

**PENGARUH PENAMBAHAN GULA TERHADAP
KUALITAS *KISHK* TEPUNG SAGU (*Metroxylon sp.*) SELAMA
PENYIMPANAN PADA SUHU RUANG**

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INTISARI

Kishk merupakan produk tradisional asal Timur Tengah, secara tradisional kishk terbuat dari adonan yang berisi yogurt, tepung gandum dan garam, yang dikeringkan di bawah sinar matahari. Penelitian ini bertujuan untuk mengetahui kualitas "*Kishk*" tepung sagu dengan penambahan gula selama penyimpanan pada suhu ruang. Penelitian dilakukan dengan 2 perlakuan penambahan gula 0% (perlakuan 1) dan 6% (perlakuan 2) masing-masing dilakukan 3 kali ulangan dan perlakuan penyimpanan (hari ke-0, hari ke-21, dan hari ke-42). Yogurt dibuat dari susu pasteurisasi yang difermentasi dan dihasilkan dari pertumbuhan bakteri *Lactobacillus bulgaricus* dan *Streptococcus thermophilus*. *Kishk* dibuat dengan penambahan tepung sagu dan yogurt dengan perbandingan 1:4 yang kemudian dikeringkan pada suhu 50°C selama 48 jam. Kualitas *Kishk* diuji mikrobiologis, kadar laktosa, nilai pH, keasaman, dan kadar air. Data hasil uji tersebut dianalisis dengan analisis variansi *Completely Randomized Design* (CRD) pola faktorial (2x3) dan dilanjutkan dengan uji *Duncan's Multiple Range Test* (DMRT). Hasil penelitian menunjukkan bahwa total bakteri, total bakteri asam laktat, kadar laktosa pH, keasaman, dan kadar air *Kishk* dengan penambahan gula 0% dan gula 6% tidak menunjukkan perbedaan yang nyata dengan rerata masing-masing $9,96 \times 10^6$; $7,08 \times 10^6$; 2,59 ; 3,70; 2,30; 10,4. Kualitas *Kishk* selama penyimpanan 42 hari tidak mengalami perubahan selama proses penyimpanan tersebut pada suhu ruang.

kata kunci : *Kishk*, Tepung sagu, Gula, *Lactobacillus bulgaricus*,
Streptococcus thermophilus

**EFFECT OF SUGAR ADDED ON QUALITY OF SAGO FLOUR
(*Metroxylon sp.*) KISHK DURING STORAGE
AT ROOM TEMPERATURE**

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ABSTRACT

Kishk is an original food product from Middle East, in which traditional kishk was usually made from a mix of yogurt, wheat flour, and salt, and then dried under the sunshine. The aims of this study was to determine the effect of sugar addition on the quality of sago flour (*Metroxylon sp.*) kishk during 42 days of storage at room temperature. Experiments was conducted with two treatments, namely the addition of sugar 0% and 6%, with 3 replications and storage time (0, 21, and 42 days). Yogurt made by pasteurizing milk and then fermented by *Lactobacillus bulgaricus* and *Streptococcus thermophilus*. Kishk was made from sago flour and yogurt added, with the proportion 1:4 and then dried at 50°C to 48 hours. The kishk quality tested on microbiology, lactose, pH, acidity, and water content. Research data analyzed by analysis of variance CRD (Completely randomized design) 2x3 factorial pattern, and continued tested with Duncan's Multiple Range Test (DMRT). The results showed that total bacteria, total acid lactic bacteria, lactose, pH, acidity, and water content kishk with sugar added 0% and 6 % showed no significant difference for the addition of salt treatment and storage time with the avarege $9,96 \times 10^6$; $7,08 \times 10^6$; 2,59 ; 3,70; 2,30; 10,4. Kishk quality had no differences during 42 days storage at room temperature.

Keywords: *Kishk*, Sago flour, Sugar, *Lactobacillus bulgaricus*, *Streptococcus thermophilus*