ABSTRACT

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PEMANFAATAN “SUSU BIJI BUNGA MATAHARI” DAN PENAMBAHAN BUBUR BERAS HITAM TERHADAP SIFAT FISIKO KIMIA ES KRIM

(xv+115 pages: 20 figures, 11 tables, 31 appendices)

Sunflower seed is one of a good source of unsaturated fat. Cow’s milk rich of saturated fats that can harm human health. Therefore, sunflower seeds milk can be used to replace milk in ice cream production. Black rice known of its functional benefits to human health, as a source of dietary fiber and can be used as a natural colorant. In this research, five ratios of sunflower seeds milk and cow’s milk (0:100, 25:75, 50:50, 75:25, 100:0) is used to produce ice cream. Black rice porridge is added with three concentrations (10%, 20%, and 30%) in the ice cream production. The initial research showed that sunflower seeds milk with ratio 1:5 (sunflower seeds:water) is preferred by panelists and used in the main research. The physicochemical and sensory characteristics of the ice creams were analyzed in the main research. Melting time of ice creams is significantly increased by the addition of black rice porridge range from 893 to 1235.2 seconds. The lightness of the ice creams decreased from 50.43 to 46.68 and degree of hue from 58.7 to 40.16 by the addition of black rice porridge. Overrun is significantly affected by the using of sunflower seeds milk range from12.26 to 18.56% and the addition of black rice porridge range from 6.84 to 25.25%. The dietary fiber of ice creams increased from 1.925 to 4.675% by the addition of black rice porridge. Results of sensory analyses show that the sunflower seeds milk decrease the acceptance of ice creams. Ice cream with ratio of sunflower seeds milk and cow’s milk 25:75 with addition of 20% black rice porridge is preferred by panelists and gave the best physicochemical properties.

Keywords: Black rice, dietary fiber, ice cream, sunflower seeds milk

References: 73 (1992-2016)