PENGARUH VARIETAS DAN WAKTU *BLANCHING* TERHADAP SIFAT FISIK, AKTIVITAS ANTIOKSIDAN DAN TINGKAT KESUKAAN SELAI UBI JALAR

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INTISARI

Saat ini ubi jalar memiliki potensi sebagai bahan pangan fungsional yang kaya antioksidan. Indonesia negara penghasil terbesar keempat setelah China, Tanzania dan Nigeria. Namun, pemanfaatan ubi jalar di Indonesia kurang. Ubi jalar dapat diolah menjadi beragam produk agroindustri, contohnya diolah menjadi selai. Pengolahan selai ubi jalar mudah mengalami pencoklatan enzimatik karena aktivitas enzim polifenolase. Oleh karena, itu perlu perlakuan *blanching* untuk menekan aktivitas enzim sebelum diolah menjadi selai. Tujuan penelitian untuk mengetahui pengaruh varietas dan waktu *blanching* terhadap sifat fisik, aktivitas antioksidan dan tingkat kesukaan selai ubi jalar. Penelitian ini menggunakan 2 varietas ubi jalar oranye dan ungu dengan variasi waktu *blanching* 0, 3, 6 dan 9 menit. Analisis fisik meliputi viskositas, warna, tekstur dengan parameter *hardness, adhesiveness, cohesiveness, springiness, gumminess,* dan *chewiness,* Analisis kimia meliputi kadar air, aktivitas antioksidan, total padatan terlarut dan uji tingkat kesukaan. Hasil penelitian jenis ubi jalar ungu waktu *blanching* 9 menit disukai panelis dengan nilai *Hardness* 7,75 g, *Adhesiveness* 5,15 g, *Cohesiveness* 0,52 mJ, S*pringiness* 12,97 mm, *Gumminess* 44,66 g, *Chewiness* 7,32 mJ. Warna L* 28, 48, warna a* 9,16, warna b* -13,84, Viskositas 887,75 cp, Kadar Air 21,17 (%bb), Aktivitas Antioksidan 15,95%RSA dan Total Padatan Terlarut 77,93 ^{o}brix, dan Uji Tingkat Kesukaan 4,10 (Disukai)

Kata Kunci : Aktivitas Antioksidan; *Blanching*; Selai; Ubi Jalar

EFFECTS OF VARIETIES AND BLANCHING TIME ON PHYSICAL PROPERTIES, ANTIOXIDANT ACTIVITY AND PREFERENCE LEVEL OF SWEET POTATOES JAM

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ABSTRACT

Currently, sweet potato has potential as a functional food which is rich in antioxidants. Indonesia is the fourth largest producer after China, Tanzania and Nigeria. However, the development of sweet potato production in Indonesia is very lacking. Sweet potatoes can be developed into a variety of agroindustry products, such as produced as a jam. In its processing, enzymatic browning can occurred because of the activity of polyphenols enzyme. Therefore, it is necessary to have blanching treatment to suppress the enzyme activity before it is processed into jam. The aim of this study was to obtain a sweet potato varieties and blanching time variations on physical properties, antioxidant activity and preferred by panelists. This study used 2 varieties of sweet potatoes, orange and purple with variations of time blanching 0, 3, 6 and 9 minutes. The physical analysis that had done includes viscosity, color, texture with parameters of hardness, adhesiveness, cohesiveness, springiness, gumminess, and chewiness, chemical analysis includes water content, antioxidant activity, total dissolved solids and preference level test. The results showed that the purple sweet potato jam with 9 minutes blancing time was the most preferredby panelist with value of hardness 7.75 g, Adhesiveness 5.10 g, Cohesiveness 0.53 mJ, Springiness 12.95 mm, Gumminess 44.86 g, Chewiness 8.55 mJ. Color L * 28, 48, color a * 9,16, color b * -13,84, Viscosity 887,75 cp, Moisture Content 21,17 (%wb), Antioxidant Activity 15,95%RSA and Total Dissolved Solids 77,93 obrix, and preferred level 4,10 (preferred)

Keywords : Antioxidant Activity; *Blanching*; Jam; Sweet Potato