

RINGKASAN

FRANSISKA WUNU BUNGA (20390015). Profil Ikan Mbarase Yang Diproduksi Oleh Masyarakat Di Desa Paga, Kecamatan Paga, Kabupaten Sikka. YUNIALDI H. TEFFU, S.Pi, M.Si dan DEWI S. GADI, S.Pi, M.Si sebagaipembimbing I dan II. Program Studi Teknologi Hasil Perikanan, Fakultas Perikanan dan Ilmu Kelautan, Univeristas Kristen Artha Wacana Kupang.

Ikan mbarase merupakan produk fermentasi tradisional berbahan dasar ikan baronang yang diproduksi oleh masyarakat di Desa Paga, Kecamatan Paga, Kabupaten Sikka. Penelitian ini bertujuan untuk menganalisis profil ikan mbarase, mencakup proses produksi, karakteristik organoleptik, serta kandungan kimia dari produk ini.

Tujuan penelitian ini adalah untuk mengkaji profil ikan mbarase sebagai produk fermentasi tradisional yang diproduksi oleh masyarakat di Desa Paga, Kecamatan Paga, Kabupaten Sikka. Penelitian ini meneliti proses pembuatan, karakteristik organoleptik, dan komposisi kimia ikan mbarase, guna memberikan informasi ilmiah mengenai potensi produk lokal tersebut.

Metode yang digunakan dalam penelitian ini adalah metode kualitatif dan kuantitatif. Data diperoleh melalui observasi langsung di lokasi produksi serta pengujian laboratorium terhadap uji sensori (kenampakan, aroma, tekstur, dan rasa) serta uji proksimat (kadar air, protein, abu, lemak, dan karbohidrat). Uji organoleptik dilakukan oleh panelis semi-terlatih, sedangkan uji proksimat menggunakan metode AOAC (2005).

Hasil penelitian menunjukkan bahwa ikan mbarase difermentasi menggunakan ikan baronang kecil dan garam, dengan metode sederhana. Fermentasi berlangsung selama 2-3 minggu di dalam kemasan botol air mineral 600 ml. Produk yang dihasilkan memiliki warna coklat, aroma khas yang tajam, tekstur lembut, dan rasa asin. Hasil uji organoleptik menunjukkan bahwa panelis menyukai kenampakan ikan mbarase dengan skor 6,5-6,88, aroma dengan skor 6,64-7,00, tekstur dengan skor 6,6-6,63, dan rasa dengan skor 6,42-6,93. Hasil uji proksimat menunjukkan kadar air berkisar 60,05%-67,63%, kadar protein mencapai 12,31%, kadar abu 3,23%-4,45%, kadar lemak 3,15%-4,47%, dan kadar karbohidrat 12,46%-20,15%.

Kesimpulan dari penelitian ini adalah bahwa ikan mbarase memiliki karakteristik yang khas sebagai produk fermentasi tradisional dan dapat dikembangkan lebih lanjut sebagai produk unggulan khas Kabupaten Sikka. Disarankan agar pemerintah dan masyarakat lokal terus menjaga kualitas dan higienitas produk, serta melakukan inovasi dalam pengemasan dan pemasaran agar lebih kompetitif di pasar yang lebih luas.

Kata Kunci: Ikan Mbarase, Fermentasi, Organoleptik, Proksimat, Kabupaten Sikka.

SUMMARY

Fransiska Wunu Bunga (20390015). Profile of Mbarase Fish Produced by the Community in Paga Village, Paga District, Sikka Regency. Yunialdi H. Teffu, S.Pi, M.Si and Dewi S. Gadi, S.Pi, M.Si as Supervisors I and II. Department of Fishery Product Technology, Faculty of Fisheries and Marine Sciences, Artha Wacana Christian University, Kupang.

Mbarase fish is a traditional fermented product made from *baronang* fish, produced by the community in Paga Village, Paga District, Sikka Regency. This study aims to analyze the profile of mbarase fish, including the production process, organoleptic characteristics, and the chemical content of the product.

The objective of this research is to examine the profile of mbarase fish as a traditional fermented product produced by the community in Paga Village, Paga District, Sikka Regency. This study investigates the production process, organoleptic characteristics, and chemical composition of mbarase fish to provide scientific information regarding the potential of this local product.

The research methodology used is both qualitative and quantitative. Data was obtained through direct observation at the production site and laboratory testing for sensory analysis (appearance, aroma, texture, and taste) as well as proximate testing (moisture content, protein, ash, fat, and carbohydrates). Organoleptic tests were conducted by semi-trained panelists, while proximate tests were carried out using the AOAC (2005) method.

The results of the study showed that mbarase fish is fermented using small *baronang* fish and salt, with a simple method. The fermentation process lasts for 2-3 weeks in a 600 ml mineral water bottle. The product produced has a brown color, a sharp distinctive aroma, a soft texture, and a salty taste. The results of the organoleptic test show that the panelists liked the appearance of mbarase fish with scores ranging from 6.5 to 6.88, the aroma with scores ranging from 6.64 to 7.00, the texture with scores ranging from 6.6 to 6.63, and the taste with scores ranging from 6.42 to 6.93. The proximate test results show that the moisture content ranges from 60.05% to 67.63%, the protein content is 12.31%, the ash content is between 3.23% and 4.45%, the fat content ranges from 3.15% to 4.47%, and the carbohydrate content ranges from 12.46% to 20.15%.

The conclusion of this study is that mbarase fish has distinctive characteristics as a traditional fermented product and can be further developed as a leading product specific to Sikka Regency. It is recommended that the government and local communities continue to maintain the quality and hygiene of the product, as well as innovate in packaging and marketing to make it more competitive in the broader market.

Keywords: *Mbarase fish, fermentation, organoleptic, proximate, Sikka Regency.*