

ABSTRAK

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SOSIS AYAM SUBSTITUSI *FILLER* TEPUNG KOMPOSIT (TEMPE DAN *MOCAF*) SEBAGAI MAKANAN TINGGI PROTEIN DAN ZAT BESI UNTUK MENCEGAH ANEMIA

Remaja putri rentan menderita anemia. Salah satu upaya pencegahan dapat dilakukan melalui asupan makanan tinggi protein dan zat besi. Tepung tempe merupakan bahan makanan sumber protein dan zat besi, serta tepung *mocaf* mengandung zat besi tinggi dan vitamin C. Penelitian bertujuan untuk mengetahui daya terima, kandungan protein dan zat besi sosis ayam substitusi *filler* tepung komposit (tempe dan *mocaf*). Jenis penelitian ini *experiment laboratories* dengan desain Rancangan Acak Lengkap. Tepung komposit dibuat dengan komposisi perbandingan 1:1. Rancangan menggunakan tiga perlakuan dengan perbandingan tepung terigu : tepung komposit yaitu F1 (75%:25%), F2 (50%:50%), dan F3 (25%:75%). Daya terima panelis diukur menggunakan uji organoleptik yang diikuti oleh 30 panelis tidak terlatih. Uji organoleptik mencakup warna, rasa, aroma, dan tekstur. Analisis statistik daya terima menggunakan uji *Kruskall Wallis* dan uji lanjut *Mann-Whitney*. Formula terpilih ditentukan berdasarkan nilai rata-rata uji organoleptik tertinggi. Pengujian protein dan zat besi dilakukan di laboratorium SIG, Bogor. Hasil daya terima warna dan aroma menunjukkan tidak ada perbedaan ($p>0,05$), sedangkan rasa dan tekstur menunjukkan ada perbedaan ($p<0,05$). F2 merupakan formula terpilih dengan nilai rata-rata daya terima tertinggi (3,76). F2 per 100 g mengandung protein 16,25% dan zat besi 1,95 mg. Sosis ayam substitusi *filler* tepung komposit dapat dijadikan alternatif makanan untuk mencegah anemia pada remaja putri. Saran sajian formulasi F2 untuk memenuhi kebutuhan protein pada porsi makanan utama (30%) adalah ± 3 buah sosis ayam. Sementara itu, saran sajian formulasi F2 untuk memenuhi kebutuhan zat besi pada porsi makanan utama (30%) adalah ± 6 buah sosis ayam.

Kata kunci: Protein, Sosis Ayam, Tepung *Mocaf*, Tepung Tempe, Zat Besi

ABSTRACT

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CHICKEN SAUSAGE WITH COMPOSITE FLOUR (TEMPE AND MOCAF) FILLER SUBSTITUTION AS A HIGH PROTEIN AND IRON FOOD TO PREVENT ANEMIA

Adolescent girls are prone to anemia. One of the prevention efforts can be done through food intake high in protein and iron. Tempe flour is a food source of protein and iron, and mocaf flour contains high iron and vitamin C. The study aimed to determine the acceptability, protein and iron content of chicken sausage substituted with composite flour filler (tempe and mocaf). This type of research is experimental laboratories with a completely randomized design. Composite flour was made with a 1:1 ratio composition. The design used three treatments with the ratio of wheat flour: composite flour, namely F1 (75%: 25%), F2 (50%: 50%), and F3 (25%: 75%). Panelist acceptability was measured using an organoleptic test followed by 30 untrained panelists. The organoleptic test included color, taste, aroma, and texture. Statistical analysis of acceptability used Kruskal Wallis test and Mann-Whitney further test. The selected formula was determined based on the highest mean value of the organoleptic test. Protein and iron testing was conducted at the SIG laboratory, Bogor. The results of color and aroma acceptability showed no difference ($p>0.05$), while taste and texture showed a difference ($p<0.05$). F2 was the selected formula with the highest mean value of acceptability (3.76). F2 per 100 g contains 16.25% protein and 1.95 mg iron. Chicken sausage substituted with composite flour filler can be used as an alternative food to prevent anemia in adolescent girls. Suggested serving of F2 formulation to meet protein needs in the main meal portion (30%) is ± 3 pieces of chicken sausage. Meanwhile, the suggested serving of F2 formulation to meet the iron requirement in the main food portion (30%) is ± 6 pieces of chicken sausage.

Key words: *Chicken Sausage, Iron, Mocaf Flour, Protein, Tempe Flour*