

INTISARI

Bubuk biji salak digunakan sebagai minuman alternatif pengganti kopi, yang dilakukan oleh warga Turi, Sleman, Yogyakarta. Minuman bubuk biji salak disukai karena rasanya enak dan mempunyai flavor salak yang spesifik. Penambahan gula dan lama waktu penyangraian akan mempengaruhi karakteristik bubuk biji salak. Penelitian ini bertujuan untuk mengetahui karakteristik dan aktivitas antioksidan pada biji salak segar dan bubuk biji salak dengan derajat penyangraian berat.

Penelitian dilakukan dengan cara biji salak pondoh super disangrai dengan derajat penyangraian berat (210⁰C) dengan variasi konsentrasi gula kelapa (0, 5, 10 %) serta variasi lama waktu penyangraian (8,11,14 menit). Penyangraian dilakukan menggunakan teknik penyangraian torrefacto yakni dilakukan penambahan gula saat penyangraian. Bubuk biji salak dianalisis sifat fisik, kimiawi, dan aktivitas antioksidan. Pengukuran aktivitas antioksidan menggunakan metode DPPH. Warna bubuk biji salak diukur menggunakan kromameter.

Hasil penelitian menunjukkan komponen yang paling banyak pada biji salak “Pondoh Super” adalah karbohidrat 90,71%db, kadar selulosa 35,18%db, kadar air 57,65%, kadar abu 3,20%db, kadar lemak 0,85%db, kadar protein 5,24%db, kadar karbohidrat 90,71%db, kadar gula reduksi 0,63%db, total fenol 0,69%db, dan aktivitas antioksidan 14,96% DPPH. Penambahan gula dan lama waktu penyangraian tidak mempengaruhi kadar abu dan kadar fenol, tetapi menurunkan, gula reduksi dan total padatan terlarut bubuk biji salak. Selain itu penambahan gula mampu meningkatkan aktivitas antioksidan namun lama waktu penyangraian menurunkan. Warna bubuk biji salak tidak terpengaruh dengan penambahan gula tetapi lama waktu penyangraian menurunkan nilai kecerahan bubuk biji salak sangrai.

Kata kunci :biji salak, gula kelapa, aktivitas antioksidan, penyangraian berat, penyangraian torrefacto

ABSTRACT

Salacca bean powder is used as an alternative to coffee drinks, which are made by citizens of Turi Sleman Yogyakarta. Salacca bean powder drink preferred because it tastes good and has a specific flavor of salacca. The addition of sugar and roasting time would affect on the characteristics of salacca bean powder. This study aims to find characteristics and antioxidant activity on salacca bean and salacca bean powder with a degree of dark roasting.

. Research was conducted with “Pondoh Super” salacca bean was roasted at dark roasting degree (210⁰C) added with a various concentration of coconut sugar (0, 5, 10%) as well as three different of roasting time (8,11,14 minutes). Roasting conducted using the technique of roasting torrefactonamely added of sugar when roasting. Sallaca bean powder were analyzed the physical, chemical, and antioxidant activity. Measurement of antioxidant activity using DPPH method. The color of salacca bean powder was measured by chromameter.

The results showed that the most components in “Pondoh Super” salacca bean were carbohydrate 90.71%db, cellulose 35.18 %db, water content 57,65%, ash content 3,20%db, lipid 0,85%db, protein content 5,24%db, reducing sugar 0,63%db, total phenol 0,69%db, and antioxidant activity 14,96% DPPH. The addition of sugar and long of roasting time did not affect the levels of ash and phenol content, but decreasing reducing sugar, and total soluble solids of sallaca bean powder. Futhermore, the addition of sugar can increase the antioxidant activity but a long of roasting time instead decreases. Color of salacca bean powder was not affected by the addition of coconut sugar, but long of roasting time decreases the brightness value of salacca bean powder.

Keyword: salacca bean, coconut sugar, antioxidant activity, dark roasting degree, torrefacto roasting