

DAFTAR PUSTAKA

- Abdelhady, N.M., dan Abdallah, G.M. 2016. HPLC/MS/MS Study of Phenolic Compounds of *Leucaena leucephala* Legumes Monitored with Their in Vitro Antihyperglycemic Activity. *European Journal of Medicinal Plants*. 17(4): 1-9.
- Ahmadi, T. E. 2009. *Teknologi Pengolahan Pangan*. PT Bumi Aksara, Jakarta.
- Aisyah, Y., Rasdiansyah, dan Muhaimin. 2014. Pengaruh Pemanasan terhadap Aktivitas Antioksidan pada Beberapa Jenis Sayuran. *Jurnal Teknologi dan Industri Pertanian Indonesia*. 6(2): 28-32.
- Akowuah, G.A., Zhari, I., Norhayati, I., Sadikun, A., dan Khamsah, S.M. 2004. Sinensetin, Eupatorin, 3'-hydroxy-5,6,7,4'-tetramethoxyflavone and Rosmarinic Acid Contents and Antioxidative Effect of *Orthosiphon stamineus* from Malaysia. *Food Chemistry*. 87: 559-566.
- Anggraini, K. 2005. "Pengaruh Metode *Blanching* dan Pencelupan dalam Lemak Jenuh terhadap Kualitas French Fries Kentang Varietas Hertha dan Granola". Tidak Diterbitkan. Skripsi. Fakultas Pertanian, Universitas Jenderal Soedirman, Purwokerto.
- Annegowda, H.V., Bhat, R., Tze, L.M., Karim, A.A., dan Mansor, S.M. 2013. The Free Radical Scavenging and Antioxidant Activities of Pod and Seed Extract of *Clitoria fairchildiana* (Howard)- an Underutilized Legume. *Journal Food Science Technology*. 50(3): 535-541.
- Anonim. 1994. *Inventaris Tanaman Obat Indonesia Jilid III*. UI Press, Jakarta.
- Anonim, 2006. Official Methods of Analysis. Association of Official. Analytical Chemists (AOAC). Benjamin Franklin Station, Washington.
- Asimi, O. A., Sahu, N. P., dan Pal, A. K. 2013. Antioxidant Capacity of Crude Water and Ethylacetate Extracts of Some Indian Species and Their Antimicrobial Activity Against *Vibrio vulnificus* and *Micrococcus luteus*. *Journal of Medicinal Plants Research*. 7(26): 1907-1915.
- Barceloux, D.G. 2009. Djenkol Bean [*Archidendron jiringa* (Jack) I. C. Nielsen]. *Dis. Mon.* 55: 361-364.
- Bendra, A. 2012. "Uji Aktivitas Antioksidan Ekstrak Daun *Premna oblongata* Miq. dengan Metode DPPH dan Identifikasi Golongan Senyawa Kimia dari Fraksi Teraktif". Tidak Diterbitkan. Skripsi. Universitas Indonesia, Depok.

- Bhattacharya, S., dan Malleshi, N.G. 2012. Physical, Chemical, and Nutritional Characteristics of Premature-Processed and Matured Green Legumes. *Journal Food Science Technology*. 49(4): 459-466.
- Bongoni, R., Verkerk, R., Steenbekkers, B., Dekker, M., dan Stieger, M. 2014. Evaluation of Different Cooking Conditions on Broccoli (*Brassica oleracea var. italica*) to Improve the Nutritional Value and Consumer Acceptance. *Plant Foods Human Nutritional*. 69(3): 228–234.
- Brouillard. 1982. *Chemical Structure of Anthocyanins*. In : Markakis P (ed). Anthocyanin as Food Colorants. Academic Press, New York.
- Cano, M. P. 1996. *Vegetables*. In L. E. Jeremiah (Ed.), *Freezing effects on food quality*. pp. 520. Marcel Dekker, New York.
- Chau, C.F., Cheung, P.C., dan Wong, Y.S. 1997. Effect of Cooking on Content of Amino Acids and Antinutrients in Three Chinese Indigenous Legume Seeds. *Journal of The Science of Food and Agriculture*. 75: 447-452.
- Cholisoh, Z., dan Utami, W. 2008. Aktivitas Penangkap Radikal Ekstrak Ethanol 70% Biji Jengkol (*Archidendron jiringa*). *Pharmacoin*. 9(1): 33-40.
- Dekker, M., Dekkers, E., Jasper, A., Baar, C., dan Verkerk, R. 2013. Predictive Modelling of Vegetable Firmness after Thermal Pre-Treatments and Steaming. *Innovative Food Science and Emerging Technologies*. 25: 14-18.
- Eichhorn, P, dan Knepper, T.P. 2001. Electroscopy Ionization Mass Spectrometric Studies on The Amphoteric Surfactant Cocomidopropylbetaine. *Journal Mass Spectroscopy*. 36: 677-684.
- Estiasih, T. 2006. *Teknologi dan Aplikasi Polisakarida dalam Pengolahan Pangan*. FTP Universitas Brawijaya, Malang.
- Fabbri, A.D.T., dan Crosby, G.A. 2016. A Review of The Impact of Preparation and Cooking on The Nutritional Quality of Vegetables and Legumes. *International Journal of Gastronomy and Food Science*. 3: 2-11.
- Fellows, P.J. 2009. *Blanching*. *Food Processing Technology (Third edition)*. 369-380.
- Frankel, E.N., dan Meyer, A.S. 2000. The Problems of Using Onedimensional Methods to Evaluate Multifunctional Food and Biological Antioxidants. *Journal of The Science of Food and Agriculture*. 80: 1925-1941.

- German, J., Carpena, R., Morcuende, D., Andrade, M.J., Kylli, P., dan Estevez, M. 2011. Avocado (*Persea americana* Mill) Phenolics, In Vitro Antioxidant and Antimicrobial Activities, and Inhibition of Lipid and Protein Oxidation in Porcine Patties. *Journal of Agricultural and Food Chemistry*. 59: 5625-5635.
- Gokmen, V., Bahceci, K.S., Serpen, A. Dan Acar, J. 2005. Study of Lipoxygenase and Peroxidase as *Blanching* Indicator Enzymes in Peas: Change of Enzyme Activity, Ascorbic Acid, and Chlorophylls during Frozen Storage. *LWT-Food Science and Technology*. 38: 903-908.
- Gulcin, I., Uguz, M.T., Oktay, M., Beydemir, S., and Kufrevioglu, O.I. 2004. Evaluation of The Antioxidant and Antimicrobial Activities of Clary Sage (*Salvia sclarea* L.). *Turk I. Agric. For.* 28: 25-33.
- Harborne, J.B. 1987. *Phytochemical Methods 2nd Edition*. Chapman and Hall, New York.
- Hardjono, S. 2007. *Spektroskopi*. UGM, Yogyakarta.
- Hasim, Faridah, D.N., dan Kurniawati, D.A. 2015. Antibacterial activity of *Parkia speciosa* Hassk. Peel to *Escherichia coli* and *Staphylococcus aureus* Bacteria. *Journal of Chemical and Pharmaceutical Research*. 7(4): 239-243.
- Hui, Y.H. 2006. *Bakery Products, Science, and Technology*. Black Well Publishing, USA.
- Hurrell, F.R., Reddy, M.B., Juillerat, M.A., dan Cook, I.D. 2003. Degradation of Phytic Acid in Cereal Porridges Improves Iron Absorption by Human Subjects. *The American Journal of Clinical Nutrition*. 77(5): 1213-1219.
- Ibrahim, S., dan Sitorus, M. 2013. *Teknik Laboratorium Kimia Organik*. Graha Ilmu, Yogyakarta.
- Kaack, K. 1994. *Blanching* of Green Bean (*Phaseolus vulgaris*). *Plant Foods Human Nutrition*. 46: 353-360.
- Kasala, E.R., Bodduluru, L.N., Barua, C.C., dan Gogoi, R. 2016. Antioxidant and Antitumor Efficacy of Luteolin, A Dietary Flavone on Benzo(a)pyrene-induced Experimental Lung Carcinogenesis. *Biomedicine and Pharmacotherapy*. 82: 568-577.
- Kim, T.J., Silvia, J.L., Kim, M.K. dan Jung, Y.S. 2010. Enhanced Antioxidant Capacity and Antimicrobial Activity of Tannic and By Thermal Processing. *Food Chemistry*. 118: 740-746.

- Kusdibyo dan Musaddad, D. 2000. *Teknik Perlakuan Blansing pada pengeringan Sayuran Wortel dan Kubis*. Balitsa Lembang, Bandung.
- Kusumaningati, R.W. 2009. *Analisa Kandungan Fenol Total Jahe (*Zingiber officinale* Rosc.) secara In Vitro*. Fakultas Kedokteran Universitas Indonesia, Jakarta.
- Lazaro, M.L. 2009. Distribution and Biological Activities of The Flavonoid Luteolin. *Mini Review Medicine Chemistry*. 9(1): 31-59.
- Liu, L., Sun, Y., Laura, T., Liang, X., Ye, H., dan Zeng, X. 2009. Determination of Polyphenolic Content and Antioxidant Activity of Kudingcha made from *Ilex Kudingcha* C.J. Tseng. *Journal of Food Chemistry*. 112: 35-41.
- Marathe, S.A., Rajalakshmi, V., Jamdar, S.N., dan Sharma, A. 2011. Comparatative Study on Antioxidant Activity of Different Varieties of Commonly Consumed Legumes in India. *Food and Chemical Toxicology*. 49: 2005-2012.
- Margaretta, S., Handayani, S.D., Indraswati, N., Hindarso, H. 2011. Ekstraksi Senyawa Phenolic *Pandanus amaryllifolius* Roxb. sebagai Antioksidan Alami. *Jurnal Widya Teknik*. 10(1): 21-30.
- Matthaus, B. 2002. Antioxidant Activity of Extracts Obtained from Residues of Different Oil Seeds. *Food Chemistry*. 50: 3444-3452.
- Medina, M.B. 2011. Determination of The Phenolics in Juices and Superfruits by a Novel Chemical Method. *Journal of Functional Foods*. 3: 79-87.
- Moelyono, W. 1996. *Panduan Praktikum Analisa of Fotokimia Laboratorium Farmakologi*. PMIPA Universitas Padjajaran, Bandung.
- Molyneux, 2004. The Use of The Stable Free Radical Diphenyl Picrylhydrazil (DPPH) for Estimating Antioxidant Activity. *Journal Science and Technology*. 26(2): 211-219.
- Mulja, M., dan Suharman, 1995. *Analisis Instrumental*. Airlangga University Press, Surabaya.
- Nurussakinah. 2010. "Skrinning Fitokimia dan Uji Aktivitas Antibakteri Ekstrak Kulit Buah Tanaman Jengkol (*Pithecellobium jiringa* (Jack) Prain) terhadap Bakteri *Streptococcus mutans*, *Staphylococcus aureus*, dan *Eschericia coli*". Tidak Diterbitkan. Skripsi. Fakultas Farmasi USU, Medan.

- Oboh, G. 2005. Effect of *Blanching* on The Antioxidant Properties of Some Tropical Green Leafy Vegetables. *Food Science and Technology*. 38: 513-517.
- Oroian, M., dan Escriche, I. 2015. Antioxidants: Characterization, Natural Sources, Extraction, and Analysis. *Food Research International*. 74: 10-36.
- Patras, A., Tiwari, B.K., dan Brunton, N.P. 2011. Influence of *Blanching* and Low Temperature Preservation Strategies on Antioxidant Activity and Phytochemical Content of Carrots, Green Beans, and Broccoli. *Journal Food Science and Technology*. 44: 299-306.
- Pitojo, S. 1992. *Jengkol Budidaya dan Pemanfaatan*. Kanisius, Yogyakarta.
- Poelman, A.A.M., Delahunty, C.M., dan DeGraaf, C. 2013. Cooking Time but Not Cooking Method Affects Children's Acceptance of Brassica Vegetables. *Food Quality Preferences*. 28(2): 441-448.
- Prakash, A., Rigelhof, F., dan Miller, E. 2001. Antioxidant Activity. *Analytical Progress*. Medallion Laboratories.
- Pratt, D.E. 1992. *Natural Antioxidant from Plant Material*. Am.Chemical Society, Washington DC.
- Quintero, R.A., Bourne, M.C., dan Morales, A.A. 1992. Texture and Rehydration of Rehydrated Carrots as Affected by Low Temperature *Blanching*. *Journal Food Science*. 57(5): 1127-1128.
- Redha, A. 2010. *Flavonoid: Struktur, Sifat Antioksidatif, dan Peranannya dalam Sistem Biologis*. Politeknik Negeri Pontianak, Pontianak.
- Reque, P.M., Steffens, R.S., Jablonski, A., Flores, S.H., Rios, A.D.O., dan De Jong, E.V. 2014. Cold Storage of Blueberry (*Vaccinium spp.*) Fruits and Juice: Anthocyanin Stability and Antioxidant Activity. *Journal of Food Composition and Analysis*. 33(1): 111-116.
- Roy, M.K., Juneja, L.R., Isobe, S. dan Tsushida, T. 2009. *Steam* Processed Broccoli (*Brassica oleracea*) Has Higher Antioxidant Activity in Chemical and Cellular Assay Systems. *Food Chemistry*. 114: 263-269.
- Santoso, U. 2016. *Antioksidan Pangan*. UGM Press, Yogyakarta.
- Sarker dan Nahar, 2009. *Kimia untuk Mahasiswa Farmasi*. Pustaka Pelajar, Yogyakarta.

- Schwarz, K., Bertelsen, G., Nissen, L.R., Gardner, P.T., Heinonen, M.I., Hopia, A., Huynh-Ba, T., Lambelet, P., McPhail, D., Skibsted, L.H., dan Tijburg, L. 2001. Investigation of Plant Extracts for The Protection of Processed Foods Against Lipid Oxidation. Comparison of Antioxidant Assays Based on Radical Scavenging, Lipid Oxidation and Analysis of The Principal Antioxidant Compounds. *Eur. Food Research Technology*. 212: 319-328.
- Setyawan, P.E., dan Yudha, S. 2013. Optimalisasi Ekstraksi dan Uji Stabilitas Phycocyanin dari Mikroalga *Spirulina platensis*. *Jurnal Teknologi Kimia dan Industri*. 2(2): 61-67.
- Shonte, T.T., dan De Kock, H.L. 2017. Descriptive Sensory Evaluation of Cooked Stinging Nettle (*Urtica dioica* L.) Leaves and Leaf Infusions: Effect of Using Fresh or Oven Dried Leaves. *South African Journal of Botany*. 110: 167-176.
- Sies, H., dan Stahl, W. 1997. Antioxidant Defense: Vitamins E and C and Carotenoids. *Diabetes* 46 (Suppl 2): S14-S18.
- Sihombing, S.P. 2012. "Studi Pemanfaatan Ekstrak Kulit Jengkol (*Pithecellobium jiringa*) sebagai Antioksidan Alami". Tidak Diterbitkan. Skripsi. Universitas Muhammadiyah Malang, Malang.
- Silverstein, R.M., Webster, F.X., dan Kiemle, D. 2005. *Spectrometric Identification of Organic Compound 7th Edition*. Wiley, New York.
- Sridaran, A., Karim, A.A., dan Bhat, R. 2012. *Pithecellobium jiringa* Legume Flour for Potential Food Applications: Studies on Their Physico-chemical and Functional Properties. *Food Chemistry*. 130: 528-535.
- Steve, M.C., dan Russell, J.M. 2008. *Bioactive Natural Products 2nd Edition*. CRC Press, United States.
- Subeki. 1998. "Pengaruh Cara Pemasakan terhadap Kandungan Antioksidan Beberapa Macam Sayuran serta Daya Serap dan Resistensinya pada Tikus Percobaan". Tidak Diterbitkan. Tesis. IPB, Bogor.
- Suhartono, E., Fusiati, and Aflanie, I. 2002. Oxygen Toxicity by Irradiation and Effect of Glutamic Piruvat Transmine (GPT) Activity Rat Plasma After Vitamine C Treatment. Internasional Seminar on Environmental Chemistry and Toxicology, Yogyakarta.
- Sunarni, T., Pramono, S., dan Asmah, R. 2007. Flavonoid Antioksidan Penangkap Radikal dari Daun Kepel (*Stelechocarpus burahol*). *Majalah Farmasi Indonesia*. 18(3): 111-116.

- Thamrin, dan Prayitno, L. 2008. Pengaruh Lama Perebusan dan Perendaman terhadap Kadar Air dan Tingkat Kelunakan Kolang-kaling. *Prosiding Seminar Nasional Sains dan Teknologi*. VIII: 44-49.
- Turkmen, N., Sari, F., dan Velioglu, S. 2005. The Effect of Cooking Methods on Total Phenolics and Antioxidant Activity of Selected Green Vegetables. *Food Chemistry*. 93: 713-718.
- Utami, D.T. 2013. Aktivitas Antibakteri Ekstrak Buah Kapulaga (*Amomum compactum Soland. Ex Maton*) terhadap *Escherichia coli* dan *Streptococcus pyogenes*. Fakultas Teknobiologi Universitas Atma Jaya, Yogyakarta.
- Vagiri, M., Ekholm, A., Andersson, S.C., Johansson, E., dan Rumpunen, K. 2012. An Optimized Method for Analysis of Phenolic Compounds in Buds, Leaves, and Fruits of Black Currant (*Ribes nigrum L.*). *Journal of Agricultural and Food Chemistry*. 60: 10501-10510.
- Vina, S.Z., Olivera, D.F., Marani, C.M., Ferreyra, C.M., Mugridge, A., Chaves, A.R., dan Mascheroni, R.H. 2007. Quality of Brusse Sprout (*Brasica oleracea L. Gemmifera DC*) as Affected by *Blanching* Method. *Journal of Food Engineering*. 80(1): 218-225.
- Weil, M., Sing, A.S.C., Meot, J.M., Boulanger, R., dan Bohuon, P. 2017. Impact of *Blanching*, Sweating, and Drying Operations on Pungency, Aroma, and Color of *Piper borbonense*. *Food Chemistry*. 219: 274-281.
- Xiao, H.W., Bai, J.W., Sun, D.W., dan Gao, Z.J. 2014. The Application of Superheated *Steam Impingement Blanching* (SSIB) in Agricultural Products Processing. *Journal of Food Engineering*. 132: 39-47.
- Xu, B., dan Chang, S.K.C. 2008. Effect of Soaking, Boiling, and *Steaming* on Total Phenolic Content and Antioxidant Activities of Cool Season Food Legumes. *Food Chemistry*. 110: 1-13.
- Yeon-Ju, L., Jeong-Woo, L., Dong-Geun, L., Hyi-Seung, L., Jong, S.K., dan Jieun, Y. 2014. Cytotoxic Sesterterpenoids Isolated from The Marine Sponge (*Scalariispongia sp.*). *Journal Molecular Science*. 15(11): 20045-20053.
- Zaveri, N.T. 2006. Green Tea and Its Polyphenolic Catechins: Medicinal Uses in Cancer and Noncancer Applications. *Life Sciences*. 78: 2073-2080.
- Zhao, Y., Du, S., Wang, H., dan Cai, M. 2014. In Vitro Antioxidant Activity of Extracts from Common Legumes. *Food Chemistry*. 152: 462-466.