

ABSTRAK

Pempek lenjer merupakan makanan khas Palembang yang dibuat dari campuran daging ikan dan tepung tapioka sebagai bahan utama. Tepung biji nangka memiliki kandungan pati yang cukup tinggi sehingga berpotensi dimanfaatkan sebagai bahan tambahan dalam pembuatan pempek. Penelitian ini bertujuan untuk mengetahui kekenyalan, kadar air, dan daya terima pempek lenjer dengan variasi konsentrasi tepung biji nangka. Penelitian menggunakan empat formulasi variasi konsentrasi tepung tapioka : tepung biji nangka, yaitu P0 (100% : 0%), P1 (85% : 15%), P2 (70% : 30%), dan P3 (0% : 100%). Pengujian dilakukan terhadap kekenyalan menggunakan *LFRA Brookfield Texture Analyzer*, kadar air menggunakan metode oven, serta daya terima melalui uji hedonik terhadap atribut warna, aroma, rasa, dan tekstur dengan skala penilaian 1–5 (sangat tidak suka sampai sangat suka). Hasil penelitian menunjukkan bahwa nilai kekenyalan pempek lenjer berkisar antara 889,33–1158,87 gF, dengan nilai tertinggi pada formulasi P0 dan terendah pada formulasi P2. Kadar air pempek lenjer berkisar antara 57,89–68,62% dan seluruh formulasi memenuhi persyaratan mutu kadar air pempek rebus berdasarkan SNI 7661:2025 (maksimal 70%). Hasil uji hedonik menunjukkan bahwa formulasi P0 memperoleh nilai rata-rata kesukaan tertinggi sebesar 3,96 yang termasuk kategori suka. Formulasi P1 memperoleh nilai rata-rata kesukaan tertinggi sebesar 3,79 yang termasuk kategori suka di antara formulasi yang menggunakan tepung biji nangka. Penelitian ini menunjukkan bahwa variasi konsentrasi tepung biji nangka memengaruhi kekenyalan, kadar air, dan daya terima pempek lenjer. Formulasi terbaik secara keseluruhan adalah P0 karena menghasilkan nilai kekenyalan tertinggi, memenuhi persyaratan kadar air SNI 7661:2025 (maksimal 70%), dan memperoleh tingkat kesukaan panelis tertinggi. Formulasi terbaik dengan penambahan tepung biji nangka adalah P1 karena memperoleh tingkat penerimaan panelis tertinggi pada atribut warna (3,86), aroma (3,89), rasa (3,60), dan tekstur (3,80).

Kata kunci: daya terima, kadar air, kekenyalan, pempek lenjer, tepung biji nangka.

ABSTRACT

Pempek lenjer is a traditional food originating from Palembang, Indonesia, made primarily from a mixture of fish meat and tapioca flour. Jackfruit seed flour contains a relatively high starch content and therefore has the potential to be utilized as an additional ingredient in pempek production. This study aimed to evaluate the chewiness, moisture content, and consumer acceptability of pempek lenjer prepared with different concentrations of jackfruit seed flour. Four formulations with varying ratios of tapioca flour to jackfruit seed flour were used: P0 (100%:0%), P1 (85%:15%), P2 (70%:30%), and P3 (0%:100%). Chewiness was measured using an LFRA Brookfield Texture Analyzer, moisture content was determined using the oven-drying method, and acceptability was assessed through a hedonic test based on color, aroma, taste, and texture attributes using a 5-point scale ranging from strongly dislike to strongly like. The results showed that the chewiness values of pempek lenjer ranged from 889.33 to 1158.87 gF, with the highest value observed in P0 and the lowest in P2. The moisture content ranged from 57.89% to 68.62%, and all formulations complied with the moisture content requirement for boiled pempek according to SNI 7661:2025 (maximum 70%). Hedonic evaluation indicated that P0 achieved the highest overall acceptability score, with a mean score of 3.96, categorized as “like.” Among the formulations containing jackfruit seed flour, P1 received the highest mean acceptability score of 3.79, also categorized as “like.” The findings demonstrate that variations in jackfruit seed flour concentration affected the chewiness, moisture content, and acceptability of pempek lenjer. P0 was identified as the best overall formulation due to its highest chewiness value, compliance with the moisture content standard specified in SNI 7661:2025 (maximum 70%), and highest panelist acceptability score. Among the formulations containing jackfruit seed flour, P1 was considered the most acceptable formulation, achieving the highest scores for color (3.86), aroma (3.89), taste (3.60), and texture (3.80).

Keywords: acceptability, moisture content, chewiness, pempek lenjer, jackfruit seed flour.