

# **SIFAT FISIK, KIMIA DAN TINGKAT KESUKAAN BUBUR INSTAN DENGAN VARIASI CAMPURAN BERAS IR 64 (*Oryza sativa* L.) DAN LABU KUNING (*Cucurbita moschata*) SERTA SUHU PENDINGINAN**

## **INTISARI**

Bubur instan sebagai produk pangan cepat saji pengganti nasi yang tinggi kandungan gizi perlu disediakan. Pembuatan bubur instan dilakukan menggunakan campuran beras IR 64 dan labu kuning yang memiliki kandungan gizi tinggi dan memiliki harga yang relatif murah. Bubur instan umumnya dibuat dengan prinsip bubur kental yang dikeringkan dan kemudian dihaluskan. Tujuan penelitian ini adalah untuk mengetahui pengaruh variasi campuran beras IR 64 dan labu kuning serta suhu pendinginan terhadap sifat fisik dan tingkat kesukaan bubur instan, serta menentukan variasi campuran beras IR 64 dan labu kuning serta suhu pendinginan yang tepat sehingga dihasilkan bubur instan dengan sifat fisik dan kimia yang memenuhi syarat serta disukai panelis.

Rancangan percobaan penelitian ini menggunakan Rancangan Acak Lengkap (RAL) Pola Faktorial. Faktor perlakuan pada penelitian ini adalah variasi campuran labu kuning dan beras IR 64 (25%:75%, 50%:50% dan 75%:25%) dan variasi suhu pendinginan (150°C, 160°C dan 170°C). Data yang diperoleh dianalisis secara statistik menggunakan metode *Univariate Analysis of Variance* dan *One Way Anova* dengan tingkat kepercayaan 95%.

Hasil penelitian menunjukkan variasi campuran beras IR 64 dan labu kuning serta suhu pendinginan berpengaruh nyata terhadap sifat fisik dan tingkat kesukaan bubur instan. Bubur instan terbaik adalah bubur instan dengan variasi campuran beras IR 64 dan labu kuning (50%:50%) serta suhu pendinginan 160°C yang memiliki kadar air 8,48%, kadar abu 0,09%, kadar protein 11,35%, kadar lemak 0,93%, kadar beta karoten 36,22 µg/g, aktivitas antioksidan 11,50%RSA dan kadar total fenol 9,33 mg EAG/g, sehingga sebagian hasil analisis yang dilakukan telah sesuai standar bubur instan yang dipersyaratkan (SNI).

Kata kunci: Bubur Instan, Labu Kuning, Beras IR 64, Suhu Pendinginan

**PHYSICAL AND CHEMICAL PROPERTIES AND PREFERENCE  
LEVEL OF INSTANT PORRIDGE WITH MIXTURE VARIATION OF IR  
64 RICE (*Oryza Sativa* L.) AND PUMPKIN (*Cucurbita moschata*) AND  
DRYING TEMPERATURE**

**ABSTRACT**

Instant porridge as a product of fast food with high nutritional content needs to be provided. Instant porridge was made using mixture IR 64 rice with pumpkin which had a high nutrition content and was relatively cheap. Instant porridge is generally made on the principle of a thick slurry which is dried and then mashed. The purpose of this research is to determine the effect of mixture variation of IR 64 rice and pumpkin and drying temperature on the physical properties and preference level instant porridge, and determine of mixture variation of IR 64 rice and pumpkin and drying temperature appropriate so that be produced of the instant porridge with the physical and chemical properties which has eigible the requirements and preferred by the panelists.

The experimental design this research is Factorial Complete Randomized Design (CRD). The treatment factors in this research is variation in mixture variation pumpkin and IR 64 rice (25%:75%, 50%:50%, and 75%:25%) and variations in drying temperature (150°C, 160°C, and 170°C). The experiment is repeated 2 times and carried out simultaneously for each treatment. The data obtained will be analyzed statistically using the Univariate Analysis of Variance method and One Way Anova with a 95% confidence level.

The research results showed that the mixture variation of IR 64 rice and pumpkin and drying temperature treatment had a significant effect on the physical properties and the preference level of the instant porridge. Instant porridge with the best treatment is instant porridge with a variety of mixture variation of IR 64 rice and pumpkin (50%:50%) and drying temperature of 160°C had a moisture content of 8.48%, an ash content of 0.09%, protein content of 11.35%, fat content of 0.93%, beta carotene content of 36.22 µg/g, antioxidant activity of 11,50%RSA, and phenol total of 9.33 mg EAG/g, so that some of analysis result which was done already according to the required standard of instan porridge (SNI).

Keyword: Instant Porridge, Pumpkin, IR 64 Rice, Drying Temperature