

ABSTRAK

FADILA MAHARDINI. Kadar β -Karoten, Serat, Kekenyalan, dan Sifat Sensoris Selai Lembaran (Slice Jam) Labu Kuning Dengan Variasi Penambahan Rumput Laut. Dibimbing oleh NURHIDAJAH dan NURRAHMAN.

Selai lembaran merupakan modifikasi bentuk selai yang mulanya semi padat menjadi lembaran-lembaran yang kompak, plastis, dan tidak lengket. Penambahan rumput laut diketahui mampu memperkaya kadar serat dan kekenyalan pada selai lembaran. Labu kuning (*Curcubita moschata*) merupakan salah satu jenis tanaman yang banyak mengandung β -karoten atau provitamin A. Penambahan rumput laut dapat digunakan untuk penguat tekstur selai lembaran. Tujuan umum penelitian yaitu untuk mengetahui kadar β -karoten, serat, kekenyalan dan mutu sensori selai lembaran labu kuning dengan variasi penambahan rumput laut. Pembuatan selai lembaran labu kuning rumput laut yaitu pencampuran antara bubur labu kuning, rumput laut, gula, asam sitrat dan dimasak 25 menit, pencetakan, didinginkan dan pemotongan. Penelitian ini menggunakan Rancangan Acak Lengkap (RAL) monofaktorial, yang terdiri dari 5 perlakuan penambahan konsentrasi rumput laut yaitu (0, 10, 15, 20 dan 25 persen) sebagai variabel bebas dan variabel terikatnya kadar β -karoten, serat, kekenyalan dan mutu sensori. Setiap perlakuan dilakukan pengulangan sebanyak 5 kali, sehingga diperoleh 25 unit percobaan. Hasil penelitian menunjukkan ada pengaruh penambahan konsentrasi rumput laut terhadap kadar β -karoten, serat, kekenyalan dan sifat sensori selai lembaran labu kuning. Hasil terbaik selai lembaran labu kuning dengan penambahan rumput laut dengan konsentrasi 15% menghasilkan kadar β -karoten 9,56 $\mu\text{g/g}$ dan serat sebesar 8,19% nilai rerata mutu sensori 3,07 menghasilkan tingkat penerimaan (suka).

Kata Kunci : β -karoten, labu kuning, rumput laut, selai lembaran, serat

ABSTRACT

FADILA MAHARDINI. B-Carotene, Fiber, Hardness and Sensory Properties of Pumpkin Jam (Slice Jam) Yellow Pumpkin with Variation in Addition of Seaweed. Supervised by NURHIDAJAH and NURRAHMAN.

*Sheet jam is a modified form of jam that was originally semi-solid into compact, plastic, non-sticky sheets. The addition of seaweed is known to be able to enrich the level of fiber and suppleness in the jam sheet. Pumpkin (*Curcubita moschata*) is one type of plant that contains β -carotene or provitamin A. The addition of seaweed can be used to strengthen the texture of the jam sheet. The general objective of the study was to determine the levels of β -carotene, fiber, elasticity and sensory quality of yellow pumpkin jam with variations in the addition of seaweed. Making seaweed pumpkin yellow jam is a mixture of pumpkin pulp porridge, seaweed, sugar, citric acid and cooked in 25 minutes, printing, cooled and cutting. This study uses a complete Randomized Design (CRD) monofactorial, which consists of 5 treatments adding concentrations of seaweed namely (0, 10, 15, 20 and 25 percent) as independent variables and dependent variable levels of β -carotene, fiber, elasticity and sensory quality. Each treatment was repeated 5 times, so that 25 units of the experiment were obtained. The results showed that there was an effect of increasing the concentration of seaweed on the levels of β -carotene, fiber, elasticity and sensory properties of the pumpkin sheet jam. The best results of pumpkin sheet jam with the addition of seaweed with a concentration of 15% resulted in β -carotene content of 9.56 $\mu\text{g} / \text{g}$ and fiber of 8.19%, the average sensory quality value of 3.07 produced a level of acceptance (like).*

Keywords: β -carotene, pumpkin, seaweed, sheet jam, fiber