

**PENGARUH PENAMBAHAN SARI BUAH MANGGA ARUMANIS (*Mangifera indica* L.)
TERHADAP MUTU YOGHURT SANTAN KELAPA**

[THE EFFECT OF ADDITION OF ARUMANIS MANGO (*Mangifera indica* L.) EXTRACT ON THE
QUALITY OF COCONUT MILK YOGHURT]

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ABSTRACT

Coconut milk can be used as a substitute for animal milk in making yogurt. However, coconut milk yogurt has a less desirable taste, aroma and color. Mango fruit juice can be used as an additional ingredient in making coconut milk yogurt because it has a distinctive taste, aroma and color. In addition, mangoes are known to contain sugar and prebiotics which have the potential to increase total BAL, and contain vitamin C that can increase the nutritional value of coconut milk yogurt. This study aims to determine the effect of the addition of arumanis mango (*Mangifera indica* L.) juice on the quality of coconut milk yogurt with concentrations of arumanis mango (*Mangifera indica* L.) juice of 0%, 5%, 10%, 15%, 20%, and 25%. Parameters observed were microbiological quality (total lactic acid bacteria (LAB)), chemical quality (total lactic acid, pH, and vitamin C content), and organoleptic quality (aroma, taste, color, thickness). Each treatment was carried out 3 replications to obtain 18 experimental units. Observational data were analyzed by analysis of variance with a significant level of 5%, using Co-stat software. If significantly different results are obtained, then the further test is continued with the Honest Significant Difference (HSD) advanced test. The results showed that the addition of 25% concentration of arumanis mango juice was the best treatment in producing coconut milk yogurt with a Total Lactic Acid Bacteria (LAB) value of 9.37 log CFU/mL, a total lactic acid value of 0.96%, a pH value of 4.06, vitamin C content of 0.59%, slightly scented with mango fruit, slightly sour taste, yellowish white in color, thick texture, and was liked by the panelists.

Keywords: Arumanis mango, coconut milk, yogurt.

ABSTRAK

Santan kelapa dapat dijadikan sebagai pengganti susu hewani pada pembuatan yoghurt. Namun, yoghurt santan kelapa memiliki rasa, aroma, dan warna yang kurang disukai. Sari buah mangga dapat dimanfaatkan sebagai bahan tambahan dalam pembuatan yoghurt santan kelapa karena memiliki rasa, aroma, dan warna yang khas. Selain itu, buah mangga diketahui mengandung gula dan prebiotik yang berpotensi meningkatkan total BAL, serta mengandung vitamin C sehingga dapat meningkatkan nilai gizi yoghurt santan kelapa. Penelitian ini bertujuan untuk mengetahui pengaruh penambahan sari buah mangga arumanis (*Mangifera indica* L.) terhadap mutu yoghurt santan kelapa dengan konsentrasi sari buah mangga arumanis (*Mangifera indica* L.) sebanyak 0%, 5%, 10%, 15%, 20%, dan 25%. Parameter yang diamati yaitu mutu mikrobiologi (total bakteri asam laktat (BAL)), mutu kimia (total asam laktat, derajat keasaman, dan kadar vitamin C), serta mutu organoleptik (aroma, rasa, warna, kekentalan). Masing-masing perlakuan dilakukan 3 ulangan sehingga diperoleh 18 unit percobaan. Data hasil pengamatan dianalisis dengan analisis keragaman dengan taraf nyata 5%, menggunakan *software Co-stat*. Apabila diperoleh hasil yang berbeda nyata, maka dilanjutkan uji lanjut dengan uji lanjut Beda Nyata Jujur (BNJ). Hasil penelitian menunjukkan bahwa penambahan konsentrasi sari buah mangga arumanis 25% merupakan perlakuan terbaik dalam menghasilkan yoghurt santan kelapa dengan nilai Total Bakteri Asam Laktat (BAL) 9,37 log CFU/mL, nilai total asam laktat 0,96%, nilai pH 4,06, kadar vitamin C 0,59%, agak beraroma buah mangga, berasa agak asam, berwarna putih kekuningan, bertekstur kental, serta disukai oleh panelis.

Kata kunci: Mangga arumanis, santan kelapa, yoghurt.