

VARIASI PENCAMPURAN SORGUM PADA PEMBUATAN *READY TO DRINK* (RTD) YUMMILK DITINJAU DARI SIFAT ORGANOLEPTIK, KADAR SERAT, DAN MASA SIMPAN

Nawal 'Azzah Amira¹, Setyowati, SKM, M.Kes², Dra. Noor Tifauzah, M.Kes³
^{1,2,3} Jurusan Gizi Poltekkes Kemenkes Yogyakarta
Jl. Tatabumi No. 3 Banyuraden, Gamping, Sleman
email : nawalazzah@gmail.com¹

ABSTRAK

Latar Belakang : Peningkatan Penyakit Tidak Menular (PTM) berkaitan dengan rendahnya konsumsi serat pada masyarakat. Pencegahan dapat dilakukan salah satunya dengan pola makan tinggi serat. Sorgum merupakan sereal yang mengandung kadar serat tinggi dan pemanfaatannya belum banyak dieksplorasi. Minuman fungsional dalam bentuk *ready to drink* (RTD) semakin digemari masyarakat karena kepraktisannya. Pencampuran sorgum diharapkan dapat meningkatkan konsumsi serat dan daya terima RTD.

Tujuan : Diketuinya sifat organoleptik, kadar serat, dan masa simpan RTD dengan variasi pencampuran sorgum.

Metode : Jenis penelitian ini adalah eksperimen semu dengan desain penelitian Rancangan Acak Sederhana (RAS) meliputi 4 variasi pencampuran sorgum dan kacang kedelai (100%:0%; 75%:25%; 80%:20%; 85%:15%). Uji organoleptik dianalisis dengan uji statistik *Kruskal-Wallis* dan apabila terdapat perbedaan dilanjutkan dengan uji *Mann Whitney*. Kadar serat pangan diuji dengan metode multienzim dan dianalisis secara deskriptif. Pengujian masa simpan dianalisis secara deskriptif.

Hasil : Hasil sifat organoleptik menunjukkan terdapat perbedaan warna dan rasa. Ada perbedaan yang bermakna pada tingkat kesukaan ($P < 0,05$) yakni warna (0,013) dan rasa (0,033), tetapi tidak ada perbedaan bermakna pada tingkat kesukaan ($P > 0,05$) yakni aroma (0,778), dan kekentalan (0,754). Sampel dengan campuran sorgum memiliki kadar serat lebih tinggi (4,15 g/100ml). Hasil pengujian masa simpan diketahui kerusakan sampel mulai terlihat pada jam ke-12 dan meningkat pada jam ke-16.

Kesimpulan : RTD Yummilk yang paling diterima oleh panelis serta dapat dikembangkan berdasarkan sifat organoleptik dan kadar serat yaitu perlakuan B dengan pencampuran sorgum 25%.

Kata Kunci : Sorgum, *Ready to Drink* (RTD), Sifat Organoleptik, Kadar serat, Masa simpan.

VARIATION OF SORGHUM BLENDING IN THE PREPARATION OF READY TO DRINK (RTD) YUMMILK IN TERMS OF ORGANOLEPTIC PROPERTIES, FIBER CONTENT, AND SHELF LIFE

Nawal ‘Azzah Amira¹, Setyowati, SKM, M.Kes², Dra. Noor Tifauzah, M.Kes³
^{1,2,3} Jurusan Gizi Poltekkes Kemenkes Yogyakarta
Jl. Tatabumi No. 3 Banyuraden, Gamping, Sleman
email : nawalazzah@gmail.com¹

ABSTRACT

Background : The increase in non-communicable diseases (NCDs) is related to low fiber consumption in the community. One of the NCDs can be done with a high fiber diet. Sorghum is a grain that contains high fiber and its utilization has not been widely explored. Functional drinks in the form of ready to drink (RTD) are increasingly favored by the public because of their practicality. Sorghum blending is expected to increase fiber consumption and acceptability of RTD.

Objectives : To determine the organoleptic properties, fiber content, and shelf life of RTD with variations in sorghum blending.

Methods : This research was a semi experiment with a simple randomized design, including 4 variations of mixing sorghum and soybeans (100%:0%; 75%:25%; 80%:20%; 85%:15%). Organoleptic test was analyzed by Kruskal-Wallis statistical test and if there was a difference, it was followed by Mann Whitney test. Food fiber content was tested by multienzyme method and analyzed descriptively. Shelf life testing was analyzed descriptively.

Results: The results of organoleptic properties show that there are differences in color and taste. There is a significant difference of preference level ($P < 0.05$), for color (0.013) and taste (0.033), but there is no significant difference ($P > 0.05$), for aroma (0.778), and viscosity (0.754). The sample with sorghum mixture had higher fiber content (4.15 g/100ml). The results of the shelf life test found that the sample damage began to appear at the 12th hour and increased at the 16th hour.

Conclusion: RTD Yummilk that is most accepted by panelists and can be developed based on organoleptic properties and fiber content is formula B with 25% sorghum.

Keywords : Sorghum, Ready to Drink, Organoleptic properties, Fiber content, Shelf life.