

ABSTRAK

Meat analog merupakan produk pangan berbasis nabati yang dirancang menyerupai daging hewani dari segi tekstur, rasa, penampakan, dan nilai gizi. Pengembangan *meat analog* menjadi penting seiring meningkatnya kesadaran masyarakat terhadap kesehatan dan lingkungan, sehingga diperlukan alternatif sumber protein yang lebih sehat dan berkelanjutan. Penelitian ini bertujuan untuk mengetahui pengaruh formulasi kaki jamur *shiitake*, tempe gembus, dan tepung glukomanan porang terhadap karakteristik *meat analog*, serta menentukan formulasi terbaik berdasarkan sifat fisik, kimia, dan sensori. Metode penelitian yang digunakan adalah rancangan percobaan dengan variasi proporsi bahan utama. Proses pembuatan dilakukan melalui tahapan perendaman, penghalusan, pencampuran, pencetakan, pengukusan, dan pemanggangan. Pengujian dilakukan melalui uji fisika (tekstur dan warna), uji kimia (kadar air dan total keasaman), serta uji organoleptik menggunakan metode hedonik. Data dianalisis menggunakan uji ANOVA dan *Kruskal Wallis*. Hasil penelitian menunjukkan bahwa variasi formulasi berpengaruh nyata terhadap tekstur (*hardness*) dan rasa, namun tidak berpengaruh nyata terhadap kadar air, total keasaman, serta parameter tekstur lainnya. Nilai kadar air berkisar antara 25,41%–41,79% dan total keasaman 0,16%–0,43% . Perlakuan terbaik diperoleh pada kombinasi 57,5 gram kaki jamur *shiitake* dan 20 gram tepung glukomanan porang dengan nilai kesukaan tertinggi sebesar 3,83 . Hasil ini menunjukkan bahwa kombinasi bahan tersebut mampu menghasilkan *meat analog* dengan karakteristik yang baik dan dapat diterima oleh konsumen.

Kata kunci: *meat analog, jamur shiitake, tempe gembus, glukomanan porang*

ABSTRACT

Meat analogs are plant-based food products designed to resemble animal meat in terms of texture, taste, appearance, and nutritional value. The development of meat analogs has become important as public awareness of health and the environment increases, requiring healthier and more sustainable alternative protein sources. This study aims to determine the effect of shiitake mushroom stem formulations, gembus tempeh, and porang glucomannan flour on the characteristics of meat analogs, and to determine the best formulation based on physical, chemical, and sensory properties. The research method used was an experimental design with variations in the proportions of the main ingredients. The manufacturing process was carried out through the stages of soaking, grinding, mixing, molding, steaming, and baking. Testing was carried out through physical tests (texture and color), chemical tests (moisture content and total acidity), and organoleptic tests using the hedonic method. Data were analyzed using ANOVA and Kruskal Wallis tests. The results showed that formulation variations significantly affected texture (hardness) and taste, but did not significantly affect water content, total acidity, and other textural parameters. The moisture content ranged from 25.41%–41.79%, and the total acidity was 0.16%–0.43%. The best treatment was obtained with a combination of 57.5 grams of shiitake mushroom stems and 20 grams of porang glucomannan flour, with the highest preference score of 3.83. These results indicate that this combination of ingredients is capable of producing a meat analog with good characteristics and is acceptable to consumers.

Keywords: meat analog, shiitake mushrooms, gembus tempeh, porang glucomannan