PENGARUH PENAMBAHAN EKSTRAK KOPI ARABIKA DEKAFEINASI TERHADAP MUTU SOYGHURT

(*THE EFFECT OF THE ADDITION OF DECAFFEINATED ARABICA COFFEE EXTRACT ON THE QUALITY OF SOYGHURT*)

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ABSTRACT

The purpose of this study was to determine the quality of soyghurt by adding decaffeinated arabica coffee extract. This study used Block Randomized Design (BRD) with one factor with six treatments and repeated three times. The treatments in this study were K0 (without the addition of coffee extract); K1 (5%); K2 (10%); K3 (15%); K4 (20%) and K5 (25%). The parameters observed were the acidity (pH), total lactic acid, total soluble solids, protein content, caffeine content, antioxidant activity, total lactic acid bacteria, viscosity, color using a colorimeter, and sensory tested for flavor, taste and color. The observed data were analyzed using analysis of variance at a 5% significance level using the Co-Stat Software. If the data were significantly different, then further tested with the Duncan Multiple Range Test (DMRT) at 5%. The best treatment in this study was obtained on the addition of 25% decaffeinated arabica coffee extract or 140 ml with the following characteristics of soyghurt: acidity (pH) of 3.63, total BAL of 9.56 CFU/mL logs, total lactic acid 0.92%, the protein content of 8.28%, the caffeine content of 1.46%, and antioxidant activity of 95.27%, as well as sensory quality in scoring and hedonic terms received and liked by the panelists.

Keywords : decaffeination, extract, arabica coffee, soyghurt.

ABSTRAK

Tujuan dari penelitian ini untuk mengetahui mutu soyghurt dengan penambahan ekstrak kopi arabika dekafeinasi. Rancangan penelitian yang digunakan dalam penelitian ini adalah Rancangan Acak Kelompok (RAK) satu faktor dengan enam perlakuan dan diulang sebanyak tiga kali. Perlakuan terdiri atas K0, K1, K2, K3, K4 dan K5 dengan konsentrasi berturut-turut 0%; 5%; 10%; 15%; 20% dan 25%. Parameter yang diamati yaitu derajat keasaman (pH), total asam laktat, total padatan terlarut, kadar protein, kadar kafein, aktivitas antioksidan, total bakteri asam laktat (BAL), viskositas, warna menggunakan *colorimeter* dan sensoris (aroma, rasa dan warna). Data hasil pengamatan diuji dengan analisis keragaman pada taraf nyata 5% menggunakan *Software* Co-Stat. Jika hasil pengamatan berbeda nyata, maka diuji lanjut dengan Uji *Duncan Multiple Range Test* (DMRT) pada taraf nyata 5%. Perlakuan terbaik didapatkan pada konsentrasi ekstrak kopi arabika dekafeinasi 25% dengan karakteristik soyghurt sebagai berikut : derajat keasaman (pH) sebesar 3,63, total BAL 9,56 log CFU/mL, total asam laktat 0,92%, kadar protein 8,28%, kadar kafein 1,46%, dan aktivitas antioksidan 95,27% serta mutu sensoris secara skoring dan hedonik yang diterima dan disukai oleh panelis.

Kata kunci : dekafeinasi, ekstrak, kopi arabika, soyghurt.