

INTISARI

Pembuatan yogurt dengan substrat susu almond dapat menghasilkan produk pangan yang berpotensi baik untuk tubuh. Penambahan madu dengan tingkat konsentrasi yang berbeda pada fermentasi susu almond dapat meningkatkan kualitas produk tersebut. Madu merupakan bahan pemanis alami yang terkonfirmasi dapat meningkatkan karakteristik produk fermentasi yang dihasilkan. Penelitian ini bertujuan untuk mengetahui pengaruh variasi konsentrasi madu terhadap daya terima konsumen serta sifat fisikokimia dari yogurt susu almond. Desain penelitian menggunakan Rancangan Acak Lengkap (RAL) dengan variasi perlakuan K (madu 0%) AM3 (madu 3%), AM6 (madu 6%), AM9 (Madu 9%) dan AM12 (Madu 12%). Penelitian ini menggunakan campuran substrat susu almond, susu skim, sukrosa dan madu. Parameter yang diukur meliputi uji organoleptik, jumlah total bakteri probiotik, nilai pH, kadar asam laktat, aktivitas antibakteri dan kadar protein. Berdasarkan hasil penelitian, yogurt yang banyak disukai responden ialah dengan perlakuan penambahan madu 12%, total bakteri probiotik berkisar 2.5×10^8 CFU/mL– 2.99×10^8 CFU/mL, nilai pH berkisar 4.66–4.43, kadar asam laktat berkisar 0.96%–1.40%, kadar protein berkisar 1.40%–3.56%, dan aktivitas antibakteri cukup kuat. Yogurt susu almond telah memiliki kualitas yang baik sebagai produk fermentasi.

Kata Kunci: susu almond, madu, bakteri asam laktat, yogurt

ABSTRACT

Yogurt production from almond milk as a substrate can produce food products that have the potential to nourish the body. Adding honey with different concentrations in fermented almond milk could improve the product's quality. It has been confirmed that honey as a natural ingredient can improve the characteristics of the fermented product. This study aims to determine the impact of variations in honey concentration on consumer acceptance and the physicochemical properties of almond milk yogurt. The research design used a Completely Randomized Design of Variety with treatment K (honey 0%), AM3 (honey 3%), AM6 (honey 6%), AM9 (honey 9%), and AM12 (honey 12%). This research used almond milk, skim milk, sucrose, and honey as substrates. Parameters measured included organoleptic test, the total number of probiotic bacteria, pH value, lactic acid content, antibacterial activity, and protein content. Based on the study's results, the respondents' most preferred yogurt was the yogurt with 12% of honey; 2.5×10^8 CFU/mL– 2.99×10^8 CFU/mL; the pH value ranged from 4.66–4.43, lactic acid levels ranged from 0.96%–1.40%, protein levels ranged from 1.40%–3.56%; and the antibacterial activity was quite intense. Therefore, almond milk yogurt has good quality as a fermented product.

Keywords: almond milk, honey, lactic acid bacteria, yogurt