PENGARUH MEDIA PERENDAMAN SEDUHAN TEH HIJAU (*Camellia sinensis)* SELAMA 3 HARI TERHADAP KADAR LEMAK KUNING TELUR PUYUH (*Coturnix coturnix japonica*)

THE EFFECT OF GREEN TEA (Camellia sinensis) SUBMERGING MEDIA FOR 3 DAYS ON THE FAT LEVEL OF QUAIL YOLK (Cortunix cortunix japonica)

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INTISARI

Telur puyuh banyak digemari oleh berbagai kalangan masyarakat karena bentuknya unik, memiliki rasa yang lezat, dan kandungan gizi cukup lengkap. Kandungan telur puyuh meliputi karbohidrat, protein, lemak, dan mineral. Namun kandungan lemak telur puyuh masih cukup tinggi terutama pada kuning telur puyuh. Penelitian ini dirancang dengan tujuan untuk mengetahui kadar lemak kuning telur puyuh tanpa perlakuan, telur puyuh rebus, telur puyuh kukus, dan mempelajari pengaruh perendaman telur puyuh dengan media teh hijau terhadap kadar lemak telur puyuh sebagai upaya menghasilkan telur puyuh dengan kadar lemak lebih rendah.

Penelitian dilakukan dengan merebus telur puyuh, mengukus telur puyuh, dan membuat perendaman telur puyuh selama 3 hari dengan media teh hijau pada konsentrasi seduhan teh hijau 1% dan 2%. Penetapan kadar lemak pada kuning telur puyuh dengan menggunakan metode sohxlet.

Hasil penelitian kadar lemak kuning telur puyuh tanpa perlakuan adalah 5,41%. Kadar kuning telur puyuh rebus dan kukus berturut-turut adalah 5,01% dan 4,84%. Kadar lemak sesudah direndam selama 3 hari dengan media I dan media II berturut-turut sebesar 3,62% dan 2,15%. Persentase penurunan kadar lemak kuning telur rebus 7,39%, kukus 10,54%, dan setelah direndam selama 3 hari pada media I adalah 33,09% sedangkan media II adalah 60,26%. Hasil data statistik menggunakan anova satu jalan menunjukkan ada beda yang nyata pada media II dengan variasi perlakuan.

Kata Kunci : telur puyuh, teh hijau, lemak, metode sohxlet

ABSTRACT

Quail egg becomes favorite food to various classes of society because of its unique shape, deliciousness, and complete nutrition content. Quail egg contains carbohydrate, protein, fat, and mineral. However, the fat level of it is still high enough in its yolk. This study was designed to find out the fat level of yolk in quail without treatment, boiled quail egg, and steamed quail egg, and to investigate the effect of quail egg submerging using green tea media on the fat level of quail egg as the attempt of producing quail egg with lower fat level.

This study was carried out by boiling, steaming, and submerging the quail eggs for 3 days using green tea media with green tea concentration of 1% and 2%. The fat level of quail yolk was determined using Soxhlet method.

The result of research showed that fat level of quail yolk without treatment was 5.41%. The fat levels of boiled and steamed quail yolk were 5.01% and 4.84% respectively. The fat level of quail yolk submerged with the first and second media for 3 days were 3.62% and 2.15% respectively. The percentage decreases of fat level were 7.39% for the boiled, 10.54% for the steamed, and 33.09% for the submerged quail yolk with the first media and 60.26% for the submerged quail yolk with the second media for 3 days. The result of statistic data analysis with one-way anova showed a significant difference in the second media with treatment variation.

Keywords: quail egg, green tea, fat, soxhlet method

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