

Making Kurisi Fish Fishcake with the Addition of Japanese Thread Fin Bream Fish Bone Meal and Oyster Mushrooms as an Alternative Food Supplement for Stunting Toddlers

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ABSTRACT

Stunting is a health problem that can occur since the fetus is still in the womb. Stunting is associated with an increased risk of illness, death, and stunted growth (motor and mental). The number of stunting cases in Jember Regency is 34.9%, which higher than the standard of the National Medium-Term Development Plan 2020 – 2024. This study aims to determine the characteristics of Japanese thread fin bream fish fishcake with the addition of Japanese thread fin bream fish bone meal and oyster mushrooms as an alternative food supplement for stunting toddlers. The design used is a complete random design (RAL) with 5 formulations, namely 9:1, 8:2, 7:3, 6:4, and 5:5 with 5 repetitions. Based on the results of the study, the highest calcium levels were found in P3 treatment with a ratio of Japanese thread fin bream fish bone meal to oyster mushroom flour, which was 7: 3. Fishcake with P5 treatment (ratio of Japanese thread fin bream fish bone meal to oyster mushroom flour is 5: 5) becomes the fishcake with the best treatment in determination using the effectiveness index. The results of the best treatment fishcake sensory test are that it has a hedonic quality with a brilliant appearance without mucus, a fairly dense and compact texture, a strong fishy smell, and a strong savory taste and hedonic like. The results of the fishcake chemical test with the best treatment (in 100g of product) have energy 309.95 kcal, protein 12.93 grams, fat 8.27 grams, carbohydrates 45.95 grams, and calcium 15.30 mg. The recommended serving portion is 50 grams of fishcake with an energy content of 160 kcal, protein 6 grams, fat 4 grams, carbohydrates 23 grams, and calcium 8 mg.

Keywords: Fishcake, Japanese Thread Fin Bream Fish, Oyster Mushrooms