ABSTRACT

Moringa is a plant that is rich in benefits, especially good nutritional content compared to others. In Indonesia the use of Moringa is still not widely known, generally only known as one of the vegetable menus. In some ingredients the blanching process can increase antioxidant activity. This study aims to determine the effect of the equipment and the duration of blanching on the antioxidant levels of Moringa leaves.

The tests carried out in this study were water content, vitamin C and flavonoids. The design of the experiment used was a completely randomized design with two factors. The first factor is a blanching tool that uses aluminum pan and clay pot. The second factor is the blanching time, which is 2.5: 5 and 7.5 minutes. The data obtained were calculated using SPSS with Univariate analysis and Duncan's Multiple Range Test (DMRT) to see the differences in each treatment.

The results showed that the water content of Moringa leaf decoction of various treatments ranged from 88.76 to 90.25% wb, vitamin C levels ranged from 866.44 to 1056.58 mg / 100 g db and flavonoid levels 0.69 to 1.00 mg EK / g db.

Keywords: Moringa, blanching, clay pot, aluminum pan