PENGARUH PENAMBAHAN KAYU MANIS (*Cinnamomum burmanii*) TERHADAP SIFAT FISIK, KIMIA DAN TINGKAT KESUKAAN MINUMAN INSTAN KUNIR PUTIH (*Curcuma mangga* Val.)

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INTISARI

Kunir putih merupakan salah satu jenis tanaman yang tumbuh di Indonesia. Kunir putih mengandung antioksidan tinggi dan memiliki banyak manfaat bagi kesehatan tubuh. Kayu manis merupakan golongan rempah yang mudah diperoleh di Indonesia. Selain dapat meningkatkan aroma juga berfungsi sebagai perasa (flavour) alami yang mempunyai aktivitas antioksidan, kayu manis juga memiliki banyak manfaat bagi kesehatan tubuh. Penelitian ini bertujuan untuk memperoleh minuman instan kunir putih dengan penambahan kayu manis yang disukai panelis.

Penelitian ini menggunakan Rancangan Acak Lengkap (RAL) dua faktor dengan dua kali ulangan. Faktor pertama yitu variasi penambahan kunir putih (500 g, 150 g dan 1000 g) dan variasi penambahan kayu manis (100 g, 150 g dan 200 g). Data yang diperoleh kemudian dilakukan Analisa stastistik dengan tingkat kepercayaan 95% dan apabila terdapat perbedaan nyata antara perlakuan dilanjut dengan *Duncan Multiple Range Test* (DMRT). Minuman Instan yang dihasilkan diuji fisik (warna), kimia (kadar air, aktivitas antioksidan, fenol total dan gula reduksi) dan uji tingkat kesukaan.

Hasil analisis menunjukkan formula 2 (penambahan kunir putih 750 g dan kayu manis 100 g) merupakan produk terpilih. Kemudian produk terpilih tersebut dilakukan analisa fisik dan kimia. Penambahan kunir putih dan kayu manis mampu meningkatkan nilai L*, a* dan b* produk. Minuman instan kunir putih terpilih memiliki nilai gizi : kadar air 1,66 %, aktivitas antioksidan 24,46 %RSA, fenol 36,52 mg GAE/ g bk dan gula reduksi 1,16 %. Variasi penambahan kunir putih dan kayu manis pada minuman instan yang terpilih memberikan pengaruh nyata terhadap sifat fisik (warna), kimia dan tingkat kesukaan panelis

Kata Kunci : Minuman Instan, Kunir Putih, Kayu Manis, Antioksidan

EFFECT OF ADDITION CINNAMON (*Cinnamomum burmanii*) ON PHYSICAL, CHEMICAL PROPERTIES AND PREVERENCE LEVEL OF WHITE TURMERIC (*Curcuma mangga* Val.) INSTANT DRINK

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ABSTRACT

White turmeric is one type of plant that grows in Indonesia. White turmeric contains high antioxidants and has many health benefits. Cinnamon is a spice that is easily available in Indonesia. Besides being able to increase the aroma as well as function as a natural flavor that has antioxidant activity, cinnamon also has many health benefits. This study aims to obtain an instant drink of white turmeric with the addition of cinnamon which is preferred by the panelists.

This study used a two-factor Completely Randomized Design (CRD) with two replications. The first factor is variations in the addition of white turmeric (500 g, 150 g and 1000 g) and variations in the addition of cinnamon (100 g, 150 g and 200 g). The data obtained were statistically analyzed with a 95% confidence level and if there was a significant difference between the treatments, it was continued with the Duncan Multiple Range Test (DMRT). Instant Drinks produced were tested for physical (color), chemical (water content, antioxidant activity, total phenol and reducing sugar) and level of preference test.

The results of the analysis showed that formula 2 (addition of 750 g of white turmeric and 100 g of cinnamon) was the chosen product. Then the selected product is subjected to physical and chemical analysis. The addition of white turmeric and cinnamon can increase the L*, a* and b* values of the product. The selected white turmeric instant drink has nutritional values: water content 1.66%, antioxidant activity 24.46 %RSA, phenol 36.52 mg GAE/g bk and reducing sugar 1.16%. Variations in the addition of white turmeric and cinnamon to the selected instant drinks have a significant effect on the physical properties (color), chemistry and the level of preference of the panelists.

Keywords : Instant Drink, White Turmeric, Cinnamon, Antioxidan