INTISARI

Sukoiman, Tatak. E. 2016. *PENGARUH PEGGORENGAN DENGAN MATERI TERGORENG YANG BERBEDA TERHADAP VISKOSITAS MINYAK GORENG.* Program Studi D-III Analis Kesehatan, Fakultas Ilmu Kesehatan Universitas Setia Budi.

Minyak goreng dalam pengolahan pangan berfungsi sebagai media penghantar panas. Pemanasan berulang menyebabkan berubahnya sifat fisika minyak goreng, salah satunya adalah viskositas. Tujuan penelitian ini untuk mengetahui pengaruh penggorengan protein dan karbohidrat terhadap viskositas minyak goreng.

Pada penelitian ini pemanasan dilakukan sebanyak 5 kali dengan materi tergoreng tempe dan kentang. Minyak yang digunakan sebagai sampel merupakan minyak sebelum penggorengan, penggorengan pertama, ketiga, dan kelima. Pengukuran viskositas dilakukan sebelum penggorengan dan sesudah penggorengan menggunakan alat viskometer ostwald.

Hasil penelitian viskositas sebelum penggorengan Merk A 0,90 poise, merk B 0,90 poise, dan merk C 1,0 poise. Setelah penggorengan protein nilai viskoitas minyak goreng Merk A 0,70 poise, merk B 0,73 poise, dan merk C 0,67 poise. Setelah penggorengan karbohidrat nilai viskositas minyak goreng merk A 0,68 poise, merk B 0,71 poise, dan merk C 0,63 poise. Hal ini menunjukkan penggorengan dapat menurunkan viskositas minyak goreng.

Kata Kunci : viskositas, minyak goreng, penggorengan.

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ABSTRACT

In food processing, frying oil functions as heat transfer medium. Repeated heating results in the change of frying oil physical properties, one of which is viscosity. This study aims at investigating the effect matter contains dominan of protein and carbohydrate frying on frying oil viscosity.

In this research, frying were carried out 5 times on fried materials of fermented soybean cakes (tempeh) and tomatoes. The frying oils used as samples consisted of frying oil which has not ben used for frying (new oil), frying oil after first use, frying oil after third use and frying oil after fifth use. Viscosity measurements were conducted before and after frying using Oswald viscometer.

The viscosity measurements on frying oil before frying processes demonstrate the following results: the viscosities of frying oil Brand A, Brand B,
and Brand C are 0.90 poise; 0.90 poise; and 1.0 poise, respectively. The average viscosities of frying oil Brand A, Brand B, and Brand C after protein frying processes are 0.70 poise; 0.73 poise; and 0.67 poise, respectively. The average viscosities of frying oil Brand A, Brand B, and Brand C after carbohydrate frying processes are 0.68 poise; 0.71 poise; and 0.71 poise, respectively. These findings indicate that frying process contribute to a decrease in the viscosity of frying oil.

***Keywords**: viscosity, frying oil, frying.*