

ABSTRAK

PROPORSI KACANG MERAH DAN KETAN HITAM PADA SUSU NABATI KAYA ANTIOKSIDAN BERBAHAN BAKU BIJI -BIJIAN LOKAL DAN JAMUR TIRAM

Oleh

ANISA YUSTIANA

Produk yang dikembangkan berbasis nabati adalah susu berbasis biji-bijian berupa kacang merah, beras ketan hitam, wijen hitam, dan jamur tiram. diharapkan akan saling melengkapi dari kandungan nutrisinya, dan meningkatkan sifat sensorik produk biji-bijian. Oleh karena pada penelitian ini akan diteliti (1) pengaruh proporsi kacang merah dan ketan hitam pada campuran biji-bijian dan jamur tiram terhadap kualitas sensori susu nabati (2) Proporsi kacang merah dan ketan hitam pada campuran biji-bijian dan jamur tiram yang tepat yang menghasilkan susu nabati dengan kualitas sensori terbaik. Percobaan disusun dalam Rancangan Acak Kelompok Lengkap (RAKL) dengan perlakuan tunggal berupa perbandingan kacang merah, dan ketan hitam terdiri dari 6 formulasi dengan 4 ulangan. Pengamatan yang dilakukan pada penelitian ini meliputi pengujian berat jenis, viskositas, fenol, flavonoid, sensori, perlakuan terbaik pada uji sensori dilakukan analisis proksimat dan profil asam amino. Hasil penelitian menunjukkan bahwa (1) Proporsi kacang merah dan ketan hitam pada campuran biji-bijian dan jamur tiram berpengaruh terhadap kualitas susu nabati meliputi berat jenis, viskositas, fenol, antosianin, flavonoid, aktivitas antioksidan metode DPPH, ABTS, serta sensori (rasa, aroma, dan aftertaste). (2) Proporsi kacang merah dan ketan hitam pada campuran biji-bijian dan jamur tiram terbaik adalah pada formulasi P4 (60 gram kacang merah dan 30 gram ketan hitam) memiliki berat jenis 1,038 g/mL, viskositas 24,175 cP, fenol 833,050 mgQAE/100 mL, antosianin 0,166 mg/100 mL, flavonoid 23,708 mgQE/100 mL, aktivitas antioksidan uji DPPH 51,4667% dan ABTS 32,063%, pengujian sensori dengan skor 7,493 (agak manis gurih), skor aroma 7,735 (agak tidak langu), aftertaste (cenderung tidak ada aftertaste).

Kata kunci : beras ketan hitam, jamur tiram, kacang merah, pengujian sensori, wijen hitam

ABSTRACT

PROPORTION OF RED BEANS AND BLACK STICKY RICE IN PLANT-BASED MILK RICH ANTIOXIDANTS BASED LOCAL GRAIN AND OYSTER MUSHROOMS

By

ANISA YUSTIANA

Products developed based on plant-based are grain-based milk in the form of kidney beans, black glutinous rice, black sesame, and oyster mushrooms expected to complement each other from its nutritional content, and increase the sensory properties of grain products. Therefore, in this study will be studied (1) The effect of the proportion of red beans and black glutinous rice on the mixture of grains and oyster mushrooms on the sensory quality of plant-based milk (2) The proportion of red beans and black glutinous rice on the right mixture of grains and oyster mushrooms that produce plant-based milk with the best sensory quality.. The experiment was arranged in a Complete Randomized Block Design (CRBD) with a single treatment in the form of a comparison of red beans, and black glutinous rice consisting of 6 formulations with 4 replications. The observed parameter were density, viscosity, phenols, flavonoids, sensory, best treatment in sensory tests performed proximate analysis and amino acid profile. The results showed that the proportion of red beans and black glutinous rice in the mixture of whole grains and oyster mushrooms affects the quality of vegetable milk including density, viscosity, phenols, anthocyanins, flavonoids, antioxidant activity methods DPPH, ABTS, sensory (taste, aroma, and aftertaste). (2) The best proportion of red beans and black glutinous rice is in the formulation of P4 (60 grams of red beans and 30 grams of black glutinous) has a type weight of 1,038 g/mL, viscosity of 24,175 cP, phenol 833,050 mgQAE/100mL, anthocyanins 0,166 mg/100 mL, flavonoids 23,708 mgQE/100 mL, antioxidant activity test DPPH 51,4667% and ABTS 32,063%, sensory testing with a score of 7,493 (tend to be sweet savoury), aroma score 7,735 (tend to be pleasant), aftertaste score 7,110 (tend to be normal).

Keywords: black glutinous rice, black sesame, kidney beans, oyster mushrooms sensory test