

**PENGARUH RASIO BERAS IR 64 (*Oryza sativa* L.), LABU KUNING
(*Cucurbita moschata*) DAN TEMPE SERTA SUHU PENGERINGAN
TERHADAP SIFAT FISIK, KIMIA DAN TINGKAT KESUKAAN
BUBUR INSTAN**

INTISARI

Bubur instan sebagai produk pangan cepat saji pengganti nasi yang tinggi kandungan gizi perlu disediakan. Pemanfaatan labu kuning yang kaya β -karoten, beras IR 64, dan tempe yang memiliki protein tinggi sebagai bahan baku pembuatan bubur instan merupakan alternatif pangan olahan instan yang memiliki kandungan nilai gizi tinggi, memiliki harga yang ekonomis dan menjadi produk olahan alternatif yang dapat disukai masyarakat. Tujuan penelitian ini adalah menghasilkan bubur instan campuran beras IR 64, labu kuning dan tempe yang mempunyai sifat fisik, kimia yang memenuhi syarat dan disukai panelis.

Rancangan penelitian yang digunakan pada penelitian ini adalah rancangan acak lengkap (RAL) pola faktorial. Faktor perlakuan pada penelitian ini adalah variasi rasio beras IR 64, labu kuning dan tempe 1:1:1, 1:2:1, dan 1:3:1 dan variasi suhu pengeringan 130°C, 140°C dan 150°C. Bubur instan campuran beras IR 64, labu kuning dan tempe dilakukan uji fisik meliputi uji rendemen, warna, daya rehidrasi, densitas kamba, kapasitas penyerapan air dan kapasitas penyerapan minyak. Tingkat kesukaan pada bubur instan meliputi parameter: warna, aroma, rasa, kekentalan dan keseluruhan. Analisis sifat kimia sampel terpilih meliputi kadar air, kadar abu, protein, lemak, antioksidan, fenol, dan β -karoten. Data-data yang dihasilkan diuji menggunakan SPSS metode *Univariate Analysis of Variance* dan *One Way Anova* dengan tingkat signifikansi 95% ($\alpha=5\%$) apabila beda nyata yang signifikan antar perlakuan dilanjutkan dengan uji DMRT.

Hasil penelitian menunjukkan bahwa, variasi rasio beras IR 64, labu kuning dan tempe serta suhu pengeringan berpengaruh terhadap sifat fisik bubur instan yaitu kenaikan rendemen, kenaikan intensitas warna, kenaikan rehidrasi dan penurunan densitas kamba. Bubur instan yang paling disukai panelis adalah bubur instan dengan perlakuan variasi campuran beras IR 64, labu kuning dan tempe dengan rasio 1:3:1 serta suhu pengeringan 130°C. Bubur instan yang disukai panelis memiliki kandungan kadar air 7,79% b/b, kadar abu 1,45%, kadar protein 16,42%, kadar lemak 9,13%, antioksidan 32,26%RSA total fenol 0,91 mg EAG/g dan kadar β -karoten 93,50 μ g/g.

Kata Kunci: Bubur instan, beras IR 64, labu kuning, tempe

THE EFFECT OF IR 64 (*Oryza sativa* L.), PUMPKIN (*Cucurbita moschata*), AND TEMPEH RATIO AND DRYING TEMPERATURE ON PHYSICAL, CHEMICAL PROPERTIES AND PREFERENCE LEVEL OF INSTANT PORRIDGE

ABSTRACT

Instant porridge as a fast food product as a substitute for rice which is high in nutritional content needs to be provided. The use of pumpkin which is rich in carotene, IR 64 rice, and tempeh which has high protein as raw material for making instant porridge is an alternative to instant processed food that has high nutritional value, has an economical price and is an alternative processed product that can be liked by the public. The purpose of this study was to produce instant porridge mixed with IR 64 rice, pumpkin and tempeh which had physical and chemical properties that met the requirements and was favored by panelists.

The research design used in this study was a completely randomized design (CRD) with a factorial pattern. The treatment factors in this study were variations in the ratio of rice IR 64, pumpkin and tempeh 1:1:1, 1:2:1, and 1:3:1 and variations in drying temperature 130°C, 140°C and 150°C. The instant porridge mixture of IR 64 rice, pumpkin and tempeh was subjected to physical tests including yield, color, rehydration power, kamba density, water absorption capacity and oil absorption capacity. The level of preference for instant porridge includes parameters: color, aroma, taste, thickness and overall. Analysis of the chemical properties of the selected samples included moisture content, ash content, protein, fat, antioxidant, phenol, and -carotene. The resulting data were tested using the SPSS method of *Univariate Analysis of Variance* and *One Way Anova* with a significance level of 95% ($\alpha=5\%$) if the significant difference between treatments was followed by the DMRT test.

The results showed that variations in the ratio of rice IR 64, pumpkin and tempeh and drying temperature affected the physical properties of instant porridge, namely increasing yield, increasing color intensity, increasing rehydration and decreasing kamba density. The instant porridge that the panelists preferred was instant porridge with a mixture of IR 64 rice, pumpkin and tempeh with a ratio of 1:3:1 and a drying temperature of 130°C. The instant porridge preferred by the panelists had a moisture content of 7.79% w/w, ash content of 1.45%, protein content of 16.42%, fat content of 9.13%, antioxidants 32.26% RSA total phenol 0.91 mg EAG/g and -carotene content 93.50 g/g.

Keywords: Instant porridge, IR 64 rice, pumpkin, tempeh