

**PENGARUH PERENDAMAN DALAM MEDIA SEDUHAN JAHE MERAH
(*Zingiber officinale* var. *Rubrum*) SELAMA SEHARI TERHADAP
KADAR KOLESTEROL KUNING TELUR PUYUH
(*Coturnix coturnix japonica*)**

**(THE EFFECT OF SOAKING IN RED GINGER (*Zingiber officinale* var.
Rubrum) STEEPING MEDIA AGAINST THE QUAIL EGG YOLK
(*Coturnix coturnix japonica*) CHOLESTEROL
LEVELS DURING A DAY)**

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INTISARI

Telur puyuh mempunyai kadar kolesterol tinggi 844 mg/100 g. Ambang batas konsumsi kolesterol manusia normal sekitar 300 mg/hari. Jika kolesterol dalam tubuh tinggi akan menyebabkan jantung koroner dan stroke. Penelitian ini bertujuan mengetahui pengaruh perendaman dalam media seduhan jahe merah selama sehari terhadap kadar kolesterol kuning telur puyuh.

Variasi media perendaman seduhan jahe merah adalah konsentrasi 0%, 1%, dan 2% selama sehari. Telur puyuh yang telah direndam dalam seduhan jahe merah selama sehari kemudian dikukus dan dilakukan uji organoleptis pada 20 orang panelis. Setiap panelis mendapatkan 1 butir telur dari tiap perlakuan. Analisis kadar kolesterol pada kuning telur puyuh dilakukan dengan mengekstrak menggunakan aseton p.a dan etanol p.a dengan perbandingan sama (1:1). Hasil ekstraksi kemudian digunakan untuk menentukan kadar kolesterol. Penentuan kadar kolesterol menggunakan metode photometric enzymatic "CHOD-PAP" dengan photometer Rayto.

Berdasarkan penelitian telur puyuh yang paling disukai oleh 20 panelis adalah telur puyuh setelah perendaman seduhan jahe merah dengan konsentrasi 2% dengan rata-rata nilai sebesar 4,8. Hasil analisis kolesterol didapatkan kadar kolesterol kuning telur puyuh yang dijual di pasaran sebesar 800 mg/100 g, tanpa perendaman (konsentrasi 0%) sebesar 796 mg/100 g, kuning telur puyuh setelah dilakukan perendaman dengan variasi konsentrasi 1% dan 2 % secara berturut-turut kadar kolesterolnya sebesar 502 mg/100 g dan 286 mg/100 g. Persentase penurunan kadar kolesterol kuning telur puyuh setelah perendaman dengan seduhan jahe merah 1% dan 2% selama sehari secara berturut-turut yaitu 36,93 % dan 64,07 %. Hasil uji statistik menggunakan metode Anova satu jalan menunjukkan Sig = 0,000 (<0,05). Jadi dapat disimpulkan bahwa perlakuan perendaman menunjukkan perbedaan yang signifikan.

Kata Kunci : telur puyuh, seduhan jahe merah, kadar kolesterol

ABSTRACT

Quail eggs have high cholesterol levels as 844mg/100 g. The normal threshold of human cholesterol consumption is around 300 mg/day. High cholesterol levels in the body will cause coronary artery disease and stroke. This research aimed to know the effect of soaking in red ginger steeping media against the quail egg yolk cholesterol levels during a day.

Variation of media concentration are 0%, 1%, and 2% during a day. Quail eggs that have been soaked in red ginger steeping media then steamed and tested for organoleptist to 20 panelists. Each panelist gets one egg from each treatment. Cholesterol levels on quail egg yolk were analyzed using acetone and ethanol with 1:1 comparison. Then cholesterol levels was determined with photometric enzymatic "CHOD-PAP" method using *Rayto* photometer.

The result shows that the quail egg yolk cholesterol levels that are sold in the market was 800 mg/100 g; without soaking (0% concentration) was 796 mg/100 g; and the cholesterol levels with 1% and 2% concentration of soaking were 502 mg/100 g and 286 mg/100 g respectively. The percentage of cholesterol level decrease after soaking in red ginger steeping media with 1% and 2% concentration were 36,93% and 64,07% respectively. One way Anova analysis shows that the result was differ significantly. The organoleptist test from 20 panelists also shows that quail eggs which were most preferred which were soaked in red ginger steeping with 2% concentration with average of score 4, 8.

Kata Kunci : quail egg, red ginger steeping, cholesterol levels