

UJI HEDONIK TUM AYAM DENGAN PENAMBAHAN KULIT PISANG BATU (*Musa brachyarpa*) SEBAGAI ALTERNATIF *HEALTHY FOOD*

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ABSTRAK

Penelitian ini bertujuan untuk mengetahui formulasi tum ayam dengan penambahan kulit pisang batu sekaligus mengetahui tingkat kesukaan masyarakat terhadap produk tum ayam dengan penambahan kulit pisang batu (*Musa brachyarpa*) sebagai alternatif makanan sehat (*healthy food*). Kulit pisang batu merupakan limbah pangan yang belum dimanfaatkan secara optimal, padahal memiliki kandungan serat, protein, mineral, dan senyawa bioaktif yang berpotensi meningkatkan nilai gizi suatu produk pangan. Penelitian ini merupakan penelitian eksperimen dengan tiga tahapan formulasi hingga diperoleh resep yang paling sesuai untuk diuji yakni 250 gram daging ayam, 250 gram kulit pisang batu, 10 gram cabai merah besar, 30 gram bawang merah, 15 gram bawang putih, 15 gram cabai rawit, 5 gram kunyit, 5 gram jahe, 5 gram kencur, 10 gram lengkuas, 5 gram garam, 10 gram kemiri, 3 gram ketumbar, 4 lembar daun salam, 5 gram batang serai, 5 gram terasi, 1 gram merica hitam, 1 gram merica putih, dan 4 lembar daun jeruk. Uji hedonik dilakukan terhadap 50 panelis masyarakat umum menggunakan uji mutu hedonik dengan skala 5 yang mencakup aspek aroma, tekstur, dan rasa. Hasil penelitian menunjukkan bahwa tum ayam dengan penambahan kulit pisang batu dapat diterima dengan baik oleh panelis, dengan nilai rata-rata aroma 4,70 (sangat suka), tekstur 4,56 (sangat suka), dan rasa 4,56 (sangat suka). Berdasarkan pedoman konversi skala 5, produk termasuk dalam kategori “suka” hingga “sangat suka”. Dengan demikian, penambahan kulit pisang batu pada tum ayam berpotensi menjadi formulasi alternatif yang sehat, bernilai gizi baik, dan disukai oleh masyarakat.

Kata kunci: tum ayam, kulit pisang batu, uji hedonik, *healthy food*

HEDONIC TEST OF CHICKEN TUM WITH THE ADDITION OF STONE BANANA PEEL (Musa Brachyarpa) AS A HEALTHY FOOD ALTERNATIVE

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ABSTRACT

This study aims to find out the formulation of chicken tum with the addition of stone banana peel and determine the level of consumer acceptance of chicken tum with the addition of banana stone peel (Musa brachyarpa) as an alternative healthy food. Banana stone peel is a food waste that has not been optimally utilized, despite containing fiber, protein, minerals, and bioactive compounds that can enhance the nutritional value of food products. This research employed an experimental design conducted through three formulation trials to obtain the optimal recipe is 250 grams of chicken meat, 250 grams of banana peel, 10 grams of large red chilies, 30 grams of shallots, 15 grams of garlic, 15 grams of cayenne pepper, 5 grams of turmeric, 5 grams of ginger, 5 grams of galangal, 10 grams of salt, 10 grams of candlenuts, 3 grams of coriander, 4 bay leaves, 5 grams of lemongrass stalks, 5 grams of shrimp paste, 1 gram of black pepper, 1 gram of white pepper, and 4 pieces of lime leaves.. A hedonic sensory test involving 50 untrained panelists was performed using a 5-point scale assessing aroma, texture, and taste. The results showed that chicken tum with added banana stone peel was well accepted, with average scores of aroma 4.70 (highly liked), texture 4.56 (highly liked), and taste 4.56 (highly liked). Based on the hedonic scale conversion, the product falls into the “liked” to “highly liked” category. Therefore, incorporating banana stone peel into chicken tum can serve as a healthy alternative formulation that is nutritious and acceptable to consumers.

Keywords: chicken tum, banana peel, hedonic test, evaluation, healthy food