ABSTRAK

MUTU SENSORI, KADAR SERAT DAN PROTEIN TERLARUT YOGURT KECAMBAH KACANG TANAH DENGAN PENAMBAHAN SARI AKAR ALANG-ALANG: MINUMAN FUNGSIONAL UNTUK DISLIPIDEMIA

Latar Belakang: Yogurt kacang-kacangan diketahui kaya protein dan serat yang dapat mencegah perkembangan dislipidemia. Penambahan akar alang-alang dan BAL berpotensi meningkatkan protein dan serat yogurt kecambah kacang tanah. Penelitian ini bertujuan mengetahui pengaruh proporsi sucamta-skim, akar alang-alang, BAL, dan interaksinya terhadap protein terlarut, serat, mutu sensori; formula terbaik; *serving size*.

Metodologi: Penelitian ini menggunakan Rancangan Acak Kelompok faktorial, dengan proporsi sucamta:skim (90:10, 80:20, 70:30), akar alang-alang (5%, 10%), dan BAL (0,3%, 0,5%). Yocamtala ditentukan kadar (Gravimetri), protein terlarut (Lowry), formula terbaik (Indeks Efektivitas).

Hasil Penelitian: Proporsi sucamta:skim menurunkan protein terlarut, serat; meningkatkan aroma, rasa, kekentalan ($p<0,05$). Akar alang-alang menurunkan protein terlarut, meningkatkan serat; BAL meningkatkan protein terlarut, serat; interaksinya memengaruhi protein terlarut, mutu sensori ($p<0,05$). Formula terbaik Yocamtala yaitu proporsi sucamta:skim 80:20, akar alang-alang 5%, BAL 0,3%; mengandung protein terlarut 36,01%, serat 1,02%; total BAL 7,5 x 10^8 CFU/mL; asam, berwarna putih, aroma agak khas yogurt, dan agak kental. *Serving size* Yocamtala 250 mL.

Kesimpulan: Semakin meningkatnya proporsi susu skim menurunkan protein terlarut (24,3%); serat (47,1%). Akar alang-alang menurunkan protein terlarut (22,6%); meningkatkan serat (57,1%). BAL meningkatkan protein terlarut (19,1%); serat (117,6%). Interaksinya memengaruhi protein terlarut; mutu sensori. Yocamtala layak untuk dislipidemia.

Kata Kunci: Yogurt kecambah kacang tanah, akar alang-alang, protein terlarut, serat, mutu sensori

ABSTRACT

SENSORY QUALITY, FIBER AND SOLUBLE PROTEIN CONTENT OF PEANUT SPROUT YOGURT WITH THE ADDITION OF COGONGRASS ROOT JUICE: A FUNCTIONAL DRINK FOR DYSLIPIDEMIA

Background: Nut yogurt is known to be rich in protein and fiber that can prevent the development of dyslipidemia. The addition of cogongrass roots and LAB has the potential to increase protein and fiber in peanut sprout yogurt. This study aims to determine the effect of the proportion of sucamta-skim, cogongrass roots, LAB, and their interactions on soluble protein, fiber, sensory quality; best formula; serving size.

Methodology: This study used a factorial Randomized Block Design, with the proportion of sucamta: skim (90:10, 80:20, 70:30), cogongrass roots (5%, 10%), and LAB (0.3%, 0.5%). Yocamtala was determined by content (Gravimetry), soluble protein (Lowry), best formula (Effectiveness Index).

Research Results: The proportion of sucamta: skim decreased soluble protein, fiber; increased aroma, taste, viscosity ($p<0.05$). Cogongrass roots reduce soluble protein, increase fiber; LAB increases soluble protein, fiber; their interaction affects soluble protein, sensory quality ($p<0.05$). The best formula for Yocamtala is the proportion of sucamta: skim 80:20, 5% cogongrass roots, 0.3% LAB; contains 36.01% soluble protein, 1.02% fiber; total LAB 7.5 x 10^8 CFU/mL; sour, white, slightly yogurt-like aroma, and slightly thick. Serving size Yocamtala 250 mL.

Conclusion: Increasing the proportion of skim milk reduces soluble protein (24.3%); fiber (47.1%). Cogongrass roots reduce soluble protein (22.6%); increase fiber (57.1%). LAB increases soluble protein (19.1%); fiber (117.6%). Their interaction affects soluble protein; sensory quality. Yocamtala is suitable for dyslipidemia.

Keywords: Peanut sprout yogurt, cogongrass roots, soluble protein, fiber, sensory quality