

KAJIAN VARIASI UMUR KELAPA DAN JENIS PERLAKUAN PENDAHULUAN TERHADAP MUTU KELAPA PARUT KERING

[Study of Coconut Maturity Stage Variation and Type of Pre-treatment on the Quality of Desiccated Coconut]

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ABSTRACT

Desiccated coconut is an important coconut product but easily rancid because of the oxidation process during storage. The aim of this research was to examine the effect of coconut maturity stage and pre-treatment on the quality of desiccated coconut. The method use in this study was an experimental method with complete randomized design with two factors: variation of coconut maturity stages (K1= very young coconut, K2= young coconut, K3=mature coconut, K4= very mature coconut) and type of pre-treatment (B1=blanching at 75°C for 10 minutes and B2= non-blanching). Each treatment was made into 3 replications. The parameters observed in this research included the water content, fat content, color, yield, and organoleptic quality (aroma and taste) by hedonic and scoring. Data were analyzed by the analysis of variance at 5% significance level using co-stat software. When significantly difference, they were further analyzed using the Duncan's Multiple Range Test at the same level. The results shown that the coconut maturity stage variation and pretreatment types had significant different effect on the fat content, but did not give significant effect on the water content, yield and color of desiccated coconut. The young coconut and blanching treatment was the best treatment that produced desiccated coconut with the following characteristics: yield 49.436%, L 89.457; Hue value 90.43; water content 1.741%; fat content 60.933%; normal coconut aroma, savory taste, and white color which was slightly liked by the panelist.*

Keywords: *blanching, desiccated coconut, coconut maturity*

ABSTRAK

Kelapa parut kering merupakan produk olahan daging kelapa yang penting namun mudah tengik karena terjadinya proses oksidasi selama penyimpanan. Penelitian ini bertujuan untuk menelaah pengaruh tingkat ketuaan buah kelapa dan perlakuan pendahuluan terhadap mutu kelapa parut kering. Metode yang digunakan dalam penelitian ini adalah metode eksperimen Rancangan Acak Lengkap dengan dua faktor yaitu variasi umur kelapa (K1 = kelapa sangat muda, K2 = kelapa muda, K3 = kelapa tua, dan K4 = kelapa sangat tua) dan jenis perlakuan pendahuluan (B1 = *blanching* pada suhu 75°C selama 10 menit dan B2 = *non-blanching*). Masing-masing perlakuan diulang sebanyak 3 kali. Parameter yang diamati dalam penelitian ini meliputi kadar air, kadar lemak, warna, rendemen, dan mutu organoleptik (aroma dan rasa) yang diuji secara hedonik dan skoring. Data hasil pengamatan dianalisis menggunakan analisis keragaman pada taraf nyata 5% dengan menggunakan software Co-Stat. Apabila terdapat beda nyata, maka diuji menggunakan Uji Beda Nyata Jujur (BNJ) pada taraf nyata yang sama. Data hasil pengamatan menunjukkan bahwa variasi umur kelapa dan jenis perlakuan pendahuluan berpengaruh nyata terhadap kadar lemak kelapa parut kering, namun tidak berpengaruh nyata terhadap kadar air, rendemen, dan warna kelapa parut kering. Perlakuan daging kelapa muda dan *blanching* merupakan perlakuan yang terbaik yang menghasilkan kelapa parut kering dengan karakteristik sebagai berikut: rendemen 49,436%, Nilai L* 89,457; nilai °Hue 90,43; kadar air 1,741%; kadar lemak 60,933%; aroma normal kelapa, rasa gurih, dan warna putih yang agak disukai oleh panelis.

Kata kunci: *blanching, kelapa parut kering, ketuaan kelapa*