

**PENGARUH PERBANDINGAN BUBUR TEMPE DAN SARI
TERUNG BELANDA (*Chypomandra betacea* Cav.) TERHADAP
KARAKTERISTIK ES KRIM NABATI**

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**Pengaruh Perbandingan Bubur Tempe dan Sari Terung Belanda
(*Chypomandra betacea* Cav.) terhadap Karakteristik Es Krim
Nabati**

Hanifah Ghaida¹, Hasbullah², Purnama Dini Hari²

ABSTRAK

Penelitian ini bertujuan untuk mengetahui pengaruh perbandingan bubur tempe dan sari terung belanda terhadap karakteristik es krim nabati dan untuk mengetahui formulasi es krim nabati berdasarkan perlakuan perbandingan bubur tempe dan sari buah terung belanda dengan karakteristik terbaik berdasarkan uji kimia, fisik, mikrobiologi dan organoleptik pada es krim nabati yang dihasilkan. Penelitian ini menggunakan Rancangan Acak lengkap (RAL) dengan 5 perlakuan dan 3 kali ulangan. Perlakuan pada penelitian ini adalah A (bubur tempe 90% : sari terung belanda 10%), B (bubur tempe 80% : sari terung belanda 20%), C (bubur tempe 70% : sari terung belanda 30%), D (bubur tempe 60% : sari terung belanda 40%), dan E (bubur tempe 50% : sari terung belanda 50%). Data penelitian dianalisis secara statistik dengan ANOVA (*Analysis of variance*) dan dilanjutkan dengan uji *Duncan's New Multiple Range Test* (DNMRT) pada taraf nyata 5%. Hasil penelitian menunjukkan bahwa perbandingan bubur tempe dan sari terung belanda berpengaruh nyata terhadap kadar lemak, kadar protein, total padatan, kadar antosianin, pH, nilai *overrun*, waktu leleh, warna, angka lempeng total, serta analisis organoleptik terhadap warna, aroma, dan tekstur es krim nabati. Namun tidak berpengaruh nyata terhadap aktivitas antioksidan dan organoleptik rasa dari es krim nabati. Perlakuan terbaik es krim nabati yang dihasilkan yaitu es krim nabati dengan perbandingan tempe 60% : sari terung belanda 40% dengan karakteristik kimia rata-rata kadar lemak (8,05%), kadar protein (3,33%), total padatan (31,22%), nilai pH (5,27), kadar antosianin (6,12 mg/L) aktivitas antioksidan (24,40%), nilai *overrun* (20,70%), waktu leleh (16,48 menit), warna (66,80 °hue, dengan warna *yellow red*), Angka lempeng total ($1,1 \times 10^5$ CFU/g), organoleptik warna (4,28 = suka), organoleptik aroma (3,72 = suka), rasa (3,48 = biasa) dan tekstur (4,02 = suka).

Kata kunci: antosianin, bubur tempe, es krim nabati, sari terung belanda

The Effect of The Ratio of Tempeh Juice and Tamarillo Juice (*Chypomandra betacea* Cav.) on The Characteristic of Plant-Based Ice Cream

Hanifah Ghaida¹, Hasbullah², Purnama Dini Hari²

ABSTRACT

This research aims to determine the effect of the ratio of tempeh juice and tamarillo juice on the characteristics of plant-based ice cream and to determine the formulation of plant-based ice cream based on the ratio of tempeh juice and tamarillo juice with the best characteristics based on chemical, physical, microbiological and organoleptic tests on ice cream. This research used a completely randomized design (CRD) with 5 treatments and 3 replications. The treatments in this study were A (90% tempeh juice: 10% tamarillo juice), B (80% tempeh juice : 20% tamarillo juice), C (70% tempeh juice : 30% tamarillo juice), D (60% tempeh juice : 40% tamarillo juice), and E (50% tempeh juice : 50% tamarillo juice). The research data was analyzed statistically using ANOVA (Analysis of variance) and continued with Duncan's New Multiple Range Test (DNMRT) at a significance level of 5%. The research results showed that the ratio of tempeh juice and tamarillo juice had a significant effect on fat content, protein content, total solids, anthocyanin content, pH, overrun value, melting time, color, total plate count, organoleptic analysis of color, aroma and texture of plant-based ice cream. However, it had no significant effect on the antioxidant activity and organoleptic taste of vegetable ice cream. The best treatment for plant-based ice cream produced is ice cream with a ratio of 60% tempeh juice : 40% tamarillo juice with chemical characteristics of fat content (8,05%), protein content (3.33%), total solids (31.22%), pH (5.27), anthocyanin content (6,12 mg/L), antioxidant activity (24,40%), overrun value (20,70%), melting time (16,48 minutes) , color (66,80 °hue, yellow red), total plate count (1.1 x 10⁵ CFU/g), and organoleptic values including color (4,28 = like), aroma (3.72 = like), taste (3.48 = normal) and texture (4.02 = like).

Keywords: anthocyanin, plant-based ice cream, tamarillo juice, tempeh juice