

PENGARUH RASIO LABU KUNING, BERAS IR64 DAN BERAS HITAM SERTA SUHU PENDINGINAN TERHADAP SIFAT FISIK, KIMIA DAN TINGKAT KESUKAAN BUBUR INSTAN

INTISARI

Labu kuning belum dimanfaatkan secara optimal oleh masyarakat. Labu kuning berpotensi meningkatkan mutu dari produk yang dihasilkan salah satunya diolah menjadi bubur instan. Bahan untuk pembuatan bubur instan lainnya yaitu beras IR64 dan beras hitam yang merupakan sumber karbohidrat khususnya pati berpotensi untuk dicampurkan dengan labu kuning. Penelitian ini bertujuan menghasilkan bubur instan dengan rasio labu kuning, beras IR64 dan beras hitam serta suhu pendinginan yang mempunyai sifat fisik, kimia yang memenuhi syarat dan diterima panelis

Rancangan penelitian yang digunakan adalah rancangan acak lengkap (RAL) 2 faktor dengan 2 ulangan. Perlakuan dalam penelitian adalah variasi labu kuning, beras IR64 dan beras hitam dengan variasi 25:75, 50:50, 75:25 serta suhu pendinginan sebanyak 3 variasi yaitu 150°C, 160°C, 170°C. Analisis yang diuji yaitu warna, rendemen, densitas kamba, rehidrasi, kapasitas penyerapan air, kapasitas penyerapan minyak, kadar air, kadar abu, kadar protein, kadar lemak, aktivitas antioksidan, β -karoten, fenol, dan tingkat kesukaan panelis terhadap bubur instan. Data dianalisis secara statistik menggunakan *univariate analysis of variance* dan Anova, jika ada beda nyata dilanjutkan dengan uji DMRT.

Bubur instan dengan perlakuan terbaik dan disukai panelis yaitu suhu pendinginan 160°C dan rasio perbandingan labu kuning: beras IR64 dan beras hitam (75%:25%) yang memiliki sifat kimia kandungan kadar air 6,04%, kadar abu 2,66%, kadar protein 11,72%, kadar lemak 6,56%, kadar β -karoten 41,65%, aktivitas antioksidan 33,14%, dan total fenol 6,02 mg EAG/ g bk.

Kata kunci: bubur instan, sifat fisik, sifat kimia, tingkat kesukaan

THE EFFECT OF PUMPKIN, IR64 RICE, BLACK RICE RATIO AND DRYING TEMPERATURE ON THE PHYSICAL AND CHEMICAL PROPERTIES AND PREFERENCE LEVEL OF INSTANT PORRIDGE

ABSTRACT

Pumpkin has not been optimally used by the society. The potency of pumpkin is to improve the quality of the product that is produced, one of them was being processed into instant porridge. Other ingredients to make instant porridge are IR64 rice, black rice, which are source of carbohydrates, even more the mixture of starch and pumpkin. This study aims to produce instant porridge with a ratio of pumpkin, IR64 rice, black rice and a drying temperature which has physical and chemical features that fulfill the requirements and are accepted by the panelists.

The research design used was a complete random design (CRD) with 2 factors and 2 replications. The treatments in this study were variations of pumpkin, IR64 rice, and black rice with variations of 25:75, 50:50, 75:25 and 3 variations of drying temperature, they were 150°C, 160°C, 170°C. The tested analysis were color, yield, density of *kamba*, rehydration, water absorption capacity, oil absorption capacity, moisture level, ash level, protein level, fat level, antioxidant activity, β -carotene, phenol, and the panelists' level of preference to instant porridge. The datas were analyzed statistically using univariate analysis of variance and ANOVA, if there is a significant difference, continue with the DMRT test.

The instant porridge with the best treatment and was preferred by the panelists, were 160°C of drying temperature with the ratio of pumpkin: IR64 rice and black rice 75%: 25% which has chemical properties : 6.04% of moisture, 2.66% of ash level , 11.72% of protein level, 6.56% of fat, 41.65% of β -carotene, 33.14% antioxidant activity, and total phenol 6.02 mg EAG / g bk.

Keywords : Instant Porridge, Physical and Chemical properties, Preference level.