

***Production of Vegetarian Sausage Made from Oyster Mushroom
(Pleurotus Ostreatus) and Tempe Flour***

Fernando Tjahjono

Advisor: (I) Ruth Chrisnasari, S.TP., M.P.

(II) Ardhia Deasy Rosita Dewi, S.TP., M.Sc.

ABSTRACT

Nutritious food and healthy lifestyle are now become public's attention. One of the efforts to maintain a healthy lifestyle is consume vegetable products that have lower cholesterol content and lots of dietary fiber. Vegetable products that can be used as an alternative vegetarian sausage which made from oyster mushroom flour and tempe flour. This research was aimed to improve the use of tempe and oyster mushrooms of produce protein-rich food product. The vegetarian sausage was made with a variety of oyster mushroom and tempe flour formulations 7.7%:15.4%, 3.85%:19.25% and 11.55%:11.55%. Sausage with tempe flour formulation of 19.25% and mushroom flour of 3.85% was the most preferred vegetarian sausage based on organoleptic test with characteristics of have a good taste, brown beige color, less unpleasant odor, chewy texture, and less bitter after taste. Chemical analyses of the best vegetarian sausage showed that it contain 11.38% of protein, 11.94% of fat, 14.50% of carbohydrate, 12.41% of fiber, 43.66% of water and 18.39% of ash. This product is safe because it does not contains contaminant bacteria like Coliform and Salmonella sp.

Keywords: nutritious food, vegetable sausage, oyster mushroom flour, tempe flour

Pembuatan Sosis Vegetarian Berbahan Baku Tepung Jamur Tiram (*Pleurotus ostreatus*) dan Tepung Tempe

Fernando Tjahjono

Pembimbing: (I) Ruth Chrisnasari, S.TP., M.P.

(II) Ardhia Deasy Rosita Dewi, S.TP., M.Sc.

ABSTRAK

Makanan bernutrisi dan pola hidup yang sehat kini menjadi perhatian publik. Salah satu upaya menjaga pola hidup sehat adalah dengan mengonsumsi produk-produk nabati yang lebih rendah kandungan kolesterolnya dan kaya akan serat pangan. Produk olahan nabati yang dapat dijadikan alternatif bahan pangan adalah sosis vegetarian berbahan dasar tepung jamur tiram dan tepung tempe. Penelitian ini bermanfaat untuk meningkatkan nilai guna tempe dan jamur tiram untuk menghasilkan produk makanan yang kaya protein. Sosis vegetarian dibuat dengan variasi formulasi tepung jamur tiram dan tepung tempe 7,7%:15,4%, 3,85%:19,25%, 11,55%:11,55%. Sosis dengan formulasi tepung tempe sebesar 19,25% dan tepung jamur sebesar 3,85% merupakan sosis vegetarian yang paling disukai berdasarkan uji organoleptik dengan karakteristik yaitu rasa cukup enak, warna krem kecoklatan, aroma kurang langu, tekstur kenyal, dan *after taste* yang kurang pahit. Kandungan protein sosis vegetarian terbaik sebesar 11,38%, lemak 11,94%, karbohidrat 14,50%, serat 12,41%, air 43,66% dan abu 18,39%. Produk ini aman dikonsumsi karena tidak mengandung bakteri kontaminan seperti *Coliform* dan *Salmonella* sp.

Kata kunci: makanan bernutrisi, sosis vegetarian, tepung jamur tiram, tepung tempe