



CHARACTERISTICS OF YOGHURT ENRICHED WITH PROTEIN HYDROLYSATE FROM PARROTFISH (*CHLORURUS SORDIDUS*) HEAD

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ABSTRACT

Production of parrotfish (*Chlorurus sordidus*) fillets has increased significantly in Indonesia. The processing only uses fish meat, thus producing plenty of by-products. Fish by-products contain valuable protein that can still be processed into fish protein hydrolysate (FPH). FPH can be used to improve yoghurt's physicochemical and organoleptic. This study aimed to determine the effect of protein hydrolysate from parrotfish head addition on the characteristics of yoghurt. The FPH concentrations used were 0%, 0.1%, 0.15%, 0.2%, 0.25 and 3%. This research was conducted by an experimental method using a completely randomized design with six treatments and five replications. The results showed that the variation of FPH concentration significantly affected the pH, total acid, viscosity, syneresis, water holding capacity, colour L*, a*, b*, appearance, aroma, and taste of yoghurt. However, the addition of FPH did not significantly affect the a* colour and texture of yoghurt. The best treatment was observed from the addition of 0.15% FPH with a viscosity value of 2.432 N*s/m², syneresis 49.67%, WHC 37.4%, pH 4.36, TTA 0.76%, colour L* 74.55, colour a* - 3.76, colour b* 8.2, taste score 5.39, aroma score 5.33, texture score 5.23, and appearance score 5.8.