

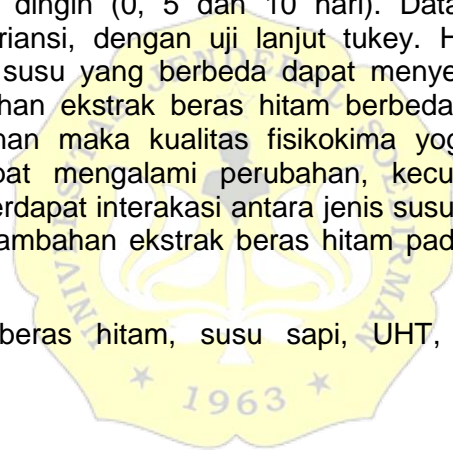
KUALITAS FISIKOKIMIWI YOGHURT DARI JENIS SUSU BERBEDA YANG DIPERKAYA DENGAN EKSTRAK BERAS HITAM SELAMA PENYIMPANAN DINGIN

ABSTRAK

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Penelitian ini bertujuan untuk mengetahui kualitas fisikokimiawi yoghurt dari jenis susu yang berbeda (susu sapi segar, susu UHT berlemak dan susu UHT rendah lemak) yang diperkaya dengan ekstrak beras hitam selama penyimpanan dingin. Kualitas yang diamati yaitu pH, total asam tertitrasi, sineresis, viskositas, *water holding capacity* (WHC), total padatan, kadar warna (L,a dan b), antioksidan dan polifenol. Materi yang digunakan antara lain, susu sapi segar, susu UHT berlemak, susu UHT rendah lemak, starter yoghurt, beras hitam dan akuades. Rancangan percobaan yang digunakan adalah rancangan acak lengkap pola faktorial yang terdiri dari 2 faktor yaitu jenis susu dan lama penyimpanan dengan 3 ulangan. Perlakuan meliputi penambahan ekstrak beras hitam 5%, jenis susu yang berbeda (susu sapi segar, susu UHT berlemak dan susu UHT rendah lemak) dan penyimpanan dingin (0, 5 dan 10 hari). Data yang diperoleh dianalisis menggunakan analisis variansi, dengan uji lanjut tukey. Hasil penelitian disimpulkan bahwa penggunaan jenis susu yang berbeda dapat menyebabkan kualitas fisikokimia yoghurt dengan penambahan ekstrak beras hitam berbeda, kecuali pada antioksidan. Semakin lama penyimpanan maka kualitas fisikokimia yoghurt dengan penambahan ekstrak beras hitam dapat mengalami perubahan, kecuali pada sineresis, WHC, viskositas dan polifenol. Terdapat interaksi antara jenis susu dengan lama penyimpanan pada yoghurt dengan penambahan ekstrak beras hitam pada pH, WHC, viskositas dan indikator warna b.

Kata kunci : yoghurt, beras hitam, susu sapi, UHT, berlemak, rendah lemak, penyimpanan dingin



PHYSICOCHEMICAL QUALITIES OF YOGURT OF DIFFERENT TYPES OF MILK ENRICHED WITH BLACK RICE EXTRACT DURING COLD STORAGE

ABSTRACT

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This study aims to determine the physicochemical qualities of yogurt of different types of milk (fresh cow's milk, high-fat UHT milk and low-fat UHT milk) enriched with black rice extract during cold storage. The qualities observed were pH, total titrated acid, syneresis, viscosity, water holding capacity (WHC), total solids, color content (L, a and b), antioxidants and polyphenols. The materials used include fresh cow's milk, high-fat UHT milk, low-fat UHT milk, starter yogurt, black rice and aqueous. The experimental design used was a complete randomized design of a factorial pattern consisting of 2 factors, namely the type of milk and the duration of storage with 3 tests. The treatment included the addition of 5% black rice extract, different types of milk (fresh cow's milk, high-fat UHT milk and low-fat UHT milk) and cold storage (0.5 and 10 days). The data obtained were analyzed using variance analysis, with further tukey tests. The results of the study concluded that the use of different types of milk can cause the physicochemical qualities of yogurt with the addition of different black rice extracts, except for antioxidants. The longer the storage, the physical quality of yoghurt with the addition of black rice extract may change, except for syneresis, WHC, viscosity and polyphenols. There is an interaction between the type of milk and the duration of storage in yogurt with the addition of black rice extract to pH, WHC, viscosity and color indicator b.

Keywords: yogurt, black rice, cow's milk, UHT, full cream, low fat, cold storage

