

URMILA LOSEN. 04131911003. PENGARUH PENAMBAHAN EKSTRAK BUNGA TELANG (*Clitoria ternatea L*) TERHADAP SIFAT FISIKOKIMIA DAN ORGANOLEPTIK ES KRIM BIJI NANGKA (*ARTOCARPUS HETEROPHYLLUS*) DAN SUSU SKIM.

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ABSTRAK

Biji nangka adalah biji yang berasal dari buah nangka yang berbentuk bulat lonjong, permukaan kulit buah kasar dan berduri. Biji nangka masih jarang dimanfaatkan bahkan biasanya dibuang sebagai limbah. Namun ternyata biji nangka bisa dimanfaatkan, salah satunya diolah menjadi tepung karena memiliki kandungan nutrisi yang cukup tinggi diantaranya karbohidrat $\pm 36,7\%$ (Setyawati, 1990). Salah satu manfaat lebih lanjut tepung biji nangka bisa diolah menjadi es krim, karena bisa menghambat pelelehan pada es krim. Penambahan ekstrak bunga telang sebagai pewarna alami pada es krim, dapat meningkatkan minat konsumen terhadap rasa, warna, citarasa es krim yang menarik. Selain itu bisa menjadi alternatif pangan fungsional karena bunga telang mengandung senyawa fenolid yang berkolerasi positif dengan aktivitas antioksidan, sehingga diharapkan bisa berperan sebagai antiradikal. Penelitian ini bertujuan untuk mengetahui pengaruh penambahan ekstrak bunga telang terhadap sifat fisikokimia dan organoleptik es krim biji nangka. Menggunakan Rancangan Acak Lengkap (RAL) satu faktor yaitu konsentrasi ekstrak bunga telang dengan lima perlakuan (0%, 2%, 4%, 6%, dan 8%) dan diulang sebanyak 3 kali. Hasil penelitian menunjukkan pengaruh nyata terhadap parameter kimia antioksidan dan organoleptik warna, sedangkan tidak berpengaruh nyata terhadap parameter fisik daya leleh dan parameter organoleptik tekstur, rasa, dan aroma. Perlakuan yang menghasilkan karakteristik fisikokimia dan organoleptik terbaik adalah pada perlakuan P3 (6%).

Kata Kunci : *Bunga telang, Biji Nangka, Es Krim*

URMILA LOSEN. 04131911003 . THE EFFECT OF ADDING TEMPLE FLOWER EXTRACT (*Clitoria ternatea L*) ON THE PHYSICOCHEMICAL AND ORGANOLEPTIC PROPERTIES OF JACKPOON SEED (ARTOCARPUS HETEROPHYLLUS) ICE CREAM AND SKIM MILK.

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ABSTRACT

Jackfruit seeds are seeds that come from the jackfruit fruit which are oval in shape, the surface of the fruit skin is rough and prickly. Jackfruit seeds are still rarely used and are usually thrown away as waste. However, it turns out that jackfruit seeds can be used, one of which is processing them into flour because they have quite high nutritional content, including $\pm 36.7\%$ carbohydrates (Setyawati, 1990). One further use of jackfruit seed flour can be processed into ice cream, because it can prevent melting of the ice cream. The addition of butterfly pea flower extract as a natural coloring in ice cream can increase consumer interest in the attractive taste and color of ice cream. Apart from that, it can be an alternative functional food because telang flowers contain phenolic compounds which are positively correlated with antioxidant activity, so it is hoped that they can act as an anti-radical agent. This definition aims to determine the effect of adding butterfly pea flower extract on the physicochemical and organoleptic properties of jackfruit seed ice cream. The research used a Completely Randomized Design (CRD) with one factor, namely the concentration of butterfly pea flower extract with five treatments (0%, 2%, 4%, 6% and 8%) and was repeated 3 times. The variables of this research include physical properties (melting speed), chemical properties (Antioxidant content), organoleptic properties (color, taste, texture and aroma) of jackfruit seed ice cream. The results of this research show the characteristics of jackfruit seed ice cream with the addition of telang flower extract concentrations (2%, 4%, 6%, and 8%) with physical test analysis, namely the melting power has a value range (4.72-6.00 minutes). Chemical analysis, namely antioxidant analysis, has a value range of (59.41% -94.97%). And the organoleptic analysis of color has a value range of 3.43-4.10, texture 3.54-3.97, taste 4.75-4.92, and aroma 3.82-4.07. The treatment that produces the best physicochemical and organoleptic characteristics is the P3 treatment with the addition of butterfly pea flower extract (6%).

Keywords: *Butterfly flower, Jackfruit Seeds, Ice Cream*