

ABSTRAK

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TINJAUAN PUSTAKA KARAKTERISTIK FISIKOKIMIA, MIKROBIOLOGI, DAN UJI HEDONIK YOGHURT NABATI

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(xi + 41 halaman; 2 gambar; 26 tabel; 2 lampiran)

Yoghurt nabati merupakan produk pengganti yoghurt yang tidak mengandung susu dan laktosa karena terbuat dari susu nabati. Bahan baku yang umumnya digunakan dalam pembuatan yoghurt nabati adalah oat, beras, gandum, barley, jagung, santan kelapa, kacang kedelai dan kacang almond. Bahan yang digunakan memengaruhi nilai gizi dan karakteristik yoghurt yang berbeda-beda. *Streptococcus thermophilus* dan *Lactobacillus bulgaricus* digunakan dalam fermentasi yoghurt nabati. Yoghurt memiliki manfaat untuk mencegah gangguan pencernaan, meningkatkan sistem kekebalan tubuh, mencegah osteoporosis, mengurangi sembelit, mengurangi kolesterol darah, dan meningkatkan penyerapan nutrisi di dalam tubuh. Tujuan dari kajian pustaka ini adalah memberikan gambaran pengetahuan serta menganalisa karakteristik fisikokimia dari berbagai jenis yoghurt nabati, seperti yoghurt susu kacang kedelai, yoghurt susu kacang almond, yoghurt santan kelapa, dan yoghurt sari jagung. Parameter yang dianalisis adalah pH, total asam laktat (TAT), bakteri asam laktat (BAL), kadar protein, kadar lemak, tekstur, dan tingkat kesukaan (uji hedonik). Keempat jenis yoghurt nabati menghasilkan karakteristik fisikokimia yang berbeda dimana yoghurt sari jagung memiliki pH terendah, yaitu 3,80 – 4,40 dan penerimaan keseluruhan yang paling tinggi, yaitu agak suka - suka. Yoghurt santan kelapa memiliki TAT, BAL, kadar protein, kadar lemak, dan viskositas yang tertinggi, yaitu 0,352 – 2,079%, 11,72 – 13,26 log CFU/ml, 3,02 – 11,17%, 1,61 – 21,06%, 11,33 – 8334 cP secara berurutan. Yoghurt susu kacang kedelai memiliki nilai penerimaan keseluruhan yang paling rendah, yaitu netral – sedikit suka karena terdapat bau langu.

Kata Kunci : kacang kedelai, kacang almond, santan kelapa, sari jagung, yoghurt nabati

Referensi : 45 (2011-2020)

ABSTRACT

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LITERATURE REVIEW OF PHYSICOCHEMICAL, MICROBIOLOGY CHARACTERISTIC, AND DEGREE OF LIKENESS OF PLANT-BASED YOGHURT

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Plant-based yoghurt is a yoghurt substitute product that does not contain milk and lactose because it is made from plant-based ingredients. Commonly used raw materials for plant-based yoghurts are oat, rice, wheat, barley, corn, coconut, soybean, and almond. The raw material used will affect the nutritional value and characteristics of each yoghurt. *Streptococcus thermophilus* and *Lactobacillus bulgaricus* are also used in fermenting plant-based yoghurts. There are many benefits of consuming yoghurts such as preventing indigestion, boosting the immune system, preventing osteoporosis, reducing constipation, reducing blood cholesterol, and increasing nutrition absorption in the body. The purpose of this literature review is to give a clear overview and analyze the physicochemical characteristics of various types of plant-based yoghurt including soymilk yoghurt, almond milk yoghurt, coconut milk yoghurt, and corn extract yoghurt. Parameters analyzed were pH, total lactic acid (TAT), lactic acid bacteria (LAB), protein content, fat content, texture, and overall acceptance. The four types of plant-based yoghurt produce different physicochemical characteristics where corn extract yoghurt had the lowest pH level, which is 3,80 – 4,40 and highest overall acceptance, which is slightly like – like. Coconut milk yoghurt had the highest TAT, LAB, protein content, fat content, and viscosity, which are 0,352 – 2,079%, 11,72 – 13,26 log CFU/ml, 3,02 – 11,17%, 1,61 – 21,06%, 11,33 – 8334 cP sequentially. Soybean milk yoghurt has the lowest overall acceptance due to its beany flavor.

Keywords : almond, coconut milk, corn extract, plant-based yoghurt, soybean

Reference : 45 (2011-2020)