

**PENGARUH PREPARASI DAN JUMLAH BUBUK DAUN KENIKIR
(*Cosmos caudatus*) TERHADAP SIFAT FISIK, KIMIA, DAN TINGKAT
KESUKAAN CENDOL**

INTISARI

Kenikir merupakan salah satu sayuran yang memiliki kandungan antioksidan yang cukup tinggi. Selama ini kenikir hanya dimanfaatkan sebagai sayuran lalapan, belum banyak pengolahan kenikir sebagai pangan fungsional. Kenikir memiliki aroma yang khas dan menyengat sehingga kurang diminati masyarakat. Preparasi dan penambahan jumlah bubuk daun kenikir berfungsi untuk memperbaiki cita rasa dan kualitas cendol kenikir. Tujuan penelitian ini adalah mengetahui pengaruh preparasi dan jumlah bubuk daun kenikir terhadap sifat fisik, kimia, dan tingkat kesukaan cendol kenikir.

Pada penelitian ini dibuat cendol dengan perlakuan sebagai berikut *blanching* dan tanpa *blanching*. Bubuk kenikir yang dihasilkan dari 2 perlakuan kemudian ditambahkan ke adonan cendol dengan proporsi jumlah bubuk daun kenikir sebanyak 0%, 1%, 3%, 5%, dan 7%. Metode penelitian menggunakan Rancangan Acak Kelompok (RAK) faktorial. Faktor pertama adalah pengaruh preparasi dan faktor kedua adalah penambahan bubuk daun kenikir. Analisa yang dilakukan adalah uji warna, kadar air, fenol total, flavonoid, aktivitas antioksidan, dan tingkat kesukaan. Data yang diperoleh dilanjutkan dengan uji statistik ANOVA dan jika berbeda nyata akan dilanjutkan dengan uji Duncan Multiple Range Test pada tingkat kepercayaan α 5%.

Hasil penelitian menunjukkan bahwa preparasi dan jumlah bubuk kenikir berpengaruh nyata terhadap sifat fisik, kimia, dan tingkat kesukaan cendol kenikir. Cendol kenikir dengan perlakuan *blanching* dan penambahan bubuk kenikir 5% memiliki aktivitas antioksidan sebesar 19,38% ; kadar fenol total sebesar 0,0478 mg EAG/g; kadar flavonoid total sebesar 0,0296 mg/EK/g dan merupakan cendol kenikir yang paling disukai panelis.

Kata kunci : kenikir, cendol, aktivitas antioksidan, preparasi

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**EFFECT OF PREPARATIONS AND ADDITION ON KENIKIR LEAVES
POWDER (*COSMOS CAUDATUS*) ON PHYSICAL, CHEMICAL
PROPERTIES, AND PREFERENCE LEVEL OF CENDOL**

ABSTRACT

Kenikir is one the most vegetable that has a high antioxidant content. Kenikir is only used as fresh vegetables, not much processing of kenikir as functional food. Kenikir has a distinctive and pungent aroma that is les attractive to the konsumen. The preparation and proportion of the added amount of kenikir leaves powder serves to improve the taste and quality of the cendol kenikir. The purpose of this study is to determine the effect of preparations and addition on kenikir leaves powder (*cosmos caudatus*) on physical, chemical properties, and preference level of cendol.

The research carried out pertains the process of making cendol with following treatments is a blanching and without blanching. Kenikir leaves powder the produced from two treatments was then added to the cendol dough with the proportion of the kenikir leaves powder as much as 0%, 1%, 3%, 5%, and 7%. The method used for the research was factorial Randomized Block Design (RBD). The first factor was the effect preparations and the second factor was addition of kenikir leaves powder. The analysis carried out was colour test, water content, total phenole, flavonoids, antioxidant activity and the level of preference. The data obtained was tested with ANOVA statistical test and in case of a significant difference, it would proceed with the Duncan Multiple Range Test at α 5% trust level.

The results showed that prepreparations and amount of kenikir leaves powder that significant effect on physical, chemical properties, antioxidant activity, total phenole and the level of preference cendol kenikir. Cendol kenikir with blanching and addition kenikir leaves powder 5% has a antioxidant activity as much as 19,38% ; total phenole as much as 0,0478 mg EAG/g ; total flavonoid as much as 0,0296 mg/EK/g ; and it is cendol kenikir that most panelists like.

Key words : kenikir, cendol, antioxidant activity, preparation

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