

INTISARI

Buah pepaya yang kaya gizi bertahan hanya 5 hari. Untuk memperpanjang umur simpan buah pepaya dilakukan pengolahan misalnya pepaya kering. Pembuatan pepaya kering dengan proses dehidrasi osmotik. Tujuan dari penelitian ini adalah menganalisis fenomena proses dehidrasi osmotik irisan pepaya pada berbagai variasi suhu dan konsentrasi. Suhu yang digunakan 40°C, 50°C, dan 60°C. Konsentrasi yang digunakan adalah 50%, 55%, 60%, 65%, dan 70%. Bahan yang digunakan adalah pepaya jenis kalifornia. Larutan osmotik yang digunakan adalah larutan gula. Waktu yang digunakan untuk proses dehidrasi osmotik adalah 50 menit.

Hasil penelitian menunjukkan bahwa dehidrasi osmotik menurunkan kadar air buah pepaya pada suhu 40°C, 50°C, dan 60°C adalah $\pm 15\%$, 18%, 26%. Laju dehidrasi osmotik periode konstan masing-masing berkisar antara 0,563/detik - 0,96/detik, 0,87 detik - 1,035/detik, dan 0,832/detik - 1,311/detik. Laju periode menurun berkisar 0,001/detik - 0,002/detik disemua suhu. Energi aktivasi periode konstan berkisar pada 1,44kJ/mol - 18,55kJ/mol, sedangkan nilai energi aktivasi laju periode menurun 1,37kJ/mol - 31,15 kJ/mol. Analisis dengan kekerasan menunjukkan proses dehidrasi osmotik pada suhu 50°C dan 60°C dapat menurunkan kekerasan 0,287kg/mm² dan 0,231kg/mm². Laju perubahan kekerasan buah pepaya pada suhu 50°C, dan 60°C berkisar 0,00001/detik - 0,000028/detik dan 0,000008/detik - 0,000017/detik. Energi aktivasi kekerasan buah pepaya berkisar antara $2,495 \times 10^{-10}$ kJ/mol - 65297 kJ/mol. Penggunaan variasi suhu berpengaruh secara signifikan terhadap laju dehidrasi periode menurun.

Kata kunci : Buah pepaya, dehidrasi osmotik, gula, laju dehidrasi, laju kekerasan

ABSTRACT

Papaya fruit is rich in nutrient to survive 5 days, to extend the life of the papaya fruit processing performed example dried papaya. Manufacture of dried papaya with osmotic dehydration process. The objective of this research was to analysis the osmotic dehydration phenomenon on sliced of papaya fruit with temperature and concentration. The osmotic dehydration temperatures were 40°C, 50°C, and 60°C. The osmotic dehydration concentration were 50%, 55%, 60%, 65%, and 70%. The sliced of papaya fruit were used as samples. Sugar solution dipping were used for all variations in the osmotic dehydration process. The time needed for dripping fruit process at 50 minute.

The result showed that the osmotic dehydration had effect on reducing the moisture content of papaya fruit at 40°C, 50°C, and 60°C for ±15%, 18%, 26% respectively. The dehydration rates in dry basis analysis at constant period of papaya fruit were 0.563/second - 0.96/ second, 0.87 second - 1.035/ second, and 0.832/ second - 1.311/ second . respectively, while the dehydration rates at falling period were 0.001/ second -0.002/ second in of them temperature. The activation energies of papaya fruit were 1.44kJ/mole – 18.55kJ/mole respectively at constant period and 39.63 kJ/mole – 56.38 kJ/mole, 1.37kJ/mole – 31.15 kJ/mole respectively at falling period. Analysis with hardness, the osmotic dehydration had effect on reducing the hardness of papaya fruit at 50°C, and 60°C for 0,287kg/mm² and 0,231kg/mm². The hardness rates of papaya fruit were 0.00001/second – 0.000028/second at 50°C, and 60°C. The activation energies of papaya fruit were 2.495x10⁻¹⁰ kJ/mole – 65297 kJ/mole respectively by hardness analysis. The dipping temperature and concentration variance on osmotic solution process for the fruit had only effected the dehydration rates significantly.

Keywords : fruit, osmotic dehydration, sugar solution, dehydration rate, hardness rate