PENGARUH RASIO LABU KUNING (*Cucurbita moschata* D.) DAN TEPUNG BERAS PANDAN WANGI (*Oryza sativa* L. var. *aromatica*) SERTA SUHU PENGERINGAN TERHADAP SIFAT FISIK, KIMIA DAN TINGKAT KESUKAAN BUBUR INSTAN

INTISARI

Buah labu kuning utuh memiliki kandungan gizi yang bermanfaat bagi kesehatan. Labu kuning yang sudah dibelah mudah rusak atau cepat membusuk oleh karena labu kuning diolah menjadi bubur instan berbasis beras pandan wangi. Penelitian ini bertujuan untuk mengetahui pengaruh rasio labu kuning dengan tepung beras pandan wangi serta suhu pengeringan sehingga dihasilkan produk bubur instan yang memiliki sifat fisik dan kimia yang memenuhi syarat serta disukai panelis.

Penelitian ini dilakukan dengan menggunakan Rancangan Acak Kelompok (RAK) faktorial dengan menggunakan 2 faktor yaitu rasio labu kuning dan tepung beras pandan wangi (25:75, 50:50, 75:25) %, serta suhu pengeringan (150, 160, dan 170)^{o}C. Bubur instan yang dihasilkan diuji secara fisik (warna, densitas kamba, kapasitas penyerapan air, kapasitas penyerapan minyak, rehidrasi, rendemen), kimia (kadar air, abu, protein, lemak, beta karoten, aktivitas antioksidan, fenol), dan tingkat kesukaan.

Hasil penelitian menunjukan bahwa rasio labu kuning dan tepung beras pandan wangi serta suhu pengeringan berpengaruh nyata terhadap terhadap sifat fisik rendemen, densitas kamba, kapasitas penyerapan air, warna (*L*, a*, b*),* namun tidak berpengaruh terhadap kapasitas penyerapan minyak, rehidrasi, serta tingkat kesukaan panelis pada atribut warna bubur instan. Bubur instan dengan perlakuan rasio labu kuning dan tepung beras pandan wangi (50:50) %, serta suhu pengeringan 150^{o}C adalah bubur instan yang paling disukai panelis dengan kadar air sebesar 7,11% bb; kadar abu 1,30% bb; protein 11,99% bb; lemak 1,53% bb; beta karoten 11,52 µg/g; antioksidan 8,87% RSA; dan total fenol 9,22 mg EAG/g bb, hasil yang diperoleh telah sesuai dengan syarat SNI yang ditetapkan.

Kata kunci: labu kuning, tepung beras pandan wangi, suhu pengeringan, bubur instan.

THE EFFECT OF PUMPKIN (*Cucurbita moschata* D.) RATIO AND PANDAN WANGI RICE FLOUR (*Oryza sativa* L. *var. aromatica*) AND DRYING TEMPERATURE ON THE PHYSICAL, CHEMICAL AND PREFERENCE LEVEL OF INSTANT PORRIDGE

ABSTRACT

Whole pumpkin fruit contains nutrients that are beneficial to health. Pumpkin that has been split will be easily damaged or quickly rot. Therefore, further processing is needed to extend the shelf life and support the development of functional food, yellow pumpkin is processed into instant porridge based on pandan wangi rice which has the aroma of pandan leaves. This study aims to determine the effect of the ratio of the ratio of pumpkin to pandan wangi rice flour and the drying temperature so that instant porridge products have physical and chemical properties that meet the requirements and are preferred by the panelists.

This research was conducted using a factorial randomized block design (RBD) using 2 factors, namely the ratio of pumpkin and pandan wangi rice flour (25:75, 50:50, 75:25)%, and drying temperature (150, 160, and 170) ^{o}C. Instant porridge produced is tested physically (color, bulk density, water absorption capacity, oil absorption capacity, rehydration, yield), chemical (moisture, ash, protein, fat, beta carotene, antioxidant activity, phenol), and the preference level (hedonic test)..

The results showed that the ratio of pumpkin to pandan wangi rice flour and drying temperature had a significant effect on the physical properties of yield, density of kamba, water absorption capacity, color (*L *, a *, b **), but had no effect on oil absorption capacity, rehydration, as well as the level of preference for the panelists in the instant porridge color attribute. Instant porridge with the treatment of pumpkin ratio and pandan wangi rice flour (50:50)%, and the drying temperature of 150^{o}C, was the most preferred instant porridge for panelists with a moisture content of 7.11% wb; ash content 1.30% wb; protein 11.99% wb; fat 1.53% wb; beta carotene 11.52 µg / g; antioxidant 8.87% RSA; and total phenol 9.22 mg EAG / g wb, so that the results obtained are in accordance with the SNI requirements.

Key words: pumpkin, pandan wangi rice flour, drying temperature, instant porridge.