ABSTRAK

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PEMANFAATAN DAUN PERILLA (*PERILLA FRUTESCENS* L.*)* DENGAN LAMA PENGERINGAN DAN KONSENTRASI YANG BERBEDA DALAM PEMBUATAN *CRACKERS*

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(xv+68 halaman; 21 gambar; 18 tabel; 9 lampiran

Daun perilla sebagai bahan pangan tinggi protein berpotensi untuk diolah menjadi tepung dan digunakan dalam pembuatan produk *crackers* guna meningkatkan kadar protein biskuit. Tujuan dari penelitian ini adalah untuk memanfaatkan daun perilla dalam bentuk tepung guna meningkatkan kadar protein *crackers* sekaligus mempelajari kadar air dan kadar protein dari daun perilla, kadar air, kadar protein, *water holding capacity*, dan rendemen tepung daun perilla dari lama pengeringan daun perilla yang berbeda serta menentukan lama pengeringan daun perilla dan konsentrasi tepung daun perilla terbaik berdasarkan karakteristik fisikokimia dan sensori *crackers.* Penelitian ini juga bertujuan untuk membandingkan *crackers* perlakuan terbaik dengan *crackers* perlakuan kontrol dari segi karakteristik fisikokimia. Pengeringan daun dilakukan selama 3,4 dan 5 jam, sedangkan konsentrasi tepung daun perilla yang digunakan adalah 1,3, dan 5%. Peningkatan kadar protein terjadi seiring dengan peningkatan konsentrasi tepung daun perilla yang digunakan dalam membuat *crackers*. Pemilihan perlakuan terbaik dilakukan berdasarkan komponen nutrisi, sifat fisik, dan uji sensori *crackers*. *Crackers* perlakuan terbaik yang dipilih merupakan *crackers* yang terbuat dari hasil pengeringan daun selama 5 jam dengan penggunaan konsentrasi tepung daun perilla sebanyak 5%. *Crackers* perlakuan terbaik memiliki kadar protein yang lebih tinggi dibandingkan *crackers* perlakuan kontrol yaitu sebesar 12.27±0.08% dan nilai penerimaan keseluruhan uji hedonik yang masih menunjukkan nilai mendekati skala 4 “netral” (3.66±1.11).

Kata Kunci : *crackers*, daun perilla, lama pengeringan, konsentrasi, pengeringan

Referensi : 71 (2005-2024)

ABSTRACT

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UTILIZATION OF PERILLA LEAF (*PERILLA FRUTESCENS* L.*)* WITH DIFFERENT DRYING TIMES AND CONCENTRATIONS IN CRACKERS PRODUCTION

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Perilla leaf as food ingredients with high protein content is considered to be potentially processed into flour and then used as one of the ingredients on the making of crackers in order to increase its protein content. This research purposes are to use perilla leaf within its powder form to increase the protein content of crackers as well as to study the moisture and protein content of perilla leaf, to study the moisture content, protein content, water holding capacity, and yield from perilla leaf powder with different drying times, and also to determine the best drying time of perilla leaf and concentration usage of perilla leaf powder based on crackers's physical and chemical characteristics as well as sensory test results. The other purposes of this research is to compare the best treatment crackers with control in terms of physical and chemical characteristics. Drying time used in this research are 3,4, dan 5 hours, whereas the concentration of perilla leaf powder that used in this research are 1,3, and 5%. The increase of protein content occurs as the usage of concentration perilla leaf powder increase. The best treatment was chosen based on the nutrition content, physical properties, and sensory evaluation of crackers. Crackers that are made from perilla flour for which the leaf was dried for 5 hours with 5% concentration of perilla leaf powder was chosen to be the best treatment. The best treatment crackers have protein content that is higher than crackers control treatment (12.27±0.08%) with overall acceptance for hedonic test that are still scored close to 4 "neutral" (3.66±1.11).

Keywords : concentration, crackers, drying, drying time, perilla leaf

References : 71 (2005-2024)