

PENGARUH PENAMBAHAN EKSTRAK DAUN PEPPERMINT (*Mentha piperita*) TERHADAP TINGKAT KESUKAAN AROMA DAN RASA SERTA AKTIVITAS ANTIOKSIDAN PERMEN JELLY BUAH MENGGKUDU (*Morinda citrifolia*)

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ABSTRAK

Tanaman mengkudu (*Morinda citrifolia*) merupakan salah satu tanaman yang sudah dimanfaatkan sejak lama hampir di seluruh dunia sebagai obat. Aroma dan rasa buah mengkudu membuat kurangnya minat masyarakat, sehingga diperlukan penambahan bahan yang memiliki aroma dan rasa yang kuat yakni dengan ekstrak daun peppermint (*Mentha piperita*). Tujuan penelitian ini mengetahui pengaruh variasi penambahan ekstrak daun peppermint terhadap tingkat kesukaan aroma dan rasa serta aktivitas antioksidan pada permen jelly buah mengkudu.

Penelitian ini menggunakan Rancangan Acak Lengkap (RAL) dengan 1 kontrol, dan 3 perlakuan yakni dengan variasi penambahan ekstrak peppermint (2 ml, 4 ml, dan 6 ml). Penelitian dianalisis secara deskriptif dan statistik Chi square.

Berdasarkan hasil penelitian, kontrol dan perlakuan dengan penambahan ekstrak daun peppermint berpengaruh secara signifikan terhadap kesukaan aroma dan rasa permen jelly. Hasil uji kimia permen jelly buah mengkudu memenuhi SNI (uji kadar abu, gula reduksi), sedangkan uji kadar air belum memenuhi. Pada uji antioksidan dapat diketahui bahwa permen jelly buah mengkudu mengandung aktivitas antioksidan yang berkisar 69,68-71,02. Penambahan 2 ml ekstrak daun peppermint merupakan permen paling disukai jika dibandingkan dengan perlakuan lainnya.

Kata kunci : Jelly, Antioksidan, Peppermint, Mengkudu.

THE EFFECT OF ADDITION PEPPERMINT LEAF EXTRACT (*Mentha piperita*) TOWARD THE FAVORIT LEVEL OF AROMA AND TASTE AND ANTIOXIDANT ACTIVITY OF NONI FRUIT JELLY CANDY (*Morinda citrifolia*)

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ABSTRAK

*Noni plant (*Morinda citrifolia*) is one of the plants that has been used for a long time almost throughout the world as a medicine. The unpleasant odor and taste of Noni fruit makes the community's lack of interest in its use, so it is necessary to add ingredients that have a strong aroma and taste with peppermint leaf extract (*Mentha piperita*). The purpose of this research was to find out variations in the addition of peppermint leaf extract toward the favorit level of aroma and taste and antioxidant activity in Noni fruit jelly candies.*

This research used a Completely Randomized Design with 1 control and 3 treatments with variations in the addition of peppermint leaf extract (2 ml, 4 ml and 6 ml). The research analyzed by descriptively and using Chi square statistics.

Based on the result research, control and treatment with the addition of peppermint leaf extract significantly affected to the aroma and taste of jelly candy. The chemical test results of Noni fruit jelly candy in accordance with SNI (ash content test, reducing sugar), while the water content test is still not suitable. Antioxidant test can be seen that Noni fruit jelly candy contains ranging from 69,68-71,02. The addition of 2 ml extract of peppermint leaves is the most liked candy compared to the results of data analysis on other treatments.

Keywords: *Jelly, Antioxidan, Peppermint, Noni*