

SARTIKA HI SOLEMAN. 04131711004. KARAKTERISTIK FISIKOKIMIA DAN ORGANOLEPTIK TEH HERBAL DARI DAUN PALA (*Myristica fragrans*) DAN KULIT BUAH NAGA (*Hylocerius polyrhizus*)

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RINGKASAN

Tanaman pala (*Myristica fragrans*) merupakan tanaman asli Indonesia. Tanaman pala juga termasuk dalam family *Myristicaceae*. Daun pala juga banyak dimanfaatkan sebagai bahan pembuatan minyak atsiri, pengawet alami dan sebagai bahan pembuatan teh herbal. Selain daun pala bahan untuk dikembangkan menjadi teh herbal adalah kulit buah naga yang kaya polifenol dan kaya akan antioksidan. Penelitian ini untuk mengetahui karakteristik fisikokimia dan organoleptik teh herbal dari komposisi daun pala dan kulit buah naga, penelitian ini menggunakan rancangan acak lengkap (RAL) non faktorial dengan 6 perlakuan dan 3 kali ulangan. Hasil penelitian menunjukkan bahwa berpengaruh sangat nyata ($P < 0,01$). Formulasinya J0 (daun pala 100% kulit buah naga 0%), J1 (daun pala 90% kulit buah naga 10%), J2 (daun pala 80% kulit buah naga 20%), J3 (daun pala 70% kulit buah naga 30%), J4 (daun pala 60% kulit buah naga 40%), J5 (daun pala 50% kulit buah naga 50%). Parameter yang diamati yaitu warna ($L^*a^*b^*$), kadar air, kadar fenol, kadar flavonoid, kadar tanin dan uji organoleptik mencakup warna, aroma, rasa dan penampakan keseluruhan. Penelitian ini mendapatkan nilai kecerahan (L^*) 20,45-26,54%, nilai kemerahan (a^*) 2,10 - 5,29, nilai kekuningan (b^*) 3,05- 4,67, kadar air 10,15-12,94, kadar fenol 1,79-3,31, kadar flavonoid 0,20 1-0,381, kadar tanin 1,99% - 4,34%, organoleptik meliputi warna 2,92-4,52 (sangat suka) aroma 3,55– 3,85(suka), rasa 3,10-3,50 (agak suka) penampakan keseluruhan 3,28 - 4,20 (suka). Perlakuan terbaik terdapat pada perlakuan J4 (daun pala 60% kulit buah naga 40%).

Kata kunci: Teh herbal, kulit buah naga, daun pala

SARTIKA HI SOLEMAN. 04131711004. PHYSICOCHEMICAL AND ORGANOLEPTIC CHARACTERISTICS OF HERBAL TEA FROM NUTMEG LEAVES (*Myristica fragrans*) AND DRAGON FRUIT PEEL (*Hylocerius polyrhizus*)

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ABSTRACT

*Nutmeg (*Myristica fragrans*) is a native plant of Indonesia. Nutmeg plants are also included in the Myristicaceae family. Nutmeg leaves are also widely used as ingredients for making essential oils, natural preservatives and as ingredients for making herbal teas. In addition to nutmeg leaves, the ingredients to be developed into herbal teas are dragon fruit peels which are rich in polyphenols and rich in antioxidants. This study was to determine the physicochemical and organoleptic characteristics of herbal teas from the composition of nutmeg leaves and dragon fruit peels. This study used a non-factorial completely randomized design (CRD) with 6 treatments and 3 replications. The results showed that the effect was very significant ($P < 0.01$). The formulation is J0 (nutmeg leaf 100% dragon fruit skin 0%), J1 (nutmeg leaf 90% dragon fruit skin 10%), J2 (nutmeg leaf 80% dragon fruit skin 20%), J3 (nutmeg leaf 70% dragon fruit skin 30. %), J4 (nutmeg leaf 60% dragon fruit skin 40%), J5 (nutmeg leaf 50% dragon fruit skin 50%). Parameters observed were color ($L^*a^*b^*$), water content, phenol content, flavonoid content, tannin content and organoleptic tests including color, aroma, taste and overall appearance. This study obtained the value of brightness (L^*) 20.45-26.54%, redness value (a^*) 2.10 - 5.29, yellowness value (b^*) 3.05-4.67, moisture content 10, 15-12.94, phenol content 1.79-3.31, flavonoid content 0.20 1-0.381, tannin content 1.99% - 4.34%, organoleptic color includes 2.92-4.52 (very like) aroma 3,55–3,85(like), taste 3,10-3,50(like slightly) overall appearance 3,28-4,20(like). The best treatment was found in treatment J4 (nutmeg leaf 60% dragon fruit skin 40%).*

Keywords: Herbal tea, dragon fruit peel, nutmeg leaf