

ABSTRAK

Meningkatnya produksi ikan bandeng dapat mendorong berkembangnya industri pengolahan ikan bandeng di daerah Lamongan. Pengolahan industri ikan bandeng di Lamongan sangat mengutamakan kualitas kesegaran dalam proses produksinya. Kualitas ikan bandeng tidak segar dapat menurunkan kualitas mutu. Penurunan kualitas hasil pengolahan ikan bandeng disebabkan ikan bandeng bersifat cepat membusuk serta mudah rusak. Ciri kesegaran ikan bandeng yang tidak segar dilihat dari mata, daging, insang, bau, sisik, lendir dan tenggelam di air. Dari permasalahan tersebut kami berinovasi untuk mencegah pembusukan ikan bandeng dengan fermentasi sawi putih. Sehingga dari hasil fermentasi sawi putih tersebut masyarakat dapat memanfaatkan sebagai pengawet alami ikan bandeng. Tujuan penelitian ini untuk mengetahui proses pembuatan fermentasi sawi putih, hasil uji dari fermentasi sawi putih, dan uji efektivitas asam laktat dari hasil fermentasi sawi putih sebagai pengawet alami ikan bandeng. Untuk mencapai tujuan tersebut, peneliti menggunakan metode literatur, laboratorium, eksperimen, dan dokumentasi. Proses pembuatan fermentasi sawi putih melalui 11 proses dan fermentasi selama 7-10 hari agar mendapatkan hasil yang maksimal. Dari percobaan hasil fermentasi sawi putih sebagai pengawet alami ikan bandeng, kami melakukan perlakuan memberi ikan bandeng hasil fermentasi sawi putih 20 gram, 30 gram, 50 gram. Dari pernyataan di atas didapatkan pada uji asam laktat hasil fermentasi sawi putih 20 gram belum terlihat, 30 gram belum terlihat, dan 50 gram sudah terlihat bakteri asam laktatnya. Dari pengujian yang kami lakukan bahwa fermentasi 50 gram sawi putih dapat mengawetkan ikan bandeng dengan efektif selama 15 jam dibandingkan tanpa diberi asam laktat hasil fermentasi sawi putih hanya bertahan selama 12 jam.

Kata Kunci: *Asam laktat, fermentasi, ikan bandeng, sawi putih*

ABSTRACT

The increasing production of milkfish can encourage the development of milkfish processing industry in the Lamongan area. The processing of milkfish industry in Lamongan prioritizes the quality of freshness in the production process. The quality of milkfish is not fresh can reduce the quality of quality. The decline in the quality of milkfish processing results is caused by milkfish rotting quickly and easily damaged. The characteristics of the freshness of milkfish that are not fresh are seen from the eyes, meat, gills, smell, scales, mucus and sinking in the water. From these problems we innovate to prevent milkfish rot by fermenting chicory. So that from the fermentation of chicory, people can use it as a natural preservative for milkfish. The purpose of this study was to determine the process of making chicory fermentation, test results from chicory fermentation, and lactic acid effectiveness test from chicory fermentation as a natural preservative for milkfish. To achieve these goals, researchers use literature, laboratory, experiment, and documentation methods. The process of making chicory fermentation goes through 11 processes and fermentation for 7-10 days to get maximum results. From the experiment of the fermentation of chicory as a natural preservative of milkfish, we carried out the treatment of giving milkfish fermented chicory 20 grams, 30 grams, 50 grams. From the statement above, it was obtained in the lactic acid test from chicory fermentation that 20 grams have not been seen, 30 grams have not been seen, and 50 grams have seen lactic acid bacteria. From the tests we conducted that fermentation of 50 grams of chicory can preserve milkfish effectively for 15 hours compared to without lactic acid fermented chicory only lasts for 12 hours.

Keywords: *Lactic acid, fermentation, milkfish, chicory*