

INTISARI

Maksud dan tujuan dari penelitian ini adalah untuk mempelajari dan mengetahui pengaruh konsentrasi santan terhadap karakteristik nasi uduk beras merah instan.

Rancangan percobaan yang digunakan pada penelitian ini menggunakan rancangan acak kelompok (RAK) satu faktorial dengan 5 perlakuan dan ulangan sebanyak 5 kali, sehingga 25 satuan percobaan. Faktor yang digunakan adalah konsentrasi santan 0 %, 15 %, 16 %, 17 %, dan 18 %. Rancangan respon meliputi respon organoleptik dengan atribut warna, tekstur, aroma, dan rasa, respon fisika, yaitu volume pengembangan dan waktu rehidrasi, respon kimia yaitu kadar air. Pada perlakuan terpilih dilakukan analisis karbohidrat, protein, dan lemak.

Hasil penelitian pendahuluan dengan respon fisika dan respon kimia menggunakan uji lanjut *duncan* diperoleh waktu pemasakan terpilih adalah 55 menit dengan nilai rata-rata perlakuan untuk waktu rehidrasi 6,09 menit, volume pengembangan 50,22 %, dan kadar air 9,04 %.

Berdasarkan hasil penelitian utama menggunakan uji lanjut *duncan* diperoleh konsentrasi santan berpengaruh nyata terhadap respon fisika volume pengembangan dan waktu rehidrasi, respon kimia kadar air, dan respon organoleptik pada rasa, tekstur, warna, dan aroma.

Berdasarkan respon-respon yang dilakukan pada perlakuan terbaik s2 (konsentrasi santan 15 %) dengan rata-rata perlakuan waktu rehidrasi 6,09 menit, volume pengembangan 55,10 % kadar air 9,04 %, karbohidrat 34,88 %, lemak 4,8 %, protein 6,66 %.

Kata kunci : Konsentrasi Santan, Volume Pengembangan, Waktu Rehidrasi, Kadar Air, Karbohidrat, Protein, Lemak dan Nasi Uduk Beras Merah Instan.

ABSTRACT

The Purpose and goal of this research were to study and to know the effect of coconut milk concentration toward instant red uduk rice characteristics.

The experimental design in this research used one factorial design in a randomized complete block design (RAK) with 5 times repetition, so that there were 25 experiment units. In this research, the factors that used were concentrations of coconut milk 0 %, 15 %, 16 %, 17 %, and 18 %. There were several responses used, which were organoleptic response with the attributes of color, texture, aroma, and taste, physical responses by measuring uduk rice instant volume development and rehydration time, and chemical response was water content. For the selected treatment, there were analyses of carbohydrate, protein, and fat.

Preliminary observations by using the physical and chemical advanced test of duncan responses obtained selected cooking time is 55 minutes with average treatment for rehydration time 6,09 minutes, volume development 50,22 %, and water content 9,04 %.

Based on the main research result using further test duncan obtained found that the coconut milk concentration significantly affected the red uduk rice volume development and rehydration time as physical responses, water content as chemical response, and organoleptic response of color, texture, aroma, and taste.

Based on the responses, the best treatment s2 (15 % coconut milk concentrations) average treatment with rehydration time 6,09 minute, the percentage of volume development 55,10 %, the percentage of water content 9,04 %, the percentage of carbohydrate 34,88 %, the percentage of fat 4,8 %, and the percentage of protein 6,66 %.

Key Word : Coconut Milk concentration, Rice Volume Development, Rehydration Time, Water Content, Carbohydrate, Fat, Protein, and Instant Red Uduk Rice.