

Maulana Farah Dliba. NPM 210331100048. Evaluasi sensoris, antioksidan dan serat pangan minuman labu kabocha (*Cucurbita maxima*) fermentasi. Di bawah bimbingan **Dr. Darimiyya Hidayati, S.TP., M.P. dan Dr. Enung Siti Nurhidayah.**

ABSTRAK

Labu kabocha (*Cucurbita maxima*) merupakan komoditas hortikultura yang kaya akan nutrisi seperti serat dan antioksidan yang tinggi. Potensi tersebut dapat dioptimalkan melalui pengolahan menjadi produk minuman fermentasi yang bernilai fungsional tinggi. Minuman fermentasi labu menggunakan bakteri asam laktat *Lactobacillus plantarum* yang berperan penting dalam proses fermentasi. Penelitian ini bertujuan untuk menganalisis pengaruh metode *blanching* terhadap karakteristik sensoris, senyawa antioksidan dan kandungan serat pangan. Tahapan metode penelitian dimulai dari pembuatan jus labu, fermentasi minuman labu, pengujian dan analisis data. Pengujian yang dilakukan yaitu sensoris, uji antioksidan dan uji serat pangan. Data pengujian dianalisis menggunakan ANOVA (*Analysis of varians*) sedangkan pada uji sensoris menggunakan CATA (*check all that apply*) dan JAR (*just about right*). Hasil penelitian menunjukkan bahwa perlakuan *blanching* berpengaruh nyata terhadap aktivitas antioksidan, dan total serat pangan. Aktivitas antioksidan pada minuman labu fermentasi tertinggi pada perlakuan kontrol yaitu sebesar 91,74%, begitu juga dengan total serat pangan tertinggi yaitu sebesar 7,34%. Hasil uji sensoris menggunakan CATA (*check all that apply*) produk yang ideal menurut panelis yaitu *blanching* 5 menit yang memiliki karakter cerah dan manis. Berdasarkan PcoA (*principal coordinates analysis*) atribut cerah dan asam merupakan atribut yang mempengaruhi kesukaan panelis. Berdasarkan hasil analisis JAR (*just about right*) atribut yang perlu diperbaiki dalam produk minuman labu fermentasi yaitu keasaman dan kemanisan.

Kata Kunci : Antioksidan, *Blanching*, Minuman Fermentasi Labu, Serat Pangan

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ABSTRACT

Kabocha pumpkin (*Cucurbita maxima*) is a horticultural commodity that is rich in nutrients such as high fiber and antioxidants. This potential can be optimized through processing into fermented beverage products with high functional value. Fermented pumpkin drinks use lactic acid bacteria *Lactobacillus plantarum* which plays an important role in the fermentation process. This study aims to analyze the effect of the blanching method on sensory characteristics, antioxidant compounds and dietary fiber content. The stages of the research method start from making pumpkin juice, fermentation of pumpkin drinks, testing and data analysis. The tests carried out were sensory, antioxidant tests and dietary fiber tests. Test data were analyzed using ANOVA (Analysis of variance) while the sensory test used CATA (check all that apply) and JAR (just about right). The results showed that the blanching treatment had a significant effect on antioxidant activity and total dietary fiber. The highest antioxidant activity in fermented pumpkin drinks was in the control treatment, which was 91,74%, as well as the highest total dietary fiber, which was 7,34%. The results of the sensory test using CATA (check all that apply) the ideal product according to the panelists is 5 minutes of blanching which has a bright and sweet character. Based on PcoA (principal coordinates analysis) the bright and sour attributes are attributes that affect the panelists' preferences. Based on the results of the JAR (just about right) analysis, the attributes that need to be improved in fermented pumpkin drink products are acidity and sweetness.

Keywords: Antioxidants, Blanching, Fermented Pumpkin Drinks, Dietary Fiber