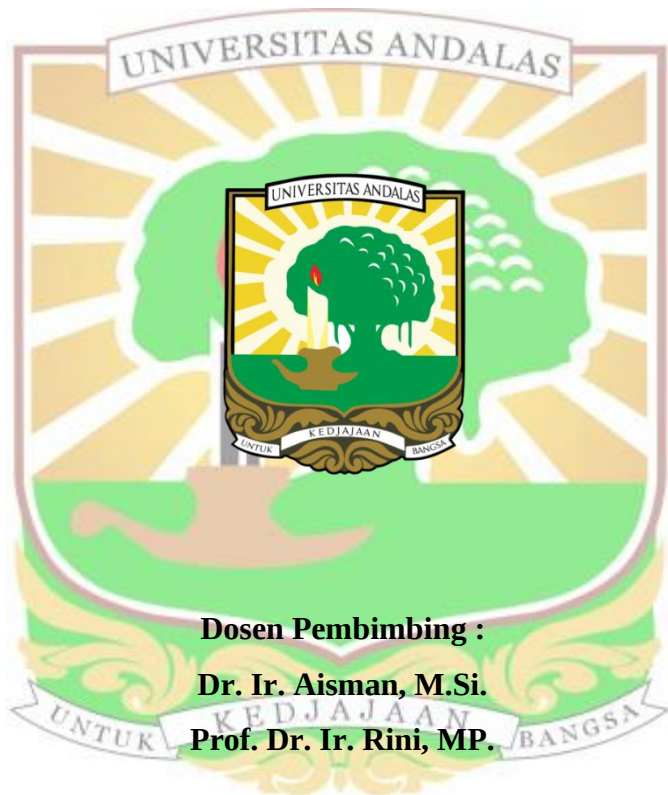


**PENGARUH PENAMBAHAN EKSTRAK TEH CASCARA
(*Coffea arabica* L.) TERHADAP KARAKTERISTIK ES KRIM
KOLANG-KALING**

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“PENGARUH PENAMBAHAN EKSTRAK TEH CASCARA (*Coffea arabica* L.) TERHADAP KARAKTERISTIK ES KRIM KOLANG-KALING”

Mahfuzatul khairiah¹, Aisman², Rini³

ABSTRAK

Penelitian ini bertujuan untuk mengetahui pengaruh penambahan ekstrak teh cascara (*Coffea arabica* L.) terhadap karakteristik es krim kolang-kaling. Penelitian ini menggunakan Rancangan Acak Lengkap dengan 5 perlakuan dan 3 kali ulangan. Perlakuan yang digunakan yaitu teh cascara dengan konsentrasi A (0%), B (4%), C (6%), D (8%), dan E (10%). Data yang diperoleh dianalisis secara statistika dengan ANOVA (*Analysis of Variance*) dan jika berbeda nyata maka analisis data dilanjutkan dengan uji DMRT (*Duncan's New Multiple Range Test*) pada taraf 5%. Hasil penelitian menunjukkan bahwa penambahan ekstrak teh cascara terhadap es krim kolang-kaling berpengaruh nyata pada taraf 5% terhadap aktivitas antioksidan, total polifenol, total padatan, waktu leleh, *overrun*, organoleptik warna, organoleptik tekstur, dan total mikroba. Sedangkan penambahan teh cascara tidak berpengaruh nyata pada taraf 5% terhadap organoleptik kadar protein, aroma dan rasa. Perlakuan terbaik pada penelitian ini adalah perlakuan D (penambahan teh cascara 8%) dengan total protein 3,37%, aktivitas antioksidan 36,25%, total polifenol 169,68 mg GAE/g, total padatan 35,15%, *overrun* 16,29 %, waktu leleh 13,16 dan angka lempeng total $1,18 \times 10^5$ CFU/g, serta organoleptik warna 3,92 (suka), organoleptik aroma 3,68 (suka), organoleptik rasa 4,08 (suka) dan organoleptik tekstur 4,04 (suka).

Kata Kunci: aktivitas antioksidan, cascara, es krim, kolang-kaling



Effect of Cascara Tea Extract (*Coffea arabica* L.) Addition on the Characteristics of Sugar Palm Fruit Ice Cream

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ABSTRACT

This research aims to determine the effect of cascara tea extract (*Coffea arabica* L.) addition on the characteristics of sugar palm fruit ice. This study used a completely randomized design with 5 treatments and 3 replications. The treatments used were cascara tea extract with concentrations of A (0%), B (4%), C (6%), D (8%), and E (10%). The data obtained were analyzed statistically with ANOVA (Analysis of Variance) and if significantly different, the data analysis was continued with DMRT (Duncan's New Multiple Range Test) test at the 5% level. The results showed that the addition of cascara tea extract to sugar palm fruit had a significant effect at the 5% level on antioxidant activity, total polyphenols, total solids, melting time, overrun, color organoleptic, texture organoleptic, and total microbes. Meanwhile, the addition of cascara tea extract had no significant effect at the 5% level on protein, aroma and flavor organoleptics. The best treatment for the addition of cascara tea extract to sugar palm fruit ice cream based on organoleptic and chemistry is treatment D (addition of 8% cascara tea) with total protein 3,37%, antioxidant activity 36,25%, total polyphenols 169,86 mg GAE/g total solids 35,15%, overrun 16,29%, melting time 13,16 and total plate number $1,18 \times 10^5$ CFU/g, and organoleptic analysis on color 3,92 (like), aroma 3,68 (like), taste 4,08 (like), and texture 4,04 (like).

Keywords: antioxidant activity, cascara, ice cream, sugar palm fruit

