

The Effect of Adding Chayote Purée on the Preference Level of Mackerel Dumpling with Mocaf Flour

ABSTRACT

Mocaf flour has the characteristics of viscosity degree, gelation ability, rehydration power, and solubility better than tapioca flour but does not have gluten to form chewiness. Pectin compounds in chayote can function as a chewing agent in dumpling products. The purpose of this study was to determine the amount of addition of chayote purée to produce mackerel dumpling with mocaf flour that panelists liked. The research was conducted experimentally with the treatment of using 25% mocaf flour and adding chayote purée at 0%, 15%, 25%, and 35%. Organoleptic tests on appearance, aroma, texture, and taste were analyzed by Friedman test, Chi-square, and Bayes method. The control and most preferred treatments were then tested for chemical contents of protein, fat, water, ash, crude fiber, and carbohydrates. The chemical test results were analyzed descriptively. The results showed that mackerel dumpling with 25% mocaf flour and 25% chayote purée addition was preferred by panelists with a median score of appearance 7 (liked), aroma 9 (very liked), texture 8 (liked), and taste 8 (liked). The results of proximate analysis showed protein levels of 13.93%, fat 3.87%, water 58.47%, ash 2.21%, crude fiber 1.48%, and carbohydrates 20.04%.

Keywords: chayote, dumpling, mocaf, preference level

1. INTRODUCTION

Mackerel is an economically important fish in Indonesia and even the world because it has a high protein content and is good for growth [3]. Mackerel contains omega-3 fatty acids which are beneficial for human brain growth and development [39]. A few marine fish species such as mackerel contain high omega-3 fatty acids up to 10.9 g/100 g [26]. Mackerel is a fish with a high nutritional content compared to other fish [46]. The protein nutrition contained in mackerel is quite high, namely 21.4 g/100 g [20]. Mackerel is usually used in making dumpling because it has a sharp aroma, savory taste, tight texture, slightly chewy [40], and is sticky [35].

Dumpling is a typical food product from China which is one type of dim sum [1]. During its development, dumpling was in great demand by the Indonesian people and was easily found in hawker centers, and many people also made dumpling as an alternative side dish [42]. Dumpling is starting to be recognized by the Indonesian people who are mostly Muslim, so the contents of dumpling are replaced with mackerel, shrimp, crab, or chicken meat mixed with tapioca flour, then wrapped in wonton skin [24]. Tapioca flour functions as a filler so that it can keep dumpling sturdy [51].

Excessive consumption of tapioca starch can cause blood sugar disease or diabetes. In addition, many people avoid consuming high carbohydrate ingredients for dietary reasons [63]. The disadvantages of starch in tapioca are that it takes a long time to cook (higher

energy), the paste that is formed tends to be hard and not clear, is too sticky, and is not resistant to acid treatment [32]. Mocaf flour has better characteristics of viscosity degree (adhesion), gelation ability, rehydration power, and solubility compared to ordinary cassava flour or tapioca [53].

Mocaf is a cassava flour product that is processed using the principle of cassava cell modification by fermentation dominated by lactic acid bacteria (LAB) microbes [21]. Mocaf flour as a local food alternative acts as a filler that contains high starch, which is 85-87% [6]. Mocaf is rich in fiber with a prebiotic effect that helps the growth of probiotics in the stomach making it suitable for diabetics. Mocaf is also free of gluten, which is good for people with autism and does not cause allergies due to consuming gluten [44]. The gluten substance that causes chewiness is not found in mocaf, so it cannot be used 100% in wet products so as not to reduce product quality [54]. Dumpling can be chewy by using the right type of flour and chayote [36].

Chayote is known as a vegetable that is easy to obtain and has a lot of nutritional content [65]. Chayote has a good fiber content of 4.5% and a highwater content of 83%. Consumption of fiber in sufficient quantities is very good for the digestive system [61]. Chayote is used as an additional ingredient in making dumpling because it contains pectin compound [43]. Pectin is a highvalue functional food. Chayote contains 6.57% pectin [17]. Pectin is useful as gel formation or chewiness of a product [27]. Chayote is added to dumpling to make it more tender and not hard even though it is cold [30], and remains chewy when bitten [36].

2. METHODOLOGY

2.1 Time and Place

This research conducted from February to April 2024 at the Fishery Product Processing Laboratory, Faculty of Fisheries and Marine Sciences, Padjadjaran University for the making of mackerel dumpling and organoleptic test. Chemical test were conducted at the Food Technology Laboratory, Faculty of Engineering, Pasundan University.

2.2 Materials and Tools

The main ingredient used was mackerel (*Scomberomorus commersonii*) as much as 2 kg from Sehat Cileunyi Market. Other ingredients used were chayote (*Sechium edule*) from Sehat Cileunyi Market, Mocafine brand of mocaf flour from Rumah Mocaf Indonesia online store, Gunung Agung brand of tapioca flour, ice, egg white, salt, sugar, onion, garlic, pepper, wonton skin, vegetable oil, and water. The tools used in this research are knife, cutting board, digital scale, food processor, blender, spoon, streamer pan, stove, digital thermometer, timer, stainless tray, label sticker, and melamine plate.

2.3 Methods

The method used in this research is experimental and descriptive method consisting of 4 treatments with 20 panelists as replicates. The treatment used is the use of mocaf flour filler at 25% of the total amount of flour used and the addition of chayote purée at 0%, 15%, 25%, and 35% of the amount of mackerel meat used.

2.4 Procedures

The procedure for making mackerel dumpling was based on the research of [43] with modifications. Mackerel is cleaned from the bone, tail, head and washed with water until

clean. Mackerel is filleted lengthwise on the back using a knife. Mackerel meat, ice, salt, and sugar are put into a food processor topulverizedfor 1 minute. Tapioca flour (75%), mocaf flour (25%), chayote purée (0%, 15%, 25%, 35%), as well as egg white and other spices were put into a food processor to be pulverized for 5 minutes or until the mixture was well mixed. The dough is weighed evenly (± 15 g) and molded using a spoon to be placed onto the wonton skin. Dumpling are steamed in a steamerpan at 90-100°C for 30 minutes or until cooked. The pan is greased with vegetable oil beforehand to prevent the dumpling from sticking. Cooked dumpling are removed and cooled into a stainless tray.

2.5 Parameters

2.1.1 Hedonic test

Hedonic test is a sensory analysis test that determines the extent of quality differences between several similar products by assessing characteristics and determining the level of product preference[60]. The hedonic test includes several specifications such as appearance, aroma, texture, and taste[55].

2.1.1 Chemical test

Chemical test were carried out by proximate analysis consisting of protein content using the Kjeldhal method, fat content using the Soxhlet method, water, ash, and crude fiber content using the gravimetric method, and carbohydrates content using the by difference method[4].

2.6 Data Analysis

Organoleptic test (hedonic test) data was analyzed using Friedman's non-parametric two-way analysis of variance, Chi-square and Bayes method for making best decision. Chemical test results (protein, fat, water, ash, crude fiber, and carbohydrates content) were analyzed descriptively.

3. RESULTS AND DISCUSSION

3.1 Hedonic Test

3.1.1 Appearance

The results of the appearance of mackerel dumpling with mocaf flour and the addition of chayote purée are presented in Table 1.

Table 1. The results of the appearance of mackerel dumpling

Treatments	Median	Average
A (0%)	7	6,4 \pm 1,96 ^a
B (15%)	7	7,4 \pm 1,39 ^a
C (25%)	7	7,6 \pm 1,47 ^a
D (35%)	7	7,6 \pm 1,47 ^a

Description: Mean values of appearance followed by the same letter indicate not significantly different according to multiple comparison test at 5% level.

The 0% treatment shows that mackerel dumpling has a yellowish color because there is no addition of chayote purée. The 15% treatment shows mackerel dumpling with a slightly yellowish color. The 25% and 35% treatments with the highest average value showed mackerel dumpling with a yellowish white color. According to [43], the addition of chayote purée to mackerel dumpling does not significantly affect the color because mackerel meat

and chayote do not have a sharp color, which is white, and chayote does not have color pigments.

The yellowish color of mackerel dumpling is caused by the Maillard reaction between reducing sugar and protein in the heating process, resulting in a more yellowish dumpling[16]. The white color of mackerel dumpling can also be caused by the use of mocaf flour. According to [67], the bright white color of mocaf flour is caused by the absence of the Maillard reaction between protein and glucose during the cassava fermentation process so that brown melanoid substances are not formed intensively.

3.1.2Aroma

The results of the aroma of mackerel dumpling with mocaf flour and the addition of chayote purée are presented in Table 2.

Table 2. The results of aroma of mackerel dumpling

Treatments	Median	Average
A (0%)	7	6,1 ± 2,10 ^a
B (15%)	7	6,8 ± 1,28 ^a
C (25%)	9	7,9 ± 1,37^b
D (35%)	7	6,8 ± 2,04 ^a

Description: Mean values of aroma followed by the same letter indicate not significantly different according to multiple comparison test at 5% level.

The 0% treatment produced dumpling with a mackerel aroma that was too strong because there was no addition of chayote purée so that the ingredients used were less balanced and less favored by panelists. The 25% treatment produced dumpling with a distinctive aroma of mackerel like dumpling in general so that it was liked by the panelists. The 35% treatment produced dumpling with a weak mackerel aroma due to the higher addition of chayote purée.

Panelists disliked dumpling with a strong mackerel aroma. According to [9], preferred foods are those that have a normal aroma or do not cause a dominant aroma between the ingredients used. According to [34], the aroma of an ingredient is acceptable if it has a certain distinctive aroma. The higher the addition of chayote purée, the distinctive aroma of mackerel in dumpling will decrease. According to [64], chayote has a fresh and mild herbaceous aroma in sweet and savory dishes.

The distinctive aroma of cassava that tends to be disliked by consumers can be eliminated in the fermentation process of making mocaf flour so that a distinctive aroma of starch hydrolysis results [18][68]. The aroma of mackerel dumpling is also influenced by the spices used. According to [56], garlic has essential oil content that creates a volatile aroma with a fragrant sensation and can also provide a savory taste to food.

3.1.3Texture

The results of the texture of mackerel dumpling with mocaf flour and the addition of chayote purée are presented in Table 3.

Table 3. Average texture of mackerel dumpling

Treatments	Median	Average
A (0%)	5	4,5 ± 1,43 ^a
B (15%)	7	6,4 ± 1,73 ^{ab}

C (25%)	8	7,8 ± 1,36^b
D (35%)	8	7,5 ± 1,82 ^b

Description: Mean values of texture followed by the same letter indicate not significantly different according to multiple comparison test at 5% level.

The 0% treatment produced mackerel dumpling with a slightly dry and lumpy texture because there was no addition of chayote purée so that the ingredients used were less balanced and less favored by panelists. The 25% treatment produced mackerel dumpling with a chewy texture like dumpling in general so that it was liked by the panelists. The 35% treatment produced mackerel dumpling with a slightly juicy or watery texture due to the higher addition of chayote purée.

Panelists dislike mackerel dumpling that have a dry texture. According to [58], foods with low water content will make the texture of the food hard, while foods with high water content will make the texture of the food soft and tend to be watery. According to [7], dumpling is a steamed processed product and is classified as a product that requires compact, non-soft, not juicy or hard gel formation criteria. The higher the addition of chayote purée, the more juicy or watery the texture of the mackerel dumpling will be. According to [13], chayote flesh has a texture like a cross between potato and cucumber. According to [49], chayote has a highwater content of around 90%, a soft and tender texture. According to [43], chayote contains 6.7% pectin compound. According to [52], pectin is a dietary fiber that is classified as water-soluble fiber and is able to bind large amounts of water so that it can form a gel or thick liquid.

The addition of tapioca flour and mocaf flour increases panelists preference for the texture characteristics of dumpling because mocaf flour stabilizes the chewiness of tapioca flour [38]. Food products with added mocaf flour form a chewier texture [14]. The principle of making mocaf flour causes changes in flour characteristics, namely increasing viscosity, gelation ability, rehydration power, and solubility so that mocaf flour has a better texture than tapioca flour and wheat flour [50].

3.1.4Taste

The results of the taste of mackerel dumpling with mocaf flour and the addition of chayote purée are presented in Table 4.

Table 4. The results of taste of mackerel dumpling

Treatments	Median	Average
A (0%)	5	5,0 ± 1,72 ^a
B (15%)	7	6,2 ± 1,77 ^{ab}
C (25%)	7	7,7 ± 1,17^b
D (35%)	7	7,5 ± 1,57 ^b

Description: Mean values of taste followed by the same letter indicate not significantly different according to multiple comparison test at 5% level.

The 0% treatment produced dumpling with a mackerel flavor that was too strong because there was no addition of chayote purée so that the ingredients used were less balanced and less preferred by panelists. The 25% treatment produced dumpling with a savory mackerel flavor, tending to be salty and slightly sweet like dumpling in general so that it was liked by the panelists. The 35% treatment produced dumpling with a weak mackerel flavor due to the higher addition of chayote purée.

Panelists disliked dumpling with a strong mackerel flavor. According to [9], panelists tend to like a balanced taste, meaning that food products are not dominated by one ingredient with other ingredients. According to [8], a good processed fish product is a product that still has the flavor of the fish used. The higher the addition of chayote purée, the distinctive flavor of mackerel in dumpling will decrease. According to [16], chayote that is boiled, baked, or sautéed as a vegetable has a taste similar to cooked cucumber and zucchini, [66] and tends to be sweet if the chayote is cultivated.

Flavor is influenced by several factors such as cooking methods, the addition of salt and seasonings, and starch sources that contain different chemical compounds that create a distinctive flavor [41]. Mixing tapioca flour and mocaf flour does not really affect the taste of dumpling [38]. Acidic compounds in mocaf flour when processed will produce a distinctive aroma and taste that can cover the aroma and taste of cassava up to 70% [57]. The use of spices, especially garlic, can affect the taste produced because it contains bioactive components such as alicin [7].

3.2 Decision Making with Bayes Method

The results of the weight criteria in determining the preferred treatment by considering the criteria of appearance, aroma, texture, and taste of mackerel dumpling are presented in Table 5.

Table 5. Assessment decision matrix with bayes method

Treatments	Criteria				Alternative Value
	Appearance	Aroma	Texture	Taste	
A (0%)	7	7	5	5	5.69
B (15%)	7	7	7	7	7.00
C (25%)	7	9	8	7	7.43
D (35%)	7	7	8	7	7.12
Weight Criteria	0.19	0.16	0.12	0.54	

Based on the results of the calculation, the highest weight of the criteria is the flavor parameter of 0.54, which means that the flavor parameter is the most important assessment or as the main consideration according to the panelists in choosing mackerel dumpling products with mocaf flour and the addition of chayote.

Based on the results of calculations using the Bayes method, it was found that mackerel dumpling with the use of 25% mocaf flour and the addition of 25% chayote purée had the highest alternative value of 7.43, which means that it was most preferred by panelists compared to other treatments.

3.3 Chemical Test

The results of the chemical test observations of mackerel dumpling on protein, fat, water, ash, crude fiber, and carbohydrates content are presented in Table 6.

Table 6. Chemical test results of mackerel dumpling

Chemical Composition	Chemical Test Results (%)	
	A (0%)	C (25%)
Protein	13.81	13.93
Fat	3.77	3.87
Water	58.00	58.47
Ash	2.10	2.21
Crude fiber	1.42	1.48
Carbohydrates	20.90	20.04

3.3.1 Protein content

Based on the chemical test results, the protein content of mackerel dumpling with mocaf flour and the addition of 0% chayote purée is 13.81% which increases with the addition of 25% chayote purée to 13.93%. The protein content of mackerel dumpling increased because it was influenced by the addition of chayote purée which has protein content. According to [62], the protein content of chayote is 0.82%.

The high protein content is influenced by the ingredients used, especially the raw material, namely mackerel. According to [20], the protein content produced by mackerel fish is quite high, namely 21.4 g/100 g. [28] stated that the use of highprotein raw materials will produce highprotein processed products, and vice versa. The use of fillers also plays a role in the protein content of mackerel dumpling. According to [19], the protein content of tapioca flour is 0.19%. According to [48], the protein content of tapioca flour is lower than mocaf flour, which is 1.93%.

3.3.2 Fat content

Based on the chemical test results, the fat content of mackerel dumpling with mocaf flour and the addition of 0% chayote purée is 3.77% which increases with the addition of 25% chayote purée to 3.87%. The fat content of mackerel dumpling increased because it was influenced by the addition of chayote purée which has fat content. According to [62], the fat content of chayote is 0.13%.

Fat content is influenced by the ingredients and processing used in making mackerel dumpling. According to [68], the fat content of mackerel fish ranges from 0.2% to 5%. [2] stated that the steaming process can also affect fat and protein levels in fish meat because steaming can reduce mineral, fat and protein levels. The use of fillers also plays a role in the fat content of mackerel dumpling. According to [38], the fat content in 100 grams of mocaf flour is 0.3 grams and tapioca flour is 0.5 grams.

3.3.3 Water content

Based on the chemical test results, the water content of mackerel dumpling with mocaf flour and the addition of 0% chayote purée is 58.00% which increases with the addition of 25% chayote purée to 58.47%. The water content of mackerel dumpling increased because it was influenced by the addition of chayote purée which has a highwater content. According to [61], the water content of chayote is 83%. According to [45], chayote contains high fiber which is a factor in water binding power, the higher the fiber content of a material, the higher the water binding power because fiber has water binding power.

Water content is also influenced by the highwater content in mackerel raw materials. According to [46], the water content in mackerel is 75.35%. According to [22], the water

content of fish dumpling is influenced by protein and starch gelatinization due to the steaming process with hot temperatures causing the granules to break down so that the granule molecules expand and absorb water. According to [38], the type of starch that makes up mocaf flour and tapioca flour determines the moisture content of the dumpling sample. Mocaf flour has an amylose content of around 19% while tapioca is around 17% and mocaf flour has an amylopectin content of around 81% while tapioca flour is around 83%.

3.3.4Ash content

Based on the chemical test results, the ash content of mackerel dumpling with mocaf flour and the addition of 0% chayote purée is 2.10% which increases with the addition of 25% chayote purée to 2.21%. The ash content of mackerel dumpling increased because it was influenced by the addition of chayote purée which has ash content. According to [12], the ash content of chayote is 0.2%. [47]stated that the higher the ash content, the higher the mineral content in a food ingredient. According to [33], macro minerals found in chayote are calcium, magnesium, phosphorus, potassium, and sodium. Micro minerals found in chayote are iron, zinc, manganese, and selenium.

Ash content is influenced by the ingredients used in making mackerel dumpling. According to [46], the ash content of mackerel is 0.95%. [37]stated that mackerel has a fairly high content of sodium, potassium, phosphorus, magnesium, and zinc, and lower amounts of other minerals. The use of fillers also plays a role in the ash content of mackerel dumpling. The ash content of mocaf flour in [11] is 1.5% and tapioca flour in [10] is 0.6%.

3.3.5Crude fiber content

Based on the chemical test results, the crude fiber content of mackerel dumpling with mocaf flour and the addition of 0% chayote purée is 1.42% which increases with the addition of 25% chayote purée to 1.48%. The crude fiber content of mackerel dumpling increased because it was influenced by the addition of chayote purée which has a high fiber content. According to [61], the fiber content of chayote is 1.7%. According to [43], chayote has a pectin compound of 6.75% which is one of the fiber components in plant cell walls and functions as a stabilizing agent in jelly, jam, and juice products. According to [23], chayote contains 1.7 g/100 g of pectin, which is higher than carrots 0.9 g/100 g, broccoli 0.5 g/100 g, and tomatoes 1.2 g/100 g.

Crude fiber content is also influenced by the fillers used in making mackerel dumpling. [38] stated that the higher the substitution of mocaf flour, the higher the crude fiber content. This is because the making of mocaf flour goes through a whole process and then fermented, while tapioca flour goes through an extraction process that reduces fiber content. According to [18], mocaf flour has a fiber content of 2.39 g/100 g higher than cassava flour and tapioca flour. The crude fiber content of tapioca in [10] is 0.4%.

3.3.6Carbohydrate content

Based on the chemical test results, the carbohydrate content of mackerel dumpling with mocaf flour and the addition of 0% chayote purée is 20.90% which decreases with the addition of 25% chayote purée to 20.04%. Carbohydrate levels are influenced by the ingredients used in making mackerel dumpling. This is in accordance with [29] statement, that the decrease in carbohydrates is believed to be caused by the use of the proximate analysis method. [31] states that if the average nutritional content of protein, fat, water, and ash increases, the carbohydrate content decreases, on the contrary, if the content of protein, fat, water, and ash decreases, the carbohydrate content increases.

Carbohydrate content decreased due to the higher stabilizer used [59]. The carbohydrate content of chayote is 4.51% [62]. The carbohydrate content of mackerel is 0.61% [12]. The carbohydrate content of tapioca flour is 86.9% [25], and the carbohydrate content of mocaf flour is 82.13% [5].

4. CONCLUSION

Based on the results of the study, it can be concluded that all treatments of adding chayote purée to mackerel dumpling with the use of mocaf flour by 25% are still preferred by panelists, but the treatment of adding chayote purée by 25% is a treatment that is more preferred than other treatments with a median level of preference for the characteristics of appearance 7 (liked), aroma 9 (very liked), texture 8 (liked), and taste 8 (liked). The results of proximate analysis showed protein levels of 13.93%, fat 3.87%, water 58.47%, ash 2.21%, crude fiber 1.48%, and carbohydrates 20.04%.