

ABSTRACT

Tiara Anjani. B.1810546. Physicochemical and Sensory Characteristics of Yoghurt With Addition of Herbal Drink, called *wedang uwuh*. Supervised by Sri Rejeki Retna Pertiwi and Rosy Hutami.

Wedang uwuh is herbal drink from Central Java which contains various kinds of spices. Yoghurt with the addition of *wedang uwuh* is one of the innovations in food products. The purpose of this research is to use *wedang uwuh* in the form of yoghurt to add functional value to health. This study used a one-factor Completely Randomized Design (CRD), namely the concentration of *wedang uwuh* with three treatment levels of 3%, 4%, and 5% with two repetitions. Product analysis included pH, viscosity, total lactic acid, ash content, fat content, protein content, antioxidant activity, and total lactic acid bacteria. The selected yoghurt was analyzed for its sensory properties including sensory and hedonic tests. The results showed that the more *wedang uwuh* act was added, the pH value, total lactic acid and ash content were increased and the viscosity value, fat content, protein content, antioxidant activity and total lactic acid bacteria were reduced. The selected products were obtained by adding 3% *wedang uwuh* which had a pH of 3.3250; viscosity 7.4885 cP; total lactic acid 0.75185%; ash content 0.7391%; fat content 2.035%; protein content 4.11%; antioxidant activity 15.7%; and total lactic acid bacteria 1.9×10^5 CFU/ml. The selected product has a milky white sensory quality (2.91); typical aroma of yoghurt (7.61); no smell of spices (3.84); tasted sour (5.76); feels a little astringent (4.73); and the texture is thick (7.42) and has a hedonic rating of liking with a score ranging from 6,85-8,53.

Keywords: Yoghurt, *wedang uwuh*, physicochemical, microbiology, sensory

ABSTRAK

Tiara Anjani. B.1810546. Karakteristik Fisikokimia Dan Sensori Yoghurt Dengan Penambahan Ekstrak Wedang Uwuh. Skripsi. Di bawah bimbingan Sri Rejeki Retna Pertiwi dan Rosy Hutami.

Wedang uwuh adalah minuman herbal dari Jawa Tengah yang berbahan dasar rempah-rempah. Yoghurt dengan penambahan ekstrak wedang uwuh merupakan salah satu inovasi produk pangan. Tujuan penelitian ini adalah pemanfaatan wedang uwuh dalam bentuk yoghurt untuk menambah nilai fungsional kesehatan. Penelitian ini menggunakan Rancangan Acak Lengkap (RAL) satu faktor yaitu konsentrasi ekstrak wedang uwuh dengan tiga taraf perlakuan 3%, 4%, dan 5% dengan dua kali pengulangan. Analisa produk meliputi pH, viskositas, total asam laktat, kadar abu, kadar lemak, kadar protein, aktivitas antioksidan, dan total bakteri asam laktat. Yoghurt terpilih dianalisis sifat sensorinya meliputi uji sensori dan hedonik. Penentuan produk terpilih mengacu pada Standar Nasional Indonesia (SNI) 2891:2009 tentang yoghurt. Hasil penelitian menunjukkan bahwa semakin banyak penambahan ekstrak wedang uwuh maka meningkatkan nilai pH, total asam laktat, dan kadar abu serta menurunkan nilai viskositas, kadar lemak, kadar protein, aktivitas antioksidan, dan total bakteri asam laktat. Produk terpilih didapat pada perlakuan penambahan ekstrak wedang uwuh 3% yang memiliki pH 3,3250; viskositas 7,4885 cP; total asam laktat 0,75185%; kadar abu 0,7391%; kadar lemak 2,035%; kadar protein 4,11%; aktivitas antioksidan 15,7%; dan total bakteri asam laktat $1,9 \times 10^5$ CFU/ml. Produk terpilih memiliki mutu sensori berwarna putih susu (2,91); aroma khas yoghurt (7,61); aroma rempah tidak tecium (3,84); terasa asam (5,76); terasa sedikit sepat (4,73); dan teksturnya kental (7,42) serta penilaian mutu hedonik suka dengan skor 6,85-8,53.

Kata Kunci: Yoghurt, wedang uwuh, fisikokimia, mikrobiologi, sensori