

**PENGARUH PENAMBAHAN *Carboxymethyl Cellulose* DAN LAMA
BLANCHING TERHADAP SIFAT FISIK, KIMIA DAN TINGKAT
KESUKAAN SARI BUAH KERSEN (*Muntingia Colabura L*)**

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INTISARI

Buah kersen berpotensi sebagai sumber obat dan sebagai alternatif olahan pangan, namun pemanfaatannya masih terbatas. Sari Buah Kersen adalah produk minuman berbentuk cair dibuat dari buah kersen matang dan segar yang memiliki nilai gizi dan manfaat bagi tubuh salah satunya vitamin C yang dapat memperbaiki kerusakan jaringan endotel dan menurunkan kadar trigliserida pada penderita dislipidemia sehingga buah ini sangat berpotensi untuk ditingkatkan komoditasnya dengan diolah menjadi jus dan dijadikan minuman fungsional. Tujuan penelitian ini adalah mengetahui pengaruh CMC dan lama *blanching* terhadap sifat fisik, kimia dan tingkat kesukaan sari buah kersen.

Rancangan penelitian yang digunakan pada penelitian ini adalah rancangan acak lengkap dengan pola faktorial (RAL Faktorial) dengan 2 faktor. Faktor pertama yaitu konsentrasi penambahan CMC dan faktor kedua yaitu variasi lama *blanching*. CMC yang ditambahkan yaitu konsentrasi (0% 0,10%, dan 0,20%), sedangkan variasi lama *blanching* selama 5 menit, 7 menit dan 9 menit. Sari buah dibuat dari buah kersen yang melalui proses pemblenderan, penyaringan, pencampuran, dan analisa yang dilakukan adalah uji fisik (kekeruhan, viskositas dan warna), uji kimia (pH, aktivitas antioksidan, vitamin C dan total fenol), dan uji sensoris (tingkat kesukaan warna dan tingkat kesukaan kekeruhan).

Hasil dari penelitian menunjukkan bahwa penambahan CMC 0,20% dan lama *blanching* 5 menit merupakan perlakuan yang memenuhi standar sari buah dengan kadar vitamin C, yaitu 24,20 mg/100 g bahan, aktivitas antioksidan paling tinggi, yaitu 49,14%, pH 4,61, kekeruhan 106,5 NTU, viskositas 16,26 cP, kandungan fenol 114,73 mg/GAE/g dan kecerahan (L*) 37,605, warna merah (a*) 13,46, warna kuning (b*) 15,875.

Kata kunci : Sari buah, buah kersen, CMC, lama *blanching*, antioksidan

**THE EFFECT OF CARBOXYMETHYL CELLULOSE ADDITION AND
BLANCHING TIME ON PHYSICAL, CHEMICAL AND PREFERENCE
OF LEVEL CHERRY (*Muntingia colabura L*) JUICE**

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ABSTRACT

Cherry fruit has potentials as a source of medicine and as a food process alternative, however, its utilization is still limited. Cherry fruit juice is a liquid beverage product, made from fresh and ripe cherry fruit, having nutritional value and benefits for the body, one of which is Vitamin C, which can repair endothelial tissue damage and reduce the triglyceride level on those with dyslipidemia, therefore, this fruit's commodity is highly potential to be increased by processing it into juice and making it a functional drink. This research aims to discover the influence of CMC and the blanching duration on the physical properties, chemical properties, and the acceptance level of cherry fruit juice.

This research used the completely randomized design with factorial pattern, with two factors. The first factor was the concentration of CMC addition, and the second factor was the variation of blanching duration. The concentrations of CMC addition were 0%, 0.10%, and 0.20%; while the variations of blanching duration were for 5 minutes, 7 minutes, and 9 minutes. The fruit juice was made from the cherry fruits by the processes of blending, filtering, and mixing; and the analysis conducted were physical test (turbidity, viscosity, and color), chemical test (pH, antioxidant activity, vitamin C, and total phenol), and sensory test; color acceptance level and turbidity acceptance level.

The results showed that adding CMC by 0.20% and the 5-minute blanching duration were the treatments which met the standard of the fruit juice with vitamin C level, namely 24.20 mg/100 mg of the ingredients; the highest antioxidant activity, which was 49.14%, and the pH was 4.61; the turbidity was 106.5 NTU; the viscosity was 16.26 cP; the phenol content was 114.73 mg/GAE/g; and the brightness (L*) was 37.605, the red (a*) was 13.46, and the yellow (b*) was 15.875.

Keywords: juice, cherry fruit, CMC, blanching time, antioxidants