IDENTIFIKASI PROSES PENGOLAHAN DAN ANALISIS NILAI GIZI KELAPA BAKAR REMPAH

FAUZIAH PUTRI NASRI
1911121023

Dosen Pembimbing :

1. **Prof. Dr. Ir. Fauzan Azima, MS**
2. **Prof. Dr. Ir. Rina Yenrina, MS**

FAKULTAS TEKNOLOGI PERTANIAN
UNIVERSITAS ANDALAS
PADANG
2023

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Fauziah Putri Nasri, Fauzan Azima, Rina Yenrina

ABSTRAK

Penelitian ini bertujuan untuk mengetahui proses pengolahan dan analisis nilai gizi dari kelapa bakar rempah di Sumatera Barat. Penelitian ini dilakukan dengan menggunakan metode deskriptif dan teknik pengambilan sampel dengan metode *purposive sampling*. Penelitian ini dilakukan kepada 2 usaha pengolahan kelapa bakar rempah di Sumatera barat yaitu: usaha milik Yul Ansri dan Mira. Penelitian diawali dengan melakukan survei lapangan pada masing-masing usaha sampel untuk mengetahui proses pengolahan kelapa bakar rempah. Kelapa bakar rempah yang dihasilkan dari masing-masing usaha sampel dilakukan analisis kimia dan sifat fisik terhadap air dan dagingnya berupa kadar air, kadar abu, kadar lemak, kadar protein, aktivitas antioksidan, nilai pH, kadar vitamin C, total gula, analisis warna, dan uji kesukaan konsumen. Bahan baku yang digunakan dalam pengolahan kelapa bakar rempah adalah kelapa muda, rempah rempah berupa jahe dan serai dan gula aren. Proses pengolahan dimulai dari proses pembakaran kelapa muda selama 4-5 jam, kemudian pembelahan kelapa, penyaringan air dan pemotongan daging kelapa, kemudian penambahan rempah-rempah jahe, serai dan gula aren, dan penyajian. Hasil analisa kimia dan uji fisik pada kelapa bakar rempah yang diperoleh adalah sebagai berikut: untuk air kelapa bakar rempah, kadar abu berkisar antara 0,78-1,20%; kadar lemak berkisar antara 4,16-5,185%; kadar protein berkisar antara 0,25-0,27%; Nilai pH berkisar antara 4,89-5,15%; kadar vitamin C berkisar antara 49,35-52,60%; aktivitas antioksidan berkisar antara 51,94-54,32% inhibisi; total gula berkisar antara 3,76-3,78%; Nilai warna °Hue berkisar antara 179,93-197,97. Untuk daging kelapa bakar rempah, kadar air 74,87%; kadar abu 0,68%; kadar lemak 7,99%; kadar protein 1,73%; Nilai pH 5,96; kadar vitamin C 67,05%; aktivitas antioksidan 80,31% inhibisi; kadar total gula 3,04%; Nilai warna °Hue 50,20.. Nilai uji kesukaan terhadap konsumen terhadap warna berkisar 4,13-4-16; rasa berkisar antara 3,23-3,26; tekstur berkisar antara 3,16-4,33; aroma 3,73-3,50; dan penampilan keseluruhan berkisar antara 3,90-4,10.

***Kata kunci* :** proses pengolahan, kelapa bakar rempah, nilai gizi, antioksidan, fungsional.

IDENTIFICATION OF PROCESSING AND NUTRITIONAL VALUE ANALYSIS OF SPICE-ROASTED

Fauziah Putri Nasri, Fauzan Azima, Rina Yenrina

ABSTRACT

This study aims to determine the processing and nutritional value analysis of spice-roasted coconut in West Sumatra. This research was conducted using descriptive methods and sampling techniques with purposive sampling methods. This research was conducted on 2 spice roasted coconut processing businesses in West Sumatra, namely: Yul Ansri and Mira's business. The research began with a field survey of each sample business to find out the processing of spice-roasted coconut. Spice-roasted coconut produced from each sample business was analyzed for chemical and physical properties of water and meat in the form of water content, ash content, fat content, protein content, antioxidant activity, pH value, vitamin C content, total sugar, color analysis, and consumer preference test. The raw materials used in the processing of spice-roasted coconut are young coconut, spices in the form of ginger and lemongrass and palm sugar. The processing process starts from burning the young coconut for 4-5 hours, then splitting the coconut, filtering the water and cutting the coconut meat, then adding spices of ginger, lemongrass and palm sugar, and serving. The results of chemical analysis and physical tests on spice roasted coconut obtained are as follows: For spice roasted coconut water, ash content ranged from 0.78-1.20%; fat content ranged from 4.16-5.185%; protein content ranged from 0.25-0.27%; pH value ranged from 4.89-5.15%; vitamin C content ranged from 49.35-52.60%; antioxidant activity ranged from 51.94-54.32% inhibition; total sugar ranged from 3.76-3.78%; °Hue color value ranged from 179.93-197.97. For spice-roasted coconut meat, moisture content was 74.87%; ash content was 0.68%; fat content was 7.99%; protein content was 1.73%; pH value was 5.96; vitamin C content was 67.05%; antioxidant activity was 80.31% inhibition; total sugar content was 3.04%; °Hue color value was 50.20. Consumer preference test scores for color ranged from 4.13-4-16; taste ranged from 3.23-3.26; texture ranged from 3.16-4.33; aroma 3.73-3.50; and overall appearance ranged from 3.90-4.10.

Keywords : processing, spice-roasted coconut, nutritional value, antioxidants, functional