

PENGARUH PENAMBAHAN EKSTRAK BUNGA TELANG (*Clitoria Ternatea* L) DAN SUSU TERHADAP WARNA, AKTIVITAS ANTIOKSIDAN DAN TINGKAT KESUKAAN PUDING SUSU

INTISARI

Puding susu bunga telang merupakan produk olahan makanan yang sudah siap saji yang terbuat dari agar-agar yang kemudian dimodifikasi dengan adanya penambahan susu dan ekstrak bunga telang untuk menambah kesan menarik pada produk puding. Penelitian ini bertujuan untuk mengkaji kandungan aktivitas antioksidan pada puding susu bunga telang dengan variasi penambahan bunga telang dan variasi penambahan susu.

Pembuatan puding susu bunga telang dengan menggunakan variasi penambahan bunga telang dengan konsentrasi 20, 50, dan 75% dan variasi penambahan susu dengan konsentrasi 1%, 2,5%, dan 37,5%. Puding susu yang dihasilkan dianalisa warna, aktivitas antioksidan, serta tingkat kesukaan. Uji tingkat kesukaan meliputi warna, rasa, dan keseluruhan. Rancangan percobaan yang digunakan dalam penelitian ini adalah rancangan acak lengkap faktorial. Hasil yang diperoleh dilakukan analisa varian pada tingkat kepercayaan 95%, apabila terdapat beda nyata pada masing – masing perlakuan dilanjutkan uji *Duncan Multiple Range Test*.

Hasil penelitian menunjukkan bahwa variasi penambahan bunga telang 20, 50, dan 75% dan pencampuran variasi penambahan susu sebanyak 1%, 2,5%, dan 37,5% mempengaruhi warna, aktivitas antioksidan dan tingkat kesukaan panelis. Puding susu dengan aktivitas antioksidan terbaik adalah puding dengan perlakuan variasi penambahan bunga telang sebanyak 50% dan variasi penambahan susu sebanyak 37,5% dengan nilai aktivitas antioksidan sebesar 4926,16 mg/L. Sedangkan puding yang disukai panelis yaitu sampel dengan perlakuan variasi penambahan bunga telang sebanyak 75% dan variasi penambahan susu sebanyak 2,5%. Puding susu dengan warna tertinggi L* 38,44; a* 3,55; b* -6,66.

Kata kunci: puding, susu, bunga telang, variasi penambahan, antioksidan, warna, tingkat kesukaan.

**THE EFFECT OF FLOWER EXTRACT OF TELANG (*Clitoria ternatea* L)
AND MILK ADDITION ON COLOR, ANTIOXIDANT ACTIVITY AND
PREFERENCE LEVEL OF MILK PUDDING**

ABSTRACT

Telang flower (butterfly pea flower) milk pudding is a ready-to-eat food product made from agar which is then modified with the addition of milk and telang flower extract to add a stunning impression to the pudding product. This study examines the antioxidant activity content in telang flower milk pudding with variations in the addition of telang flowers and variations in the addition of milk.

The cooking of telang flower milk pudding used variations of the addition of telang flower with a concentration of 20, 50, and 75 (%) and variations in milk with a concentration of 1%, 2.5%, and 37.5%. The result of the milk pudding was analyzed for the colour, antioxidant activity, and level of preference. The level of preference test includes colour, taste, and overall. This research used a factorial, completely randomized design to examine the experimental design. The results obtained were analyzed for variance at a 95% confidence level. If there was a significant difference in each treatment, the Duncan Multiple Range Test was continued.

The results showed that the variation of the telang flowers addition of 20, 50, and 75 (%) and the variation of the addition of milk as much as 1%, 2.5%, and 37.5% affected the colour, antioxidant activity, and the level of preference of the panellists. The milk pudding with the best antioxidant activity was pudding with the addition of 50 % of the addition of the telang flower and the 37.5% variation of the addition of milk with the antioxidant activity value of 4926.16 mg/L. Meanwhile, the pudding that the panellists preferred was the sample with the additional treatment of 75% of the addition of telang flowers and the variation of the addition of milk as much as 2.5%. Milk pudding with the highest colour L* 38.44; a* 3.55; b* -1.31.

Keywords: pudding, milk, telang flower, variation of addition, antioxidant, colour, level of preference.