarkan aspek aroma, tekstur, dan rasa. Penelitian ini menggunakan metode eksperimen dengan pendekatan kuantitatif yang dilaksanakan di Laboratorium Tata Boga Universitas Pendidikan Ganesha. Instrumen penelitian yang digunakan merupakan lembar observasi uji hedonik yang disusun dalam skala penilaian lima tingkat untuk mengevaluasi kualitas bakso ikan tongkol dengan penambahan *pure* rumput laut *Eucheuma cottonii* berdasarkan karakteristik organoleptik meliputi aspek aroma, tekstur, dan rasa. Hasil penelitian ini yaitu: 1) Proses pembuatan bakso ikan tongkol dengan penambahan *pure* rumput laut *Eucheuma cottonii* meliputi pra-eksperimen untuk menentukan resep standar, kemudian dilakukan eksperimen utama yang mencakup persiapan bahan dan alat serta pengolahan bakso melalui tahap pencampuran, pembentukan, dan perebusan bakso hingga matang; 2) Bakso ikan tongkol dengan penambahan *pure* rumput laut *Eucheuma cottonii* berkualitas sangat baik berdasarkan uji hedonik dari 15 panelis terlatih dengan aspek aroma memperoleh skor 4,73, aspek tekstur memperoleh 4,86, dan aspek rasa memperoleh skor 4,93. Secara keseluruhan bakso ikan tongkol dengan penambahan *pure* rumput laut *Eucheuma cottonii* sudah sangat baik dan layak dikembangkan, namun tetap perlu perbaikan khususnya pada aroma yang sedikit anyir dari beberapa sampel dan bentuk yang belum sama ukurannya.

Kata Kunci : Bakso ikan tongkol, *Pure* rumput laut *Eucheuma cottonii*, Uji mutu hedonik

HEDONIC QUALITY TEST OF TONGKOL FISH MEATBALLS WITH EUCHEUMA COTTONII SEAWEED PUREE

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ABSTRACT

This research aims to: (1) describe the processing of tongkol fish balls with the addition of pure seaweed (Eucheuma cottonii), and (2) describe the quality of tongkol fish balls with the addition of pure Eucheuma cottonii seaweed based on aroma, texture, and taste aspects. This research used an experimental method with a quantitative approach and was conducted at the Culinary Arts Laboratory, Universitas Pendidikan Ganesha. The research instrument used was a hedonic test observation sheet arranged in a five-point rating scale to evaluate the quality of tongkol fish balls with the addition of pure Eucheuma cottonii seaweed based on organoleptic characteristics, including aroma, texture, and taste. The results of the research aims to: (1) the production process of tongkol fish balls with the addition of pure Eucheuma cottonii seaweed involved a pre-experiment to determine the standard recipe, followed by the main experiment consisting of preparation of ingredients and tools, and the processing of fish balls through stages of mixing, shaping, and boiling until fully cooked; (2) the tongkol fish balls with the addition of pure Eucheuma cottonii seaweed were of very good quality based on a hedonic test by 15 trained panelists, with the aroma aspect scoring 4.73, texture 4.86, and taste 4.93. Overall, the tongkol fish balls with the addition of pure Eucheuma cottonii seaweed were considered very good and feasible for further development, although improvements are still needed, particularly for the slightly fishy aroma in some samples and the inconsistent shape and size of the fish balls.

Keywords: Tongkol fish meatballs, Eucheuma cottonii seaweed puree, Hedonic quality test