

## Analisis kehilangan berat dan kadar minyak menggunakan metanol pada tempe goreng berdasarkan ketebalan dan teknik menggoreng = Analysis of weight loss and oil content using methanol on fried tempeh based on its thickness and frying technique

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### Abstrak

Makanan gorengan digemari karena memiliki rasa yang gurih serta cara pengolahan yang praktis. Rata-rata konsumsi lemak penduduk Indonesia sebanyak 47,2 gram per hari. Tempe merupakan bahan makanan yang cara pengolahannya sering digoreng. Jumlah minyak yang terserap dalam makanan gorengan khususnya tempe goreng perlu diperhatikan agar jumlah minyak/lemak yang dikonsumsi tidak melebihi dari anjuran 5 sendok makan per hari. Penelitian eksperimen ini bertujuan untuk menganalisis persentase kehilangan berat dan kadar minyak pada tempe goreng berdasarkan faktor ketebalan yaitu tipis dan tebal, serta faktor teknik menggoreng meliputi shallow frying dan deep fat frying. Penelitian menggunakan metanol sebagai pelarut organik untuk mengukur kadar minyak/lemak. Hasil penelitian menunjukkan tidak ada perbedaan persentase kehilangan berat dan kadar minyak secara signifikan pada perlakuan. Namun, persentase kehilangan berat sebesar 16,2% dan kadar minyak sebesar 61,20% (wet basis) lebih besar pada tempe yang digoreng dengan perlakuan tipis-deep fat frying. Berdasarkan hasil ini, konsumen diharap memperhatikan jumlah dan dimensi makanan gorengan yang dikonsumsi serta teknik menggoreng yang dipakai.

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Fried foods still become favourable foods because of salty taste and simple food processing. Fat consume average of Indonesian people about 47,2 grams per day. Tempeh is one of food that is mostly fried. The amount of oil absorbed by foods especially tempeh is need to be calculated so that it is not over than 5 tablespoons of oil per day. This experiment study aimed to analyze weight loss and oil content on fried tempeh based on its thickness, thin and thick, and also frying technique which are shallow frying and deep fat frying. The experiment used methanol as organic solvent to measure oil content. As the result, there is no significant difference of weight loss and oil content by experiment. However, the weight loss for about 16,2% and the oil content for about 61,20% (wet basis) is much higher in thin-deep fat frying tempeh. Based on this result, consumer needs to pay attention for the amount and its dimension of fried foods consumed and frying technique used.