EVALUASI KADAR ANTIOKSIDAN DAN TINGKAT KESUKAAN PARE (*Momordica charantia*) DENGAN VARIASI MEDIA PEREBUSAN

INTISARI

Pare merupakan salah satu jenis sayuran yang disukai masyarakat, tetapi rasanya pahit. Tujuan penelitian ini untuk mengurangi rasa pahit dan menguji kandungan antioksidan yang ada pada pare sesudah perebusaan. Penelitian ini menggunakan rancangan acak lengkap dengan variasi media perebusan untuk mengurangi rasa pahit dengan garam 30%, gula 30%, dan daun jambu biji 30% dengan perebusan selama 10 menit pada suhu 100 ^{o}C. Pare setelah direbus dilakukan analisis kadar air, flavonoid total, tanin total, fenolik total dan tingkat kesukaan setelah dilakukan proses perebusan. Hasil penelitian menunjukkan bahwa adanya pengaruh variasi media perebusan terhadap kadar flavonoid, kadar tanin, kadar fenolik pare sesudah perebusan. Produk pare rebus yang paling disukai adalah pada penambahan daun jambu biji 30% dengan kadar air 96,51%, flavonoid 3,24 mg/g, tanin 10,08 mg/g, dan fenolik 12,20 mg/g.

Kata kunci : pare, antioksidan, flavonoid, tanin, fenolik.

EVALUATION OF ANTIOXIDANT CONTENT AND PREFERENCES LEVEL OF BITTER MELON (*Momordica charantia*) WITH VARIOUS BOILING MEDIUM

ABSTRACT

Bitter melon is one type of vegetables that people love, but it tastes bitter. The purpose of this research is to reduce the bitter taste and test the content of antioxidant that exist in bitter melon after boiling. This research uses a completely randomized design with various boiling medium to reduce the bitter taste with 30% salt, 30% sugar, and 30% of guava leaves with boiling process for 10 minutes at a temperature of 100 ºC. After bitter melon are boiled, they are analized the water content, flavonoids, tannins, phenolics and the difficulty level after they are done boiling process. The results of the research showed that there is the effect of the various boiling medium on the content of flavonoid content, the tannin content and the phenolic content after boiling. The processing product of fruit bitter melon most liked is the addition of the guava leaves 30% with the water content 96,51%, flavonoid content 3,24 mg/g, the tanin content 10,08 mg/g and the content of phenolic 12,20 mg/g.

Keywords: antioxidant, bitter melon, flavonoid, tannin, phenolic.