

KARAKTERISTIK ES KRIM DENGAN *CURED EGG YOLK POWDER* SEBAGAI SUBSTITUSI *WHIPPING CREAM*

INTISARI

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Es krim merupakan produk susu yang mempunyai nilai kalori tinggi karena kandungan lemak dan gulanya cukup tinggi. Sumber lemak es krim yang biasa digunakan antara lain adalah mentega, *cream* dan *whipping cream*. Pembuatan *cured egg yolk* dapat digunakan sebagai alternatif pengasinan telur dengan waktu yang lebih singkat untuk memperpanjang umur simpan telur. *Yolk* memiliki kandungan lemak yang cukup tinggi, sehingga dapat digunakan untuk substitusi sumber lemak pada pembuatan es krim. Tujuan penelitian ini untuk mengetahui karakteristik es krim dengan *cured egg yolk powder* sebagai substitusi *whipping cream*. Penelitian ini terdiri dari dua tahap, tahap pertama pembuatan *cured egg yolk* dan *powdering* sedangkan tahap kedua adalah *cured egg powder* sebagai substitusi *whipping cream* pada es krim. Tahap pertama terdiri dari perlakuan 2 jenis *egg yolk* (ayam dan itik), dan 4 lama *curing* (0, 2, 4 dan 6 hari), untuk selanjutnya dibuat *cured egg yolk powder* dari *egg yolk* dengan lama *curing* terbaik. Tahap kedua terdiri dari perlakuan 2 jenis *cured egg yolk powder* (ayam dan itik), dan 3 level substitusi (0%, 2% dan 4%) pada *whipping cream*. Analisis yang dilakukan pada tahap pertama yaitu analisis kualitas fisik dan kimia *egg yolk powder*, sedangkan tahap kedua analisis fisiko-kimia es krim. Hasil penelitian tahap pertama menunjukkan bahwa penambahan garam dan gula pada *cured egg yolk* akan menurunkan nilai kadar air sehingga menyebabkan aktivitas air (*Aw*) dan kadar lemak pada *cured egg yolk powder* menurun, sedangkan penelitian tahap kedua menunjukkan bahwa substitusi *whipping cream* dengan *cured egg yolk powder* memberikan pengaruh yang berbeda nyata terhadap kadar lemak dan daya leleh, tetapi tidak berbeda nyata terhadap kadar air, abu, protein, *overrun* dan sensoris es krim. Rerata kadar air, abu, protein dan persentase *overrun* es krim berturut-turut 58,64%; 1,07%; 5,30%; 39,41%. Rerata kadar lemak dan daya leleh es krim dengan substitusi 0; 2; 4% *cured egg yolk powder* berturut-turut kadar lemaknya 9, 29%; 10,39%; 11,13%, sedangkan daya lelehnya berturut-turut 12,43%; 21,81%; 30,43%. Berdasarkan hasil penelitian dapat disimpulkan bahwa substitusi *cured egg yolk powder* 2%-4% dapat meningkatkan kadar lemak dan daya leleh es krim tanpa mempengaruhi kualitas sensoris es krim, serta masih memenuhi standar kualitas es krim menurut SNI. *Cured egg yolk powder* itik dapat menghasilkan nilai *overrun* es krim yang lebih baik daripada *cured egg yolk powder* ayam.

Kata kunci: *Cured egg yolk*, es krim, *whipping cream*, tekstur es krim

CHARACTERISTIC ICE CREAM WITH CURED EGG YOLK POWDER AS WHIPPING CREAM REPLACER

ABSTRACT

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Ice cream is dairy product with high calorie because of fat and sugar content. Common sources of ice cream fat include butter, cream and whipping cream. Cured egg yolk can be used as an alternative to salting eggs in a shorter time to extend the shelf life of eggs. Yolk has a high enough fat content, so it can be used to substitute fat sources in ice cream making. The purpose of this research was to determine the characteristics of ice cream with cured egg yolk powder as replacer for whipping cream. This research was consisted of two step, the first step is making cured egg yolks and powder while the second step is using cured egg powder as a replacer for whipping cream in ice cream. The first stage consisted of a combination of 2 types of egg yolks (chicken and ducks), and 4 curing times (0, 2, 4 and 6 days), to then make egg yolk powder from egg yolks with the best curing time. The second stage consisted of a combination of 2 types of recovered egg yolk powder (chicken and duck), and 3 levels of substitution (0%, 2% and 4%) in whipping cream. First analysis of the chemical physical quality of egg yolk powder, then the analysis of both the chemical and physical properties of ice cream. the addition of salt and sugar to the cured egg yolk powder will decrease the water content, causing the water activity (A_w) and the fat content in the cured egg yolk powder to decrease, and then the second stage of the study show that the substitution of whipping cream with cured egg yolk powder has a significantly different effect on on fat content and melting rate but gave no significantly from water content, ash, protein, overrun and sensory ice cream. The mean water, ash, protein content and percentage of ice cream overrun were 58.64%; 1.07%; 5.30%; 39.41%. Average fat content and melting rate of ice cream with substitution 0; 2; 4% cured egg yolk powder successively 9.29% fat; 10.39%; 11.13%, while melting rate is 12.43%; 21.81%; 30.43%. Based on the results of the study, it can be concluded that the substitution of cured egg yolk powder 2% -4% can increase the fat content and melting power of ice cream without affecting the sensory quality of ice cream, and still meet the ice cream quality standards according to SNI. Duck cured egg yolk powder can produce a better ice cream overrun value than chicken cured egg yolk powder.

Keyword : Cured egg yolk, ice cream, whipping cream, texture ice cream