

PEMBUATAN DAN ANALISIS *VIRGIN COCONUT OIL* YANG DIHASILKAN DENGAN MENGGUNAKAN METODE PANCINGAN

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INTISARI

Telah dilakukan penelitian terhadap pembuatan minyak kelapa murni (VCO). Tujuan penelitian ini untuk mengetahui pengaruh waktu pendiaman pada kualitas VCO. Pembuatan VCO dilakukan dengan waktu pendiaman 12, 24, 36, 48, 60 dan 72 jam. Parameter yang digunakan untuk menentukan kuantitas dan kualitas VCO meliputi rendemen, warna, aroma, kadar air, kadar asam lemak bebas, angka peroksida, turbiditas dan viskositas. Kandungan vitamin E (α -tokoferol) dan komposisi asam lemak penyusun ditentukan dari hasil VCO yang terbaik.

Hasil penelitian menunjukkan pada pendiaman selama 48 jam telah memenuhi syarat Standar Nasional Indonesia (SNI) 7381:2008 dan Asian and Pasific Coconut Community (APCC) 2008. Hasil analisis menunjukkan bahwa pada waktu pendiaman 72 jam merupakan produk terbaik memiliki 27,27 mg/100 ml α -tokoferol. Kadar air sebesar 0,067% dan kadar asam lemak bebas sebesar 0,20% yang cukup rendah, sampel VCO menunjukkan bahwa berkualitas tinggi. Nilai angka peroksida sebesar 1,10 meq kg⁻¹, menandakan stabilitas oksidasi yang tinggi. VCO memiliki nilai turbiditas sebesar 0,07 Nephelometric Turbidity Unit (NTU), viskositas 26,59 mm² s⁻¹ dan asam laurat sebesar 47,96%.

Kata kunci: VCO, metode pancingan, asam laurat.

PREPARATION AND ANALYSIS OF *VIRGIN COCONUT OIL* BY USING INDUCEMENT METHOD

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ABSTRACT

A study on the production of virgin coconut oil (VCO) was conducted. The aim of this research was to find the effect of inducement time on the quality of VCO. The VCO allowed standing for 12, 24, 36, 48, 60 and 72 hour. The parameters used to determine the quality of VCO were yield, colour, aroma, moisture content, free fatty acid, peroxide, turbidity, viscosity. Vitamin E (α -tocopherol) content and composition of fatty acids of best VCO were also measured.

The results showed that storage for 48 hours had been qualified the National Standard of Indonesia (SNI) 7381:2008 and Asian Pacific Coconut Community (APCC) 2008 standard. Results of analyses showed that storage for 72 hour good product has 27.27 mg/100 ml of α -tocopherol. The moisture content of 0.067% dan free fatty acid content of 0.20% were fairly low, showing that VCO samples were of high quality. The low proxide value 1.10 meq kg⁻¹, signified its high oxidative stability. The VCO have 0.07 Nephelometric Turbidity Unit (NTU) for turbidity, 26.59 mm² s⁻¹ of viscosity and 47.96% of lauric acid content.

Keywords: virgin coconut oil (VCO), inducement method, lauric acid.