Pengaruh Rasio Beras Merah (*Oryza nivara*), Labu Kuning (*Cucurbita moschata*) dan Tempe serta Suhu Pengeringan terhadap Sifat Fisik, Kimia dan Tingkat Kesukaan Bubur Instan

INTISARI

Bubur instan merupakan produk pangan siap saji yang disajikan bersama seduhan air hangat. Bubur instan dibuat menggunakan campuran beras merah, labu kuning dan tempe karena mengandung gizi tinggi, mudah didapatkan dan harga yang terjangkau. Secara umum bubur instan dibuat melalui proses pengeringan dan penggilingan. Tujuan penelitian ini adalah untuk mengetahui pengaruh variasi rasio beras merah, labu kuning dan tempe serta suhu pengeringan, dan untuk menentukan variasi rasio beras merah, labu kuning dan tempe serta suhu pengeringan paling tepat untuk menghasilkan bubur instan yang memenuhi syarat.

Faktor perlakuan pada penelitian ini adalah variasi rasio beras merah, labu kuning dan tempe 1:1:1, 1:2:1, dan 1:3:1 dan suhu pengeringan 130^{o}C, 140^{o}C dan 150^{o}C. Rancangan percobaan yang digunakan adalah Rancangan Acak Lengkap (RAL) pola faktorial. Bubur instan dilakukan uji fisik, tingkat kesukaan dan kimia. Uji fisik pada bubur instan terdiri atas warna, rendemen, densitas kamba, kapasitas penyerapan air, kapasitas penyerapan minyak dan rehidrasi. Uji tingkat kesukaan terdiri atas parameter warna, aroma, rasa, kekentalan dan keseluruhan. Analisis kimia terdiri atas kadar air, kadar abu, protein, lemak, aktivitas antioksidan, β-karoten dan total fenol. Data-data yang dihasilkan kemudian diuji menggunakan SPSS metode *Univariate Analysis of Variance* dan *One Way Anova* dengan tingkat kepercayaan 95% (α=5%).

Hasil penelitian menunjukkan bahwa faktor variasi rasio beras merah, labu kuning dan tempe dan suhu pengeringan berpengaruh nyata terhadap sifat fisik, kimia dan tingkat kesukaan bubur instan. Bubur instan yang paling disukai panelis adalah bubur instan dengan perlakuan rasio campuran beras merah, labu kuning dan tempe 1:1:1 serta suhu pengeringan 150^{o}C. Bubur instan terbaik memiliki kadar air 4,91%, abu 0,02%, protein 12,35%, lemak 13,73%, aktivitas antioksidan 26,61%RSA, β- karoten 102,00 μg/g, dan total fenol 11,71 mg EAG/g.

Kata kunci : bubur instan, labu kuning, beras merah, tempe, suhu pengeringan

The Effect Of Brown Rice (*Oryza nivara*), Pumpkin (*Cucurbita moschata*), Tempe Ratio and Drying Temperature on Physical Properties, Chemical Properties and Level of Instant Porridge Palatability

ABSTRACT

Instant porridge is a fast food product served with warm water. It is made using a mixture of brown rice, pumpkin, and tempe because it contains high nutrition, is easy to obtain, and is at an affordable price. In general, instant porridge is made through a drying and grinding process. The purpose of this study was to determine the effect of variations in the ratio of brown rice, pumpkin, and tempe and drying temperature, and to discover the variation in the ratio of brown rice, pumpkin, and tempe and the appropriate drying temperature to produce instant porridge that met the requirements.

The treatment factors in this study were variations in the ratio of brown rice, pumpkin, and tempe 1:1:1, 1:2:1, and 1:3:1, and drying temperatures were 130^{o}C, 140^{o}C, and 150^{o}C. The experimental design used was a Completely Randomized Design (CRD) with a factorial pattern. The instant porridge was subjected to palatability, physical, chemical tests. Physical tests on instant porridge consisted of color, yield, bulk density, water absorption capacity, oil absorption capacity, and rehydration. The level of preference test consisted of parameters of color, aroma, taste, viscosity, and overall. The chemical analysis consisted of water content, ash content, protein, fat, antioxidant activity, β-carotene, and total phenol. The resulting data were then tested using the SPSS method of Univariate Analysis of Variance and One Way Anova with a 95% confidence level (α=5%).

The results showed that the variation of the ratio of brown rice, pumpkin, and tempe also drying temperature significantly affected the physical, chemical properties and the level of preference for instant porridge. The instant porridge that the panelists preferred was instant porridge with a mixture ratio of brown rice, yellow pumpkin, and tempe 1:1:1 and a drying temperature of 150^{o}C. The best instant porridge had water content of 4.91%, ash 0.02%, protein 12.35%, fat 13.73%, antioxidant activity 26.61%RSA, β-carotene 102.00 μg/g, and total phenol 11.71 mg EAG/g.

Keywords: instant porridge, pumpkin, brown rice, tempe, drying temperature