

RINGKASAN

Masakan etnis dapat didefinisikan sebagai masakan dari suatu kelompok yang diwariskan secara turun temurun dan dapat diterima secara budaya dan sosial oleh konsumen di luar kelompok etnisnya. Masakan etnis Minangkabau atau biasa disebut Makanan Padang merupakan makanan populer di kalangan masyarakat. Beberapa makanan terkenal dari etnis ini adalah rendang sapi, gulai ikan, dan ayam balado. Dalam membuat Masakan Padang, terdapat komponen penting yang ada dalam hampir semua hidangan, yaitu daging. Daging yang digunakan dalam masakan ini beragam, seperti sapi, ayam, atau ikan. Daging dan olahannya dapat dengan mudah mengalami kerusakan yang disebabkan oleh beberapa faktor, seperti kontaminasi mikroba, aktivitas enzim di dalam daging (lipase dan protease), reaksi kimiawi berupa pencoklatan dan oksidasi, dan perubahan secara fisik. Maka untuk mencegah terjadinya kerusakan dan menjaga kualitas produk diperlukan penambahan pengawet alami agar kualitas produk dapat dipertahankan, seperti bubuk kecombrang yang dikenal sebagai antimikroba. Pengaruh bubuk kecombrang terhadap fisikokimia, mikroba, serta sensori Masakan Padang belum banyak diteliti. Penelitian ini dilakukan untuk mengetahui pengaruh penambahan bubuk kecombrang terhadap kualitas masakan dari etnis Minangkabau.

Penelitian ini menggunakan bubuk kecombrang dengan penambahan konsentrasi 0, 0,25, 0,5, 0,75, dan 1%. Analisis fisikokimia yang digunakan adalah kadar air dan pH. Analisis mikroba dilakukan menggunakan angka lempeng total dan analisis sensori dilakukan dengan uji hedonik. Pengujian sensori dilakukan oleh 6 panelis standar menggunakan metode hedonik dengan skala 1-9 (amat sangat tidak suka-amat sangat suka). Hasil penelitian menunjukkan bahwa penambahan bubuk kecombrang memberikan pengaruh ($p < 0,05$) terhadap nilai pH, kadar air, serta angka lempeng total ketiga menu (rendang sapi, gulai ikan, dan ayam balado). Hasil uji hedonik menunjukkan bahwa terdapat pengaruh yang nyata pada produk rendang sapi (aroma dan rasa), gulai ikan (warna, aroma, dan rasa) serta ayam balado (rasa). Hasil pengujian indeks efektivitas menunjukkan bahwa produk terbaik diperoleh pada konsentrasi penambahan bubuk kecombrang 0,25% pada produk rendang sapi, gulai ikan, dan ayam balado. Perlakuan rendang sapi terbaik memiliki kadar air sebesar 36,67%, kadar abu 3,51%, kadar protein 31,94%, kadar lemak 22,51%, dan kadar karbohidrat 5,37%. Perlakuan gulai ikan terbaik memiliki kadar air 45,95%, kadar abu 5,66%, kadar protein 22,25%, kadar lemak 21,71%, dan kadar karbohidrat 4,41%. Perlakuan ayam balado terbaik memiliki kadar air 60,41%, kadar abu 3,55%, kadar protein 16,09%, kadar lemak 17,16%, dan kadar karbohidrat 2,78%. Secara keseluruhan, penelitian ini menunjukkan bahwa penambahan bubuk kecombrang dapat secara optimal meningkatkan kualitas mikrobiologis, fisikokimia, dan sensoris masakan khas Minangkabau.

SUMMARY

Ethnic cuisine can be define as cuisine from a particular group that has been pass down from generation to generation and is culturally and socially acceptable to consumers outside of that ethnic group. Minangkabau ethnic cuisine, commonly known as Padang cuisine, is popular among the general public. Some well-known dishes from this ethnic group include beef rendang, fish curry, and balado chicken. In preparing Padang cuisine, there is an important component found in almost all dishes: meat. The meat use in this cuisine varies, such as beef, chicken, or fish. Meat and its byproducts can easily spoil caused by several factors, such as microbial contamination, enzymatic activity within the meat (lipase and protease), chemical reactions such as browning and oxidation, and physical changes. Therefore, to prevent spoilage and maintain product quality, the addition of natural preservatives is necessary to preserve product quality, such as torch ginger powder, which is known for its antimicrobial properties. The effects of torch ginger powder on the physicochemical, microbial, and sensory properties of Padang cuisine have not been extensively studied. This research was conducted to investigate the effects of adding torch ginger powder on the quality of Minangkabau ethnic cuisine.

This study used torch ginger powder with addition concentrations of 0, 0,25, 0,5, 0,75, and 1%. The physicochemical analysis used was moisture content and pH. Microbial analysis was conducted using total plate count, while sensory analysis was performed using a hedonic test. Sensory testing was conducted by six standard panelists using the hedonic method with a scale of 1–9 (very dislike–very like). The results showed that the addition of torch ginger powder had a significant effect ($p < 0,05$) on the pH, moisture content, and total plate count of the three dishes (beef rendang, fish curry, and balado chicken). The hedonic test results showed different responses across the three menus. Significant effects were observed in beef rendang (aroma and taste), fish curry (color, aroma, and taste), and spicy chicken (taste). The results of the effectiveness index test showed that the best products were obtained at a concentration of 0,25% torch ginger powder added to beef rendang, fish curry, and balado chicken. Compared to the control treatment, the treatment with torch ginger powder addition had lower moisture content, while ash content, protein content, fat content, and carbohydrate content were higher. The best beef rendang treatment had a moisture content of 36,67%, ash content of 3,51%, protein content of 31,94%, fat content of 22,51%, and carbohydrate content of 5,37%. The best fish curry treatment had a moisture content of 45.95%, ash content of 5,66%, protein content of 22,25%, fat content of 21,71%, and carbohydrate content of 4,41%. The best balado chicken treatment had a moisture content of 60,41%, ash content of 22,25%, protein content of 31,94%, fat content of 22,51%, and carbohydrate content of 5,37%. Overall, this study shows that the addition of torch ginger powder can optimally improve the microbiological, physicochemical, and sensory qualities of Minangkabau cuisine.