

PENGARUH PENAMBAHAN SUSU SKIM DAN SUKRALOSA TERHADAP SIFAT FISIK KIMIA DAN TINGKAT KESUKAAN BUBUR BERAS INSTAN DENGAN TEPUNG PANDAN

INTISARI

Pangan fungsional bubur beras instan berindeks glisemik rendah kurang disukai dan belum memenuhi standar mutu bubur beras instan. Oleh karena itu perlu penambahan sumber protein dan penambahan rasa manis sehingga diharapkan dapat lebih diterima oleh konsumen. Penelitian ini bertujuan untuk mengetahui pengaruh penambahan susu skim dan sukralosa terhadap sifat fisik dan kimia bubur beras instan serta tingkat kesukaan panelis.

Penelitian dilakukan dalam dua tahap yaitu pembuatan tepung pandan dan pembuatan bubur beras instan. Tepung pandan dibuat dengan cara pengeringan dengan suhu 40°C dan penghancuran. Pembuatan bubur beras instan dilakukan dengan perendaman, pemasakan, pengeringan dengan oven, pengukusan dengan autoklaf, pembekuan dalam freezer, dan penghancuran dengan *food processor*. Rancangan percobaan yang digunakan yaitu rancangan acak lengkap dengan tiga variasi penambahan susu skim (5%, 7%, 9%) dan tiga variasi penambahan sukralosa (0,18; 0,20; 0,22). Analisis fisik yang dilakukan adalah uji densitas kamba, uji warna, indeks penyerapan air, indeks kelarutan air, uji tingkat kesukaan. Analisis kimia meliputi analisis kadar abu, analisis kadar protein, analisis kadar lemak, dan analisis karbohidrat *by difference*.

Berdasarkan hasil penelitian, variasi penambahan susu skim dan sukralosa berpengaruh nyata terhadap intensitas warna kuning, indeks penyerapan air, indeks kelarutan air, namun tidak berpengaruh nyata terhadap densitas kamba. Komposisi kimia bubur beras instan tepung pandan. Bubur beras instan dengan tambahan tepung pandan terbaik pilihan panelis adalah variasi susu skim 7% dan sukralosa 0,20g. Komposisi kimia bubur beras instan dengan penambahan tepung pandan adalah kadar abu 1,66%, protein 8,32%, lemak 2,75% dan kadar karbohidrat *by difference* 76,87%.

Kata kunci: Bubur beras instan, susu skim, sukralosa, densitas kamba, intensitas warna, indeks penyerapan air, indeks kelarutan dalam air.

EFFECT OF SKIM MILK AND SUCRALOSE ADDITION ON PHYSICAL CHEMICAL PROPERTIES AND PREFERENCE LEVEL OF INSTANT RICE PORRIDGE WITH PANDAN FLOUR

ABSTRACT

Functional food of instant glycemic indexed instant rice porridge is less favorable and has not fulfilled the standard of instant rice porridge quality. Therefore it is necessary to add the source of protein and the addition of sweetness so that it is expected to be more acceptable to consumers. This study aims to determine the effect of addition of skim and sucralosa milk to physical and chemical properties of instant rice porridge and panelist preferences level.

The research was conducted in two stages: making pandan flour and making instant rice porridge. Pandanus flour is made by drying with temperature 40oC and destruction. The making of instant rice porridge is done by soaking, cooking, oven drying, autoclaving steaming, freezing in freezer, and destruction with food processor. The experimental design was a complete randomized design with three variations in the addition of skim milk (5%, 7%, 9%) and three variations of the addition of sucralose (0.18, 0.20, 0.22). Physical analysis is done by density test of kamba, color test, water absorption index, water solubility index, favorite level test. Chemical analyzes included ash content analysis, protein content analysis, fat content analysis, and carbohydrate by difference analysis.

Based on the result of research, variation of addition of skim and sucralosa milk have significant effect on yellow color intensity, water absorption index, water solubility index, but no significant effect on density of kamba. The chemical composition of instant rice porridge pandanus powder. Instant rice porridge with the best optional pandan starch flour is a skim milk variation of 7% and sucralose 0.20g. The value of the chemical composition obtained for ash content was 1.66%, protein 8.32%, fat 2.75% and carbohydrate by 76.87%.

Keywords : Instant rice porridge, skim milk, sucralosa, density of kamba , WAI / WSI.