

Karakteristik Minuman dari Beras Merah dan Beras Hitam Berbagai Daerah di Sumatera Barat

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ABSTRAK

Beras merah dan beras hitam merupakan sumber pangan yang bernilai kesehatan tinggi. Penelitian ini bertujuan untuk mengetahui aktifitas antioksidan, kadar antosianin, kadar protein, total polifenol, dan kandungan amilosa dari minuman beras merah dan beras hitam. Penelitian ini dilakukan dengan menggunakan metode eksploratif dengan 9 daerah sumber merah merah (Batusangkar, Padang panjang, Kubang putih, Lembah gumanti, Solok, Ombilin talang, Painan, Tanjuang baliak, Sariak alahan tigo) dan 6 daerah sumber beras hitam (Painan, Batusangkar, Palembang, Lembah gumanti, Solok selatan, Sariak alahan tigo). Semua bahan tersebut dilakukan analisis aktifitas antioksidan, kadar antosianin, kadar protein, total polifenol, dan kandungan amilosa. Berdasarkan hasil penelitian yang telah dilakukandidapatkan bahwa aktifitas antioksidan pada minuman beras merah (2,40- 30,48%), minuman beras hitam (12,46- 34,08 %). Kadar antosianin pada minuman beras hitam (0,61- 4,04 Mg/L). Kadar protein pada minuman beras merah (1,15- 2,82 %), minuman beras hitam (2,22- 4,55 %). Total polifenol pada minuman beras merah (6,20- 17,40 mg/ml), minuman beras hitam (12,79- 23,26 mg/ml). Amilosa pada minuman beras merah (0,67- 16,69 %), minuman beras hitam (0,77- 11,85 %). Aktifitas antioksidan beras merah dan beras hitam sangat berkurang dengan perlakuan perendangan. Disaran untuk penelitian selanjutnya agar dapat meneliti minuman dari beras merah dan beras hitam dengan menggunakan suhu dibawah 70 °C dengan waktu > 1 menit dalam pemanasan.

Kata Kunci – Beras merah, beras hitam, antioksidan, antosianin, polifenol

The Characteristic of Red Rice and Black Rice Beverage at Some Regencies in West Sumatera

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ABSTRACT

Red rice and black rice are a staple food that have a high value of health. This research was aimed to determine the antioxidant activity, anthocyanins content, protein content, polyphenols, and amylose content from red rice and black rice beverage. This research was done by using exploratory method at 9 regions that produce red rice (Batusangkar, Padang Panjang, Kubang Putih, Lembah Gumanti, Solok, Ombilin Talang, Painan, Tanjung Baliak, Sariak Alahan Tigo) and also 6 regions for black rice (Painan, Batusangkar, Palembang, Lembah Gumanti, Solok Selatan, Sariak Alahan Tigo). All of materials are tested its analysis at antioxidant activity, anthocyanins content, protein content, polyphenols, and amylose content. Based on the research that has been conducted, it showed that the antioxidant activity of red rice beverage was at (2,40- 30,48%) and black rice beverage was at (12,46- 34,08 %). The anthocyanins content of black rice beverage was at (0,61- 4,04 Mg/L), the protein content of red rice's beverage was (1,15- 2,82 %), and black rice beverage was at (2,22- 4,55 %). Polyphenols of red rice beverage was at (6,20- 17,40 mg/ml) and black rice beverage was at (12,79- 23,26 mg/ml). Amylose of red rice beverage was at (0,67- 16,69 %) and black rice beverage was at (0,77- 11,85 %). The antioxidant activity of red rice and black rice declined after it was roasted. At the end, it suggested next research that it should be the beverage from red rice and by applying temperature below 70 °C with a time heating more than 1 minute.

Keywords- Red rice, black rice, antioxidant activity, anthocyanins, protein