PENGGUNAAN TUDUNG SAJI INSULATOR UNTUK MEMPERPANJANG MASA SIMPAN PRODUK ES KRIM

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ABSTRAK

Es krim merupakan salah satu makanan yang digemari di Indonesia, sebarannya hampir di seluruh Indonesia. Namun tidak semua masyarakat Indonesia memiliki *Freezer*. Penyimpanannya di letakkan begitu saja di suhu ruang yang dapat menyebabkan es cepat mencair dan terjadi cemaran seperti debu, serta gangguan dari binatang penganggu. Upaya yang dapat dilakukan adalah dengan menyimpan atau meletakkan di tempat yang sesuai persyaratannya.

Tujuan peneliti ini adalah mengetahui pengaruh penggunaan tudung saji insulator terhadap lama waktu simpan es krim.

Metode yang digunakan dalam Penelitian ini adalah eksperimen semu (*quasi experiment*), bentuk desain yang digunakan adalah *Post test with control group design*.

Obyek penelitian berupa es krim diamati perubahannya dari menit ke 0 hingga menit es krim tersebut mulai mencair dengan meletakkan es krim ke dalam tudung saji insulator, dan dilakukan pengulangan sebanyak enam belas kali. Penelitian ini dilaksanakan bulan Juli sampai November 2020 di Perumahan Waskita Karya, Merangin, jambi. Analisis analitik uji normalitas data menggunakan uji *ShapiroWilk.*

Hasil penelitian menunjukkan ada perbedaan bermakna masa simpan es krim antara yang disimpan pada tudung saji insulator dan tanpa tudung saji insulator ($p = 0,000$). Penggunaan tudung saji insulator dapat memperpanjang masa simpan es krim, menggunakan tudung saji insulator bertahan 48,1 menit dan es krim tanpa tudung saji insulator bertahan 25,9 menit. Penggunaan tudung saji pada variasi jumlah es krim 1, 2, dan 3 berpengaruh terhadap mada simpan ($p = 0,000$).

Berdasarkan hasil analisis data maka peneliti menyimpulkan bahwa Ha dapat diterima dengan nilai signifikan uji T-Test dan Anova $< 0,05$, sehingga memiliki perbedaan yang bermakna dan berpengaruh terhadap es krim yang disimpan pada tudung saji insulator dan tanpa tudung saji insulator serta berpengaruh terhadap variasi es krim.

Kata Kunci : Tudung saji, Insulator, Masa simpan, Es krim

USE OF AN INSULATING FOOD COVER TO EXTEND THE SHELF LIFE OF THE ICE CREAM PRODUCT

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ABSTRACT

Ice cream is one of the most popular foods in Indonesia, it is distributed throughout Indonesia. However, not all Indonesians have a freezer. The storage is just put at room temperature which can cause the ice to quickly melt and contaminate such as dust, as well as disturbance from disturbing animals. Efforts that can be made are to store or place in a place that meets the requirements.

The purpose of this research is to determine the effect of using an insulating serving hood on the shelf life of ice cream.

The method used in this study is a quasi experiment, the form of the design used is Post test with control group design.

The object of research in the form of ice cream was observed that the change from minute 0 to minute the ice cream began to melt by placing the ice cream into an insulator serving hood, and was repeated sixteen times. This research was conducted from July to November 2020 at Waskita Karya Housing, Merangin, Jambi. Analytical analysis of the normality test used the ShapiroWilk test.

The results showed that there was a significant difference in the shelf life of ice cream between those stored in an insulating serving hood and without an insulator serving hood (p = 0.000). Using an insulating serving hood can extend the shelf life of the ice cream, using an insulating serving hood lasts 48.1 minutes and ice cream without an insulating serving hood lasts 25.9 minutes. The use of serving caps on variations in the amount of ice cream 1, 2, and 3 affects the storage capacity (p = 0,000).

Based on the results of data analysis, the researchers concluded that Ha can be accepted with a significant value of the T-Test and Anova test <0.05, so that it has a significant difference and affects the ice cream stored in an insulator serving hood and without an insulator serving hood and has an effect on variations. ice cream.

Keywords: Food Cover, Insulator, Shelf life, Ice cream