

ABSTRACT

Giana Kartika Dewi. B.1810647. Effect of Addition of Chayote (*Sechium edule*) and Chicken Fat on Sensory and Chemical Characteristics of Mackerel Fish (*Scoberomorus commersoni*) Dumplings. Supervised by Lia Amalia and Nursyawal Nacing.

Mackerel dumplings with the addition of chayote and chicken fat are beneficial products that help reduce the risk of hypertension, stroke and cardiovascular disease. This study aims to determine the effect of adding chayote and chicken fat to the sensory and chemical properties of mackerel dumplings. This study used a two-factor completely randomized design method, namely the addition of 35% of ingredients, namely A1 (mackerel), A2 (mackerel + chayote), A3 (mackerel + chicken fat), A4 (mackerel + chayote + chicken fat). The ranking test parameters used are color, taste, aroma, texture and overall. The selected ingredients are A4 (Mackerel + Chayote + Chicken Fat), the percentage factor for adding the selected ingredients to the bottom and top is B1 (0%), B2 (25%), B3 (35%), B4 (45%) . Sensory and hedonic quality test parameters used are color, aroma, taste, texture and overall. The results showed that the addition of chayote and chicken fat (25%) was the product of choice. The results of the analysis of the selected product are water content of 66.68%, ash content of 1%, fat content of 5.97%, protein content of 7.25% and carbohydrate content of 19.1%.

Keywords : chayote, chicken fat, dumplings, mackerel