

**PENGARUH LAMA *BLANCHING* PADA MEDIUM ASAM SITRAT DAN
PENAMBAHAN BUBUK KUNYIT (*Curcuma domestica* Val.) TERHADAP
SIFAT FISIK, KIMIA, DAN TINGKAT KESUKAAN *COOKIES***

INTISARI

Banyaknya produk makanan dan minuman yang menggunakan bahan tambahan kimia, membuat masyarakat semakin sadar terhadap masalah kesehatan. Upaya yang dilakukan untuk mengurangi penggunaan bahan kimia adalah memanfaatkan rimpang kunyit. Penelitian ini bertujuan untuk mengetahui pengaruh lama *blanching* pada medium asam sitrat dan penambahan bubuk kunyit terhadap sifat fisik, kimia dan tingkat kesukaan *cookies*.

Penelitian ini dilakukan dengan menggunakan rancangan acak lengkap (RAL) faktorial dengan dua batch ulangan perlakuan dan dua faktor perlakuan. Faktor pertama yaitu lama *blanching* pada medium asam sitrat dengan variasi 2,5, 5 dan 7,5 menit. Faktor kedua yaitu penambahan bubuk kunyit dengan variasi 5, 10, 15 g dan kontrol (Penambahan bubuk kunyit tanpa *blanching*). *Cookies* yang dihasilkan diuji secara fisik (tekstur dan warna), kimia (kadar air, abu, protein, lemak, karbohidrat *by difference*, aktivitas antioksidan dan fenol total) dan tingkat kesukaan. Data yang diperoleh dilakukan analisa statistik dengan tingkat kepercayaan 95% dan apabila terdapat perbedaan nyata antara perlakuan dilanjut dengan *duncan multiple range test* (DMRT).

Hasil penelitian menunjukkan bahwa perlakuan lama *blanching* pada medium asam sitrat dan penambahan bubuk kunyit memberikan pengaruh terhadap sifat fisik warna dan tingkat kesukaan *cookies*, namun tidak berpengaruh terhadap sifat fisik tekstur. *Cookies* dengan perlakuan lama *blanching* pada medium asam sitrat selama 5 menit dan penambahan bubuk kunyit 10 g adalah *cookies* terpilih dan disukai panelis. Sifat kimia *cookies* terpilih menunjukkan kadar air 5,11%, abu 1,49%, protein 5,53%, lemak 15,39%, karbohidrat *by difference* 72,49%, aktivitas antioksidan 88,28% RSA dan fenol total 37,54 mg EAG/g bk.

Kata kunci : *Blanching*, asam sitrat, bubuk kunyit, *cookies*

***THE EFFECT OF BLANCHING TIME IN CITRIC ACID MEDIUM AND
TURMERIC (*Curcuma domestica* Val.) POWDER ADDITION ON THE
PHYSICAL, CHEMICAL PROPERTIES, AND PREFERENCE LEVELS OF
COOKIES***

ABSTRACT

Many food and beverage products that use chemical additives make people more aware of health problems. One of the efforts made to reduce the use of chemicals is to use turmeric rhizome. This research aims to determine the effect of blanching time in citric acid medium and the turmeric powder addition to the physical, chemical properties, and preference level of cookies.

This research was conducted using a completely randomized design (CRD) factorial pattern with two batches of treatment replications and two treatment factors. The first factor is the blanching time in citric acid medium with variations of 2.5, 5, and 7.5 minutes. The second factor is the addition of turmeric powder with variations of 5, 10, 15 g and control (Addition of turmeric powder without blanching). The resulting cookies are physically tested (texture and color), chemistry (water content, ash, protein, fat, carbohydrate by difference, antioxidant activity, and total phenol), and preference level. The data obtained were analyzed statistically with a confidence level of 95%. If there were significant differences between the treatments, it continued with Duncan's Multiple Range Test (DMRT)

The research results showed that blanching time treatment in citric acid medium and turmeric powder addition affects the physical properties of the color and the preference level of cookies, however, it has no effect on the physical nature of texture. Cookies with the blanching time treatment in citric acid medium for 5 minutes and adding turmeric powder 10 g are selected cookies and preferred by panelists. The Chemical properties of selected cookies showed 5.11% water content, 1.49% ash, 5.53% protein, 15.39% fat, carbohydrate by difference 72.49%, antioxidant activity 88.28% RSA and total phenol 37.54 mg EAG /g bk.

Keywords : Blanching, citric acid, turmeric powder, cookies