

ABSTRACT

Indri Nuraeni. B. 1810283. *Physicochemical and Sensory Characteristics Of Instant Rice with the Addition Of Dayak Onion (Eleutherine bulbosa) Extract. Supervised by Rosy Hutami and Distya Riski Hapsari.*

Instant rice is rice that is cooked in a short time, it is necessary to add food ingredients so that the decline in rice can be reduced only by the addition of Dayak onion extract. Dayak onion (Eleutherine bulbosa) is still underutilized in the food sector, it is more often used in the health sector as the purpose of this study to apply Dayak onion extract with the PLE (Pressurized Liquid Extraction) method in food products. The experiment used was a one-factor Completely Randomized Design (CRD) by adding extracts of the Dayak Onion Design (0.5%; 1%; 1.5%). The results of the research data analysis used analysis of variance (ANOVA) with Duncan's Advanced Test with 95% confidence. The product of the three treatments (0.5%; 1%; 1.5%) was a 1.5% Dayak onion extract treatment which had physical characteristics of 80.2% yield, rehydration time of 8.09 minutes, density of kamba 0.702 g/ml, 31% water absorption and 138.3% volume expansion. For the sensory quality test, the color was dark red (score 3,751), Dayak onion was slightly odorless (score 5.772), texture was less fluffier (score 4,071), taste was not bitter (score 7,107), aftertaste did not feel astringent (score 7,012) and had a high level of Like color (score 6,947), like aroma (score 6,413), dislike texture (score 4,824), almost like taste (score 5,139), somewhat like aftertaste (score 5,435), and overall rather like (score 5,623). While the chemical content, which has a total phenol content of 12.1 mg GAE/100g, water content 11.98%, ash content 0.3%, protein content 10.91%, fat content 8.33%, carbohydrate content 68.48 % and calories 392.53 kcal.

Keywords: *Instant Rice, Dayak onion (Eleutherine bulbosa), PLE (Pressurized Liquid Extraction), total phenol*

ABSTRAK

Indri Nuraeni. B. 1810283. Karakteristik Fisikokimia dan Sensori Nasi Instan dengan Penambahan Ekstrak Bawang Dayak (*Eleutherine bulbosa*). Di bawah bimbingan Rosy Hutami dan Distya Riski Hapsari.

Nasi instan adalah beras yang dimasak dalam waktu singkat, perlu penambahan bahan pangan agar nasi dapat berkurang indeks glikemiknya salah satunya dengan penambahan ekstrak bawang Dayak. Bawang Dayak (*Eleutherine bulbosa*) masih kurang pemanfaatannya dibidang pangan, lebih sering digunakan dibidang kesehatan sebagai obat maka dari itu tujuan dari penelitian ini untuk mengaplikasikan ekstrak bawang Dayak dengan metode PLE (*Pressurized Liquid Extraction*) pada produk pangan. Rancangan percobaan yang digunakan adalah Rancangan Acak Lengkap (RAL) satu faktor yaitu dengan penambahan ekstrak bawang Dayak (0,5%;1%;1,5%). Hasil analisis data penelitian menggunakan analisis sidik ragam (ANOVA) dengan Uji Lanjut Duncan dengan selang kepercayaan 95%. Produk terpilih dari ketiga perlakuan (0,5%;1%;1,5%) yaitu pada perlakuan penambahan ekstrak bawang Dayak 1,5% yang memiliki karakteristik fisik waktu rehidrasi 8,09 menit, densitas kamba 0,702 g/ml, daya serap air 31% dan volume pengembangan 138,3%. Untuk uji mutu sensori warna merah pekat (skor 3,751), aroma agak tidak tercium bawang Dayak (skor 5,772), tekstur kurang pulen (skor 4,071), rasa tidak pahit (skor 7,107), *aftertaste* tidak terasa sepat (skor 7,012) dan mempunyai tingkat kesukaan warna suka (skor 6,947), aroma suka (skor 6,413), tekstur kurang suka (skor 4,824), rasa hampir suka (skor 5,139), *aftertaste* agak suka (skor 5,435) serta *overall* agak suka (skor 5,623). Sedangkan kandungan kimianya yaitu memiliki kadar total fenol sebesar 12,1 mg GAE/100g, kadar air 11,98%, kadar abu 0,3%, kadar protein 10,91%, kadar lemak 8,33%, kadar karbohidrat 68,48% dan kalori 392,53 kkal.

Kata kunci: Nasi Instan, Bawang Dayak (*Eleutherine bulbosa*), PLE (*Pressurized Liquid Extraction*), total fenol