KARAKTERISTIK FISIKOKIMIA DAN SENSORIS MANISAN CARICA INSTAN DENGAN METODE *OSMOTIC DEHYDRATION*

INTISARI

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Manisan buah merupakan salah satu cara pengolahan buah dengan cara penambahan gula dengan konsentrasi tertentu yang bertujuan untuk memberikan rasa manis dan menjadikannya lebih tahan lama. Manisan carica basah memiliki kadar air dan a_w tinggi sehingga rawan mengalami rusak dan perubahan kualitas. Pengemasan dalam cup membuat manisan carica cukup memakan tempat dan berat. Penelitian ini dilakukan untuk mengembangkan cara pengolahan manisan carica instan dengan metode *osmotic dehydration* dan pengeringan yang bisa menjadi alternatif cara pengolahan yang dapat menghasilkan produk yang lebih awet dan praktis dalam penyajian dan penyimpanannya.

Dalam penelitian ini dilakukan penentuan terhadap suhu dan lama waktu pengeringan: P1=60ºC,9 jam; P2=60ºC,12 jam; P3=60ºC,18 jam; P4=50ºC,12 jam; P5=50ºC,18 jam; P6=50ºC,24 jam; P7=70ºC,9 jam, dan lama waktu perendaman gula pertama: UU1=6 jam, UU2=8 jam, UU3=12 jam. Perlakuan terbaik berdasarkan uji fisik selanjutnya di uji sensoris dengan perbedaan jenis air seduhan: S1 = air gula dan S2 = air sari biji carica serta uji kimia.

Hasil penelitian menunjukkan bahwa perlakuan terbaik adalah P2=60ºC,12 jam, dan UU1=6 jam. Hasil uji sensoris terdapat perbedaan yang signifikan pada kesukaan atribut aroma, warna (air seduhan dan keseluruhan) serta tidak terdapat perbedaan yang signifikan pada kesukaan atribut warna potongan buah, rasa (potongan buah, air seduhan dan keseluruhan), tekstur, dan keseluruhan (*overall*). Sampel dengan perlakuan terbaik memiliki kadar air 10,60 ± 0,16%; kadar abu 0,56 ± 0,09%; protein 0,25 ± 0,09%; lemak 0,81 ± 0,18%; karbohidrat *by difference* 98,35 ± 0,16%; dan serat kasar 2,04 ± 0,1%.

Kata kunci: manisan carica instan, *osmotic dehydration,* pengeringan, uji fisik, uji sensoris, uji kimia.

PHYSICOCHEMICAL AND SENSORIC CHARACTERISTICS OF INSTANT CANDIED CARICA WITH THE OSMOTIC DEHYDRATION METHOD

ABSTRACT

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Candied fruit is a way of processing fruit by adding sugar in a particular concentration which aims to give it a sweet taste and make it durable. Wet candied carica has a high moisture content and a_w, so it is prone to damage and changes in quality. Packaging in a cup makes candied carica quite space-consuming and heavy. This research aims to develop a method of processing instant candied carica using the osmotic dehydration and drying method, which could be an alternative processing method that could produce more durable and practical products in serving and storing them.

In this study, determination of temperature and drying time was carried out: P1=60ºC,9 hours; P2=60ºC,12 hours; P3=60ºC,18 hours; P4=50ºC,12 hours; P5=50ºC,18 hours; P6=50ºC,24 hours; P7=70ºC,9 hours, and the first sugar soaking time: UU1=6 hours, UU2=8 hours, UU3=12 hours. The best treatment was based on the physical test, followed by a sensory test with different types of brewing water: S1 = sugar water and S2 = carica seed juice and chemical tests.

The results showed that the best treatment was P2=60ºC, 12 hours, and UU1=6 hours. The sensory test results showed that there were significant differences in the preference for the attributes of aroma and color (brewing water and whole), and there were no significant differences in the preference for the attributes of the color of the fruit pieces, taste (pieces of fruit, brewing water, and whole), texture, and overall. The sample with the best treatment has a moisture content of 10.60 ± 0.16%; ash content of 0.56 ± 0.09%; protein content of 0.25 ± 0.09%; fat content of 0.81 ± 0.18%; carbohydrates by difference 98.35 ± 0.16%; and crude fiber content of 2.04 ± 0.1%.

Keywords: instant candied carica, osmotic dehydration, drying, physical test, sensory test, chemical test.