

ABSTRACT

PRODUCTION OF ICE CREAM BASED FIBER RICH OF GENJER (*Limnocharis Flava*)

By

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The purpose of this study was to obtain the best genjer formulation that produces fiber-rich ice cream with physical, chemical and organoleptic properties in accordance with SNI No. 01-3713-1995. This study was arranged in a Complete Randomized Block Design (RBDD) with a single factor consisting of 6 levels of treatment, namely the concentration of adding genjer slurry ie 0%, 5%, 10%, 15%, 20%, 25% (b / v) with 4 repeat times. All data obtained were tested for their similarities using the Bartlet test and the addition of the data tested using the Tuckey test. Data were analyzed by variance to obtain error estimators. Data analysis was continued by using the LSD (Smallest Significant Difference) test at the level of 5% (Steel and Torrie, 2005). Observations made were organoleptic and fiber content. The best treatment then tested the overrun properties, melting speed and emulsion stability and proximate ice cream test. The results showed that the addition of 25% genjer porridge produced ice cream with the highest fiber content of 1.552%, and the addition of 5% genjer porridge produced the best ice

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cream characteristics: texture score 4,250 (soft), color score 2,640 (somewhat green), aroma and taste 3,450 (somewhat typical genjer), and overall acceptance 4,080 (likes), crude fiber content 0,934%, and melting speed for 21,36 minutes, overrun 46%, and emulsion stability 74,8%. The proximate analysis results of the best treatment of G2 were water content of 65.59%, protein content of 5.51%, fat content of 2.57%, ash content of 1.22%, and carbohydrate content of 24.26%.

Keywords: genjer, fiber content, ice cream, organoleptic, the proximate

ABSTRAK

PRODUKSI ES KRIM KAYA SERAT BERBASIS BUBUR GENJER (*Limnocharis flava*)

Oleh

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Tujuan penelitian ini adalah untuk mendapatkan formulasi genjer terbaik yang menghasilkan es krim kaya serat dengan sifat fisik, kimia dan organoleptik yang sesuai dengan SNI No. 01-3713-1995. Penelitian ini disusun dalam Rancangan Acak Kelompok Lengkap (RAKL) dengan faktor tunggal yang terdiri dari 6 taraf perlakuan yaitu konsentrasi penambahan bubuk genjer yakni 0%, 5%, 10%, 15%, 20%, 25% (b/v) dengan 4 kali ulangan. Semua data yang diperoleh diuji kesamaan ragamnya dengan menggunakan uji Bartlett dan kementerian data diuji dengan menggunakan uji Tukey. Data dianalisis dengan sidik ragam untuk mendapatkan penduga ragam galat. Analisis data dilanjutkan dengan menggunakan uji BNT pada taraf 5% (Steel and Torrie, 2005). Pengamatan yang dilakukan yaitu sifat organoleptik dan kadar serat. Perlakuan terbaik kemudian dilakukan pengujian sifat overrun, kecepatan meleleh dan stabilitas emulsi serta uji proksimat es krim. Hasil penelitian menunjukkan bahwa penambahan bubuk genjer sebanyak 25% menghasilkan es krim dengan kadar serat tertinggi yaitu

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1,552%, dan penambahan bubuk genjer 5% menghasilkan karakteristik es krim terbaik yakni: skor tekstur 4,250 (lembut), skor warna 2,640 (agak hijau), aroma 3,450 (agak khas genjer), skor rasa 4,280 (manis), dan penerimaan keseluruhan 4,080 (suka), kadar serat kasar 0,934%, serta kecepatan leleh selama 21,36 menit, overrun 46%, dan stabilitas emulsi 74,8%. Hasil analisis proksimat perlakuan terbaik G2 yaitu kadar air 65,59%, kadar protein 5,51%, kadar lemak 2,57%, kadar abu 1,22%, dan kadar karbohidrat 24,26%.

Kata kunci: genjer, kadar serat, es krim, sifat organoleptik, proksimat