ABSTRACT

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EFFECT OF DIFFERENT RICE BRAN CONCENTRATIONS AND COOKING METHODS ON CONSUMER PREFERENCES AND PHYSICO-CHEMICAL CHARACTERISTICS OF MEATBALL PRODUCT

( xvi + 106 pages: 26 figures, 7 tables, 21 appendices)

Rice bran is one of many dietary fiber sources and also known by its good effect to body health. However the utilization of rice bran in food products in Indonesia is still very low. The general objective of this research is to develop the rice bran-meatball with different concentrations of rice bran and methods of cooking. The study was carried out by adding meatball formulation with different rice bran concentrations (5%, 10%, and 15%) and using two cooking methods, steaming and boiling. Sensory, physical, and chemical analysis on all treatments were conducted to see the effect of using different rice bran concentrations and different cooking methods. Proximate and dietary fiber analysis were done on meatball formulation that passed the acceptability level for the majority of parameters tested. The addition of 15% rice bran significantly decreased the overall acceptance of meatball to 3.1 for boiling method and 3.23 for steaming method (1 to 7 hedonic scoring, 1 is for extremely dislike and 7 for extremely like), however up to the addition of 10% rice bran the sensory score was still acceptable although it was significantly different compared to control. Boiling method significantly increased cooking loss at 15% addition of rice bran, meanwhile steaming method showed no significant difference in cooking loss up to 15% rice bran addition (2.3% loss at 15% addition compared to control which was 2.19%). The addition of rice bran in meatball resulted in higher hardness, chewiness, adhesiveness, and gumminess texture properties.

Keywords: Rice Bran, Fiber, Meatball, Meat Product

References: 53 (1974-2011)