

ABSTRAK

MEMPELAJARI KARAKTERISTIK PENGERINGAN BAYAM HIJAU (*Amaranthus tricolor L*)

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Salah satu sayuran yang banyak di budidayakan di Indonesia adalah bayam. Bayam tergolong bahan makanan yang mudah layu dan mudah rusak, sehingga bayam yang habis dipanen harus segera dipasarkan dan dikonsumsi. Pada suhu kamar, kesegaran daun bayam hanya dapat bertahan selama 12 jam. Untuk memperpanjang umur simpan bayam terdapat dua metode yaitu metode pendinginan dan pengeringan. Penelitian ini bertujuan untuk mempelajari karakteristik pengeringan bayam menggunakan alat pengering tipe rak dan pengaruh perbedaan suhu blanching terhadap karakteristik pengeringan bayam.

Penelitian dilaksanakan di Laboratorium Daya Alat Mesin Pertanian dan Laboratorium Rekayasa Bioproses dan Pasca Panen Jurusan Teknik Pertanian Fakultas Pertanian Universitas Lampung pada bulan Januari 2017 sampai dengan bulan Februari 2017. Penelitian ini menggunakan dua faktor perlakuan yaitu suhu *blanching* dan lama *blanching*. Perlakuan suhu *blanching* terdiri dari tiga tingkatan yaitu 40⁰ C, 50⁰ C, dan 60⁰ C. Waktu *blanching* terdiri dari 2 menit, 4 menit, dan 6

menit. Sedangkan untuk suhu pengeringan menggunakan suhu 60⁰ C. Masing-masing perlakuan dilakukan 3 ulangan, sehingga didapat 27 sampel yang diamati.

Hasil penelitian menunjukkan bahwa suhu blanching berpengaruh terhadap laju pengeringan bayam, sedangkan lama waktu blanching tidak berpengaruh terhadap laju pengeringan. Dalam Penelitian ini, penurunan kadar air terbaik pada perlakuan blanching dengan suhu 60° C dan lama blanching 4 menit. Suhu blanching mempengaruhi perubahan warna bayam setelah pengeringan.

Kata Kunci : Bayam, pengeringan, pengering tipe rak.

ABSTRACT

STUDYING CHARACTERISTICS OF GREEN SPINACH DRYING (*Amaranthus tricolor L*)

By

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One of the many vegetables cultivated in Indonesia is spinach. Spinach is classified as a food that easily wilt and easily damaged, so that the spinach that is harvested should be marketed and consumed immediately. At room temperature, the freshness of spinach leaves can only last for 12 hours. To extend the shelf life of spinach there are two methods of cooling and drying methods.

This study aimed to study the characteristics of green spinach drying using a tray dryer and the effect of blanching temperature on spinach drying characteristics. The research was conducted at Agricultural Machine Power Laboratory and Laboratory of Bioprocess and Post-Harvest Engineering Department of Agricultural Engineering, Faculty of Agriculture, Lampung University from January 2017 to February 2017. This research used two treatment factor: blanching temperature and blanching time. *Blanching* temperature treatment were 40⁰ C, 50⁰ C, and 60⁰ C. Blanching time treatment were 2 minutes, 4 minutes, and 6 minutes. The drying temperature was 60⁰ C. Treatment was conducted 3 times, so that there were 27 samples to be observed.

The results showed that there is an influence between blanching temperature and spinach dryness, while long blanching time does not affect the drying rate. In this study, the fastest moisture content in *blanching* treatment with temperature of 60° C and *blanching* time was 4 minutes. The temperature of *blanching* affects the change of spinach color after drying.

Keywords: Spinach, drying, tray dryer