ABSTRAK

PENGARUH FREKUENSI PENGGORENGAN TAHU TERHADAP PENURUNAN KADAR ASAM LEMAK TIDAK JENUH PADA MINYAK KELAPA SAWIT

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Minyak goreng kelapa sawit merupakan salah satu dari bahan pokok kebutuhan masyarakat Indonesia. Minyak goreng yang dipakai berkali-kali dapat membahayakan kesehatan karena dapat meningkatkan kadar kolesterol darah. Kualitas minyak goreng antara lain dapat dilihat dari kadar asam lemak jenuhnya.

Tujuan Karya Tulis Ilmiah ini yaitu untuk mengetahui pengaruh frekuensi penggorengan terhadap kadar asam lemak tidak jenuh pada minyak kelapa sawit.

Karya Tulis Ilmiah ini dilakukan dengan memakai tahu sebagai objek yang digoreng dengan frekuensi penggorengan 1, 2, 3 dan 4 kali yang masing-masing diulang sebanyak tiga kali. Minyak kelapa sawit yang telah dipakai dianalisis kadar bilangan Iodnya dengan metode Hanus, yang menyatakan kandungan asam lemak tak jenuh dalam minyak kelapa sawit. Makin menurun kadar asam lemak tak jenuh maka makin tinggi kadar asam lemak jenuh yang terkandung dalam minyak tersebut. Data yang telah diperoleh dianalisis menggunakan rancangan percobaan faktor tunggal.

Hasil penelitian menunjukkan rata-rata kadar asam lemak tidak jenuh dalam minyak kelapa sawit menurun, dilihat dari penurunan bilangan Iod (58,8542 menjadi 58,4343) seiring bertambahnya frekuensi penggorengan.

Kesimpulan dari penelitian ini adalah: frekuensi penggorengan mempengaruhi kadar asam lemak jenuh pada minyak kelapa sawit.

Kata kunci: minyak kelapa sawit, asam lemak tidak jenuh, frekuensi penggorengan.

ABSTRACT

THE EFFECT OF TOFU FRYING FREQUENCY TO THE DECREASED OF UNSATURATED FATTY ACID CONTENT IN COOKING PALM OIL

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Cooking palm oil is one of the most basic need for Indonesian. But the people do not realize how important the frequency of frying to the quality of cooking oil and most people do not concern on how many times they have used the cooking oil, as long it is still looked clear it will still be used. The cooking oil which has been used many times is dangerous for human health because it is capable to increase blood cholesterol rate that comes from saturated fatty acid. The quality of cooking oil can be seen the content of saturated fatty acid.

The purpose of this paper is to know the effect of frying frequency to the saturated fatty acid in cooking palm oil by analysing contained iod number with Hanus method.

This research was carried out by frying tofu one until four and each was replied 3 times, then the used cooking palm oil was analyzed to obtain the Iod number, that can explained the content of the unsaturated fatty acid. The fewer the content of the unsaturated fatty acid the bigger the content of saturated fatty acid in the cooking oil. Then the data was analyzed by using one factor experimental design.

Result : The average rate of the unsaturated fatty acid decreased, it can be seen from the decrease of the Iod number (from 58,8542 to 58,4343), which was proportional to the frying frequency (from 1 to 4 times).

Conclusion: Frying frequency affected the saturated fatty acid rate in the cooking palm oil.

Keyword: palm cooking oil, unsaturated fatty acid, frying frequency

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