BAB V
KESIMPULAN DAN SARAN

5.1. Kesimpulan

1. Perbedaan proporsi ikan patin dan tepung nangka muda memberikan pengaruh nyata terhadap karakteristik fisikokimia, meliputi kadar air (62,96%-68,56%), WHC (sebelum digoreng 30,12-119,03%, setelah digoreng 89,49-199,94%), % cairan yang keluar (kestabilan emulsi) (0-3,92%), daya serap minyak (18,25-21,14%), tekstur (*hardness* 5440,134-15273,473 g; *cohesiveness* 0,371-0,591), dan warna *nugget* (L (50,83-64,08), a* (4,25-8,6), b* (10,48-18,40), C (13,55-18,89)), dan °hue (50,61-76,99) serta karakteristik organoleptik, meliputi kesukaan terhadap rasa (2,61-4,92), warna (2,54-5,38), tekstur (2,70-5,11), dan *juiciness* (2,70-4,87).
2. Semakin tinggi proporsi tepung nangka muda menyebabkan nilai WHC, *hardness*, dan a* (*redness*) semakin tinggi sedangkan kadar air, daya serap minyak, % cairan yang keluar (kestabilan emulsi), L (*lightness*), b* (*yellowness*), C (*chroma*), °hue, dan *cohesiveness* semakin rendah.
3. Perlakuan terbaik *nugget* ikan patin-tepung nangka muda secara organoleptik ialah dengan proporsi ikan patin dan tepung nangka muda sebesar 95:5. Rata-rata nilai kesukaan panelis terhadap rasa, warna, tekstur, dan *juiciness nugget* pada perlakuan terbaik berturut-turut sebesar 4,92 (netral hingga agak suka), 5,38 (agak suka hingga suka), 4,76 (netral hingga agak suka), dan 4,87 (netral hingga agak suka). Rata-rata nilai sifat fisikokimia meliputi, kadar air (68,56%), WHC sebelum digoreng (30,12%), WHC setelah digoreng (89,49%), % cairan yang keluar (3,92%), daya serap minyak (21,14%), *hardness*

(5440,134 g), *cohesiveness* (0,591), dan parameter warna (L 64,08; a* 4,25; b* 18,40; C 18,89; dan °hue 76,99).

5.2. Saran

Perlu dilakukan penelitian lebih lanjut untuk meningkatkan penerimaan organoleptik *nugget* ikan patin-tepung nangka muda dengan proporsi tepung nangka muda lebih dari 95:5 sehingga menghasilkan *nugget* dengan kadar serat yang lebih tinggi namun memiliki penerimaan organoleptik yang baik.

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