

PROFIL ASAM LEMAK, SIFAT FISIKOKIMIA DAN SIFAT SENSORIS BERAS HITAM YANG MENGALAMI PERKECAMBAHAN

INTISARI

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Meningkatnya asupan lemak yang berlebihan menyebabkan penyakit salah satunya penyakit jantung koroner (PJK). Asupan lemak dapat diperoleh dari bahan pangan pokok seperti beras hitam sehingga dapat mengurangi asupan lemak dari bahan pangan lain. Beras hitam yang digunakan yaitu Cempo Ireng, dimana masih kurang aspek sensorisnya. Perbaikan sifat sensoris beras hitam ini dilakukan dengan cara perkecambahan.

Tujuan dari penelitian ini adalah untuk mengetahui efek perkecambahan beras hitam terhadap profil lemak, sifat fisikokimia dan aspek sensorisnya. Beras hitam direndam selama 12 jam dan dikecambahkan selama 12, 24, 36, 48, dan kontrol adalah beras hitam yang tidak dikecambahkan. Beras hitam mulai berkecambah pada jam ke 24.

Selama perkecambahan, kadar lemak turun, kadar air dan gula total naik. Sifat fisikokimia nasi beras hitam seperti pertambahan panjang setelah ditanak 1,10-1,12 kali; pertambahan volume antara 2,42-3,38 kali; penyerapan air antara 1,64-2,04 kali; konsistensi gel antara 66-82,5 mm; dan angka alkali antara 2-3,5. Panelis menyukai beras berkecambah 24 jam di dalam uji sensoris. SAFA dan PUFA cenderung menurun selama perkecambahan dan PUFA meningkat. Perkecambahan efektif untuk meningkatkan nilai gizi dan sifat sensori beras hitam.

Kata kunci: perkecambahan, beras hitam, profil asam lemak, sifat fisikokimia, sensori

FATTY ACID COMPOSITION, PHYSICOCHEMICAL PROPERTIES AND SENSORY ASPECT IN GERMINATED BLACK RICE

ABSTRACT

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Increased intake of excessive fat causes one disease coronary heart disease (CHD). Fat intake can be obtained from food staples such as black rice that can reduce fat intake from other foods. Black rice used is Cempo Ireng, which is still lacking sensory aspects. Improvement of sensory properties of black rice is by germination.

The objective of the study is to determine the effect of the germination in black rice in the nutritional values and sensory aspect. Black rice were soaking 12 hours and germinated 12, 24, 36, and 48 hours, the control was black rice non-germinated. Black rice germinated from 24 hours germination. Fat, moisture content, total sugar, physicochemical properties, sensory analysis, and fatty acid composition were evaluated.

During germination, fat content decreased, moisture content and total sugar increased. Physicochemical properties like expansion ratio rice is 1,0-1,2; volumetric expansion is between 2,42-3,38; water absorption is between 1,64-2,04; gel consistency is between 66-82,5mm; and alkali value is between 2-3,5. Most of panelists like 24 hour germination in sensory analysis. SAFA and MUFA tend to decrease in germination and PUFA increased. The germination is effective to improve nutritional values and sensory aspect in black rice.

Keyword: germination, black rice, fatty acid composition, physicochemical properties, sensory aspect