

ABSTRAK**PENGARUH KONSENTRASI SARI BUAH NANAS (*Ananas comosus* (L.)
Merr. cv. 'Smooth Cayenne') DAN SUSU RENDAH LEMAK
TERHADAP KADAR ASAM LAKTAT DAN SIFAT ORGANOLEPTIK
YOGHURT SUSU KACANG TANAH (*Arachis hypogaea* L.)**

Meliana Kristin Patola
Universitas Sanata Dharma
2018

Penambahan perisa dalam pembuatan yoghurt sangat penting, dengan memanfaatkan buah nanas yang bernilai gizi tinggi, dapat menjadi tambahan nutrisi bagi bakteri asam laktat. Bahan baku pembuatan yoghurt dapat berasal dari susu kacang tanah yang kandungan proteinnya hampir sama dengan susu sapi, dengan penambahan susu rendah lemak sebagai sumber laktosa bagi bakteri asam laktat. Penelitian ini bertujuan untuk mengetahui pengaruh konsentrasi sari buah nanas dan susu rendah lemak terhadap kadar asam laktat dan sifat organoleptik pada yoghurt susu kacang tanah serta untuk mengetahui penambahan konsentrasi sari buah nanas dan susu rendah lemak yang memiliki kadar asam laktat dan sifat organoleptik yang paling tinggi pada susu kacang tanah.

Desain penelitian yang digunakan adalah rancangan acak lengkap faktorial yang terdiri dari dua faktor. Faktor pertama penambahan sari buah nanas 5 ml, 10 ml, 15 ml dan faktor kedua penambahan susu rendah lemak 3 ml, 5 ml, 7 ml. Parameter penelitian terdiri dari kadar asam laktat dan sifat organoleptik meliputi uji tekstur, aroma, warna, rasa asam, rasa perisa dan kesukaan yang dianalisis menggunakan regresi berganda.

Hasil analisis menunjukkan bahwa penambahan sari buah nanas dan susu rendah lemak berpengaruh terhadap kadar asam laktat dan sifat organoleptik. Yoghurt susu kacang tanah yang memiliki kadar asam laktat paling tinggi adalah yoghurt dengan penambahan sari buah nanas 10 ml dan susu rendah lemak 5 ml dengan nilai 1,98%. Selanjutnya kombinasi perlakuan N_0S_0 (kontrol), $N_{15}S_0$ (15 ml sari nanas, 0 ml susu rendah lemak), $N_{15}S_3$ (15 ml sari nanas, 3 ml susu rendah lemak), $N_{10}S_3$ (10 ml sari nanas, 3 ml susu rendah lemak) $N_{10}S_3$ (10 ml sari nanas, 3 ml susu rendah lemak) $N_{15}S_7$ (15 ml sari nanas, 7 ml susu rendah lemak) menunjukkan hasil sifat organoleptik yang paling tinggi terhadap yoghurt susu kacang tanah, dengan jumlah rata-rata untuk tekstur 4,3 (kental), warna 3,65 (putih gading), aroma 3,35 (kurang beraroma perisa), rasa asam 4,2 (asam), rasa perisa 3,1 (kurang beraroma perisa) dan kesukaan 3 (kurang suka).

Kata kunci : Yoghurt, Sari Buah Nanas, Susu Rendah Lemak, Kadar Asam Laktat, Sifat Organoleptik.

ABSTRACT***THE EFFECT OF PINEAPPLE JUICE CONCENTRATION (*Ananas comosus* (L.) Merr. cv. 'Smooth Cayenne') AND LOW FAT MILK TO THE CONTENT OF LACTIC ACID AND ORGANOLEPTIC CHARACTERISTIC OF PEANUT MILK YOGHURT (*Arachis hypogaea* L.)***

Meliana Kristin Patola
Sanata Dharma University
2018

The addition of flavor in yoghurt production is very important, utilization of pineapple fruit with high nutritional value, can also be additional nutrients for lactic acid bacteria. The raw material for making yoghurt can be derived from peanut milk that has similar protein content with cow's milk, with the addition of low fat milk as a lactose for lactic acid bacteria. This research aimed to know the effect of pineapple juice concentration and low fat milk on the content of lactic acid and organoleptic characteristic of peanut milk yoghurt, and to know the addition of pineapple juice concentration and low fat milk which have lactic acid content and organoleptic characteristic is highest of peanut milk yoghurt.

Research design that used was a complete randomized factorial pattern that consist of two factors. First factor was the addition of pineapple juice with concentration of 5 ml, 10 ml, 15 ml and the second factor was the addition of low fat milk 3 ml, 5 ml, 7 ml. The research parameters consisted of lactic acid content and organoleptic characteristic were analyzed using multiple regression.

The results showed that the addition of pineapple juice and low fat milk affected to the lactic acid level and organoleptic characteristic. Peanut milk yoghurt that had the highest lactic acid content was yoghurt with the addition of 10 ml pineapple juice and 5 ml low fat milk with the value of 1.98%. On the other hand, combination treatment of N_0S_0 (control), $N_{15}S_0$ (15 ml pineapple juice, 0 ml low fat milk), $N_{15}S_3$ (15 ml pineapple juice, 3 ml low fat milk), $N_{10}S_3$ (10 ml pineapple juice, 3 ml low fat milk), $N_{10}S_7$ (10 ml pineapple juice, 3 ml low fat milk), $N_{15}S_7$ (15 ml pineapple juice, 7 ml low fat milk) showed results with average amounts for texture 4.3 (thick), color 3.65 (ivory white), smell of flavor 3.35 (less flavorful), acid taste 4.2 (acid), taste of flavor 3.1 (less flavor) and preference 3 (less like).

Keywords: *Yoghurt, Pineapple Juice, Low Fat Milk, Lactic Acid Content, Organoleptic Characteristic.*