Pengaruh Penambahan Campuran Lidah Buaya (*Aloe barbadensis* Miller) dan Kacang Hijau (*Phaseolus radiatus)* dalam Pembuatan Dodol

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ABSTRAK

Penelitian ini bertujuan untuk mendapatkan formula terbaik dodol dengan campuran bubur lidah buaya dan bubur kacang hijau. Penelitian ini telah dilakukan di laboratorium Teknologi Pertanian Universitas Andalas, Padang. Penelitian ini dilakukan dari bulan Juni sampai Agustus 2015. Rancangan yang digunakan dalam penelitian ini adalah Rancangan Acak Lengkap (RAL) dengan 5 perlakuan dan 3 pengulangan. Perlakuannya adalah campuran dari bubur lidah buaya dan bubur kacang hijau (120g : 0g, 100g : 20g, 80g : 40g, 60g : 60, 40g : 80g). Analisis data menggunakan metode ANOVA, dan jika berbeda nyata dilanjutkan dengan *Duncan's New Multiple Range* (DNMRT) pada taraf nyata 5%. Parameter yang diamati dalam penelitian ini adalah kadar air, kadar abu, kadar protein, kadar lemak, kadar karbohidrat, kadar serat pangan, aktifitas antioksidan, uji organoleptik (rasa, aroma, warna, tekstur) dan angka lempeng total. Produk Dodol menunjukkan bahwa pencampuran bubur lidah buaya dan bubur kacang hijau berpengaruh nyata terhadap kadar air, kadar lemak dan kadar antioksidan, namun tidak berpengaruh nyata terhadap kadar abu, kadar protein, dan kadar karbohidrat. Produk terbaik berdasarkan uji organoleptik dodol adalah perlakuan D (60g bubur lidah buaya dan 60g bubur kacang hijau) dengan karakteristik rasa 3.9, tekstur 4.0, warna 3.7 dan aroma 3.9, kadar air (27.48%), kadar abu (1.37%), kadar lemak (2.20%), kadar protein (5.01%), kadar karbohidrat (63.94%), kadar serat pangan (13.57%), aktivitas antioksidan (21.20%), angka lempeng total (1.6 x 10^2 CFU/ml).

Kata kunci : Dodol, bubur lidah buaya, bubur kacang hijau

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The effect of adding Aloe Vera (*Aloe barbadensis* Miller) and Mung Bean (*Phaseolus radiatus)* to Making Dodol

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ABSTRACT

This research was aimed to find the best formulation of dodol from *Aloe vera* porridge and *Phaseolus radiatus* porridge. This research has conducted in laboratory of Agricultural Technology, Andalas University, Padang from June until August in 2015. In conducting this research, the researcher used *Completely Randomized Design* (CRD) method with 5 treatments and 3 repetitions. The treatment was combination of *Aloe vera* porridge with *Phaseolus radiatus* porridge (120g : 0g , 100g : 20g, 80g : 40g, 60g : 60, 40g : 80g). The data were statically analyzed using ANOVA method followed by Duncan's New Multiple Range Test at 5% level. The parameters that is observed in this research were water content, ash content, protein content, crude fat content, carbohydrate content, dietary fiber content, antioxidant activity, sensory analysis (taste, flavor, colour, texture) and total plate count. The Dodol product shows that mixing *Aloe vera* porridge and *Phaseolus radiatus* porridge affected to the water content, crude fat content and antioxidant activity, but not affected to the ash content, protein content, and carbohydrate content. The best product based on sensory analysis was the treatment D (60g of *Aloe vera* porridge and 60g of *Phaseolus radiatus* porridge) with 3.9 score of taste, 4.0 score of texture, 3.7 score of colour and 3.9 score of flavor, 27.48% of the water content, 1.37% of ash content, 2.20% of crude fat content, 5.01% of protein content, 63.94% of carbohydrate content, 13.57% of dietary fiber content, 21.20% of antioxidant activity and 1.6 x 10^2 CFU/ml of total plate count.

Keywords : Dodol, *Aloe vera* porridge, *Phaseolus radiatus* porridge

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