

RINGKASAN

MUHAMAD KHAIRUL SYA'BAN. Karakterisasi Mutu Tepung Ikan Dari Ikan Parang-parang (*Chirocentrus dorab*). Program Studi Teknologi Hasil Perikanan, Fakultas Ilmu Kelautan Dan Perikanan, Universitas Maritim Raja Ali Haji. Dibimbing oleh Dr. LILY VIRULY, S.TP, M.Si dan R. MARWITA SARI PUTRI, S.Pi M.Si.

Ikan parang-parang (*Chirocentrus dorab*) memiliki sebaran luas di perairan Indonesia dan potensi gizi tinggi, terutama protein dan kalsium, sehingga berpeluang dikembangkan sebagai bahan baku tepung ikan. Penelitian ini bertujuan untuk mengevaluasi pengaruh perlakuan pengukusan terhadap karakteristik mutu tepung ikan parang-parang. Penelitian menggunakan Rancangan Acak Lengkap (RAL) dengan satu faktor perlakuan, yaitu dikukus dan tanpa dikukus, serta suhu pengeringan 90°C. Parameter yang diuji meliputi rendemen, uji organoleptik, proksimat, kalsium, dan asam amino. Hasil penelitian menunjukkan bahwa perlakuan dikukus menghasilkan mutu terbaik dengan nilai rendemen 19,90±0,61, tingkat kesukaan aroma 2,44±0,66, warna 2,45±0,61, dan tekstur 2,50±0,61. Kandungan gizi tepung ikan pada perlakuan dikukus meliputi protein 82,11%, lemak 29,43%, abu 6,09%, karbohidrat 0,84%, serta kalsium 755,1 mg/100 g, dan mengandung 14 jenis asam amino L-Alanin, L-Arginin, Asam Aspartat, Glisin, L-Asam Glutamat, L-Prolin, L-Serin, L-Histidin, L-Isolusin, L-leusin, L-Lisin, L-Valin, L-Fenilalanin, L-Treonin. Perlakuan pengukusan terbukti meningkatkan kualitas sensori dan nilai gizi tepung ikan parang-parang.

Kata Kunci: Tepung Ikan, Ikan Parang-Parang, pengukusan tanpa pengukusan

SUMMARY

MUHAMAD KHAIRUL SYA'BAN. Quality Characterization of Fish Meal Produced from Parang-Parang Fish (*Chirocentrus dorab*). Study Program of Fishery Product Technology, Faculty of Marine and Fisheries Sciences, Universitas Maritim Raja Ali Haji. Supervised by Dr. LILY VIRULY, S.TP., M.Si. and R. MARWITA SARI PUTRI, S.Pi., M.Si.

Parang-parang fish (*Chirocentrus dorab*) is widely distributed in Indonesian waters and has high nutritional potential, particularly in protein and calcium, making it suitable for development as a raw material for fish meal. This study aimed to evaluate the effect of steaming treatment on the quality characteristics of parang-parang fish meal. The research employed a Completely Randomized Design (CRD) with one treatment factor, namely steamed and non-steamed, using a drying temperature of 90°C. The parameters analyzed included yield, organoleptic properties, proximate composition, calcium content, and amino acid profile. The results showed that the steamed treatment produced the best quality, with a yield of 19.90 ± 0.61 , aroma preference score of 2.44 ± 0.66 , color 2.45 ± 0.61 , and texture 2.50 ± 0.61 . The nutritional composition of steamed fish meal consisted of 82.11% protein, 29.43% fat, 6.09% ash, 0.84% carbohydrates, and 755.1 mg/100 g calcium, and contained 14 amino acids, namely L-alanine, L-arginine, aspartic acid, glycine, L-glutamic acid, L-proline, L-serine, L-histidine, L-isoleucine, L-leucine, L-lysine, L-valine, L-phenylalanine, and L-threonine. Steaming treatment was proven to improve the sensory quality and nutritional value of parang-parang fish meal.

Keywords: Fish meal, Parang-parang fish, steaming, non-steaming.