

RINGKASAN

ROSIHANDAYANI RANGKUTI. Fortifikasi Rumput Laut (*Kappaphycus alvarezii*) dan Ikan Tamban (*Sardinella lemuru*) Pada Pembuatan *Choux Pastry*. Dibimbing oleh R. Marwita Sari Putri dan Aidil Fadli Ilhamdy.

Di Indonesia *choux pastry* lebih dikenal menggunakan sebutan sus kering, adalah modifikasi dari campuran choux paste mempunyai cita rasa legit dan renyah. Makanan ringan berwarna agak coklat ini memiliki ukuran mini serta tekstur renyah, berongga dan berasa legit yang khas (Betari, 2016). Penelitian ini bertujuan buat memperoleh formulasi *choux pastry* menggunakan fortifikasi rumput laut terpilih dan ikan tamban menurut uji hedonik dan menganalisis ciri mutu choux pastry menggunakan fortifikasi rumput bahari dan ikan tamban. Penelitian ini dilakukan dalam bulan Maret hingga bulan Juli 2023 pada laboratorium Teknologi Hasil Perikanan Fakultas Ilmu Kelautan dan Perikanan Universitas Maritim Raja Ali Haji. Pengujian hedonik dilakukan pada ruangan Teknologi Hasil Perikanan dan Pengujian Analisis Proksimat dilakukan pada PT. Saraswanti Indo Genetech, Bogor. Untuk sampel pada penelitian ini memakai perlakuan penambahan ikan sebanyak 15%, 20% dan 25% sedangkan buat rumput bahari dilakukan penambahan sebanyak 5%, 10% dan 15%. Untuk menilai daya terima konsumen terhadap aspek warna, aroma, rasa dan tekstur dilakukan uji organoleptik pada 80 orang panelis tidak terlatih. Berdasarkan penelitian yang sudah dilakukan dan analisis terhadap hasil penelitian maka bisa diambil kesimpulan bahwa hasil analisis organoleptik berupa warna, aroma, rasa dan tekstur bisa diterima konsumen. Penambahan ikan dan rumput laut dalam pembuatan *choux pastry* berpengaruh konkret terhadap nilai warna, aroma, rasa, tekstur, kadar air, kadar abu, kadar lemak, kadar protein, karbohidrat dan dalam uji serat kasar. Berdasarkan output penelitian diperoleh nilai homogen-homogen organoleptik optimum dan karaktersitik buat warna masih ada dalam perlakuan IRL 20% dan IRL 30% (2.84), buat aroma masih ada dalam perlakuan IRL 20% dan IRL 30% (3.00) dan buat rasa dan tekstur nilai optimumnya masih ada dalam perlakuan 20%, 30% dan 40% (3.00).

Kata kunci: *Choux pastry*, ikan tamban, fortifikasi rumput laut

SUMMARY

ROSIHANDAYANI RANGKUTI. Fortification of Seaweed (*Kappaphycus alvarezii*) and Tamban Fish (*Sardinella lemuru*) in the Making of Choux Pastry. Supervised by R. Marwita Sari Putri and Aidil Fadli Ilhamdy.

In Indonesia, choux pastry is better known as dry sus, which is a modification of the choux paste mixture, which has a firm and crunchy taste. This light brown colored snack has a mini size and has a crunchy, hollow texture and a distinct sticky taste (Betari, 2016). This study aims to obtain choux pastry formulations using fortification of selected seaweed and tamban fish according to hedonic tests and to analyze the quality characteristics of choux pastry using fortification of sea grass and tamban fish. This research was conducted from March to July 2023 at the Fisheries Product Technology laboratory, Faculty of Marine Sciences and Fisheries, Raja Ali Haji Maritime University. Hedonic testing was carried out in the Fisheries Product Technology room and Proximate Analysis Testing was carried out at PT. Saraswanti Indo Genetech, Bogor. For the sample in this study, the addition of 15%, 20% and 25% fish was used, while for sea grass, the addition was 5%, 10% and 15%. To assess consumer acceptance of the aspects of color, aroma, taste and texture, organoleptic tests were carried out on 80 untrained panelists. Based on the research that has been done and the analysis of the results of the research, it can be concluded that the results of the organoleptic analysis in the form of color, aroma, taste and texture can be accepted by consumers. The addition of fish and seaweed in the manufacture of choux pastry has a concrete effect on the values of color, aroma, taste, texture, moisture content, ash content, fat content, protein content, carbohydrates and in the crude fiber test. Based on the research output, the optimum organoleptic homogeneous values and characteristics were obtained for color still present in 20% IRL and 30% IRL treatment (2.84), for aroma still present in 20% IRL and 30% IRL treatment (3.00) and for taste and texture the optimum value is still in the treatment of 20%, 30% and 40% (3.00).

Keywords: Choux pastry, tamban fish, seaweed fortification