

ABSTRACT

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STUDI PEMBUATAN SELAI DARI BUAH PEPAYA (*CARICA PAPAYA* L.) DAN SEDIAAN ASAM GELUGUR (*GARCINIA ATROVIRIDIS* GRIFF EX T. ANDERS.)

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Papaya (Carica papaya L.) has many benefits and high nutritional values for health and also contains pectin which includes one of criteria for the jam but has no fresh sour taste. Asam gelugur (Garcinia atroviridis Griff ex. T Anders.) leaves and fruits have fresh sour taste but rarely processed into food products. The objective of this research was to improve the utilization of papaya fruit and Garcinia atroviridis leaf part in the jam making. Three different ratios of papaya and asam gelugur leaf green tea (90%:10%, 85%:15%, 80%:20%) and types of thickeners (CMC 1%, Agar 1%, Jelly 1%) were used as treatments. Parameters of physical characteristics (color, consistency, viscosity), chemical characteristics (pH, water activity (a_w), total titratable acidity, total soluble solids as well as sensory evaluation were used. The result showed that the best jam formulation was the one with papaya and asam gelugur ratio of 90%:10% and thickener 1% Jelly. The result also showed that the best jam formulation contained 0.1% protein, 1.36% fat, 63.04% carbohydrate, 0.32% ash and 35.18% moisture. In addition, the antioxidant content was 4590 ppm IC_{50} and it contained 1.22 mg vitamin C.

Keywords: papaya, asam gelugur leaf, jam, food thickener

References: 84 (1992-2016)