

Abstrak

Ikan pindang merupakan salah satu hasil produk olahan perikanan tradisional yang cukup populer dan banyak dikonsumsi masyarakat, namun rentan terhadap kontaminasi mikroba dan penurunan mutu selama distribusi dan penjualan yang diakibatkan tingginya kadar air dan kontaminasi mikroba. Penelitian ini bertujuan untuk menganalisis Angka Lempeng Total (ALT) dan kadar air pada ikan pindang tongkol yang dijual di pasar tradisional Kecamatan Plered Kabupaten Cirebon serta membandingkannya dengan Standar Nasional Indonesia (SNI) 2717:2017. Sampel ikan pindang diambil dari 3 pedagang yang berbeda dengan masing-masing 3 sampel dari setiap pedagang (total 9 sampel) menggunakan metode random sampling. Pengujian ALT dilakukan sesuai SNI 2332.3:2015 dengan metode pour plate, sedangkan pengujian kadar air menggunakan metode gravimetri sesuai SNI 2354.2:2015. Hasil penelitian menunjukkan nilai ALT berkisar antara $2,8 \times 10^3$ CFU/g hingga $1,7 \times 10^4$ CFU/g dengan rata-rata tertinggi $1,1 \times 10^4$ CFU/g. Seluruh sampel memenuhi standar SNI (maksimal $1,0 \times 10^5$ CFU/g). Nilai kadar air berkisar antara 67,54% hingga 70,00% dengan rata-rata tertinggi 69,12%, yang melebihi batas maksimal SNI (60%). Sebagai data pembandingan dilakukan pengujian sampel dari tempat pengolahan ikan pindang yang menunjukkan nilai ALT yang lebih rendah ($4,7 \times 10^2$ - $9,6 \times 10^3$ CFU/g) dan kadar air 64,28-67,12%. Ikan pindang tongkol dari pasar tradisional Kecamatan Plered aman secara mikrobiologis namun memiliki kadar air melebihi standar, yang berpotensi mempercepat penurunan mutu dan membatasi daya simpan.

Abstract

Pindang fish is a fairly popular traditional processed fishery product widely consumed by the community. However, it is prone to microbial contamination and quality deterioration during distribution and selling due to its high moisture content and microbial contamination. This study aims to analyze the Total Plate Count (TPC) and moisture content of mackerel tuna pindang sold in traditional markets in Plered District, Cirebon Regency, and compare the results with the Indonesian National Standard (SNI) 2717:2017. Pindang fish samples were taken from three different vendors, with three samples from each vendor (total of 9 samples) using a random sampling method. TPC testing was conducted in accordance with SNI 2332.3:2015 using the pour plate method, while moisture content testing used the gravimetric method according to SNI 2354.2:2015. The results showed that TPC values ranged from 2.8×10^3 CFU/g to 1.7×10^4 CFU/g, with the highest average value of 1.1×10^4 CFU/g. All samples met the SNI standard (maximum 1.0×10^5 CFU/g). Moisture content values ranged from 67.54% to 70.00%, with the highest average of 69.12%, exceeding the SNI maximum limit (60%). As a comparative data, samples taken from a pindang fish processing facility showed lower TPC values (4.7×10^2 – 9.6×10^3 CFU/g) and moisture content of 64.28–67.12%. Mackerel tuna pindang from traditional markets in Plered District is microbiologically safe but has a moisture content exceeding the standard, which may accelerate quality deterioration and limit shelf life.