ABSTRAK

Penelitian ini bertujuan untuk mengetahui karakteristik nasi merah yang diolah dengan perendaman ekstrak daun jambu biji dengan konsentrasi berbeda dan dengan lama perendaman yang berbeda. Varietas beras merah yang digunakan dalam penelitian ini adalah beras merah varietas inpari 24.

Rancangan percobaan penelitian yang digunakan adalah Rancangan Acak Kelompok (RAK) dengan pola faktorial 3 x 3 dan ulangan sebanyak 3 kali. Faktor pertama adalah ekstrak daun jambu biji terdiri dari a1 (7%), a2 (10%) dan a3 (13%). Faktor kedua adalah lama perendaman terdiri dari b1 (60 menit), b2 (90 menit) dan b3 (120 menit). Respon penelitian ini adalah analisis kimia meliputi kadar glukosa, kadar pati, kadar protein, kadar lemak dan kadar tanin, analisis fisik meliputi pengukuran nilai warna dengan alat *colorimeter* dan analisis organoleptik berdasarkan uji hedonik terhadap atribut rasa ,aroma dan warna.

Hasil penelitian menunjukkan bahwa konsentrasi ekstrak daun jambu biji berpengaruh terhadap kadar glukosa, nilai warna L*(Kecerahan), a* (Intensitas Warna Merah), b* (Intensitas Warna Kuning) dan rasa pada nasi merah. Lama perendaman berpengaruh terhadap kadar glukosa, dan rasa pada nasi merah. Interaksi antara konsentrasi ekstrak daun jambu biji dan lama perendaman terhadap beras merah berpengaruh terhadap kadar glukosa pada nasi merah. Perlakuan a1b1 (ekstrak daun jambu biji 7% dengan lama perendaman 60 menit) merupakan perlakuan terpilih dari keseluruhan respon yang memiliki kadar pati 30,788%, kadar glukosa 2,685%, kadar protein 4,506%, kadar lemak 1,5%, kadar tanin 1,56%, kadar air 56% dan kalori sebesar 183,092 kkal/100gram

Kata kunci : Beras Merah Inpari 24 , Nasi Merah , Konsentrasi Ekstrak Daun Jambu Biji , Lama Perendaman , Glukosa

ABSTRACT

The aims of this research was to known characteristics of red cooked rice that processed by soaking in guava leaf extract with different of concentrations and soaking time. The red rice Inpari 24 variety was used in this study..

The experimental Randomized Block Design (RAK) with factorial pattern of 3 x 3 and 3 times replicated was used in this research. First factor was guava leaf extract consist at 7% (a1), 10% (a2) and 13% (a3). Second factor was soaked time covered of 60 minuted (b1), 90 minutes (b2) and 120 minutes (b3). The responses conducted in this research was content of glucose, starch, protein, fat, tannin and was measured colour value of sample by using colorimeter. Responces of organoleptic test were analyzed taste, flavor, and colour.

The results of research showed that guava extract concentration was gave significant effect on glucose content, colour L* (Lightness), a* (Intensity of Red colour), b* (Intensity of Yellow colour) and taste of red cooked rice. Soaking time was gave effect on glucose content and taste of red cooked rice. Interaction between guava leaf extract and soaking time was given effect on glucose content of red cooked rice. Better sample was treated a1b1 (guava leaf extract of 7% and soaking time at 60 minutes) was contained 30,788% of starch, 2,685% og glucose, 4,506% of protein, 1.5% of fat , 1,56% of tannin , 56% of water content and 183,092 kcal / 100gram of calory.

Keywords: Red Rice Inpari 24, Red Rice, Concentrations Guava Leaf Extract, Soaking Time, Glucose