

ABSTRAK

Salah satu permasalahan pada buah naga yaitu tingginya stok buah naga ketika panen raya namun permintaan konsumen relatif tetap sehingga harga dari buah naga semakin menurun. Permasalahan tersebut perlu dilakukan antisipasi agar harga buah naga tidak terus menurun sehingga tidak merugikan petani yaitu dengan melakukan pengolahan lanjutan menjadi sebuah produk. Buah naga dapat dijadikan berbagai macam olahan lezat dan bergizi tinggi yang memiliki nilai ekonomis tinggi. Pengolahan buah naga menjadi berbagai macam olahan perlu dilakukan karena kandungan air buah naga merah cukup tinggi yaitu 90% dengan umur simpan di suhu ruang hanya dapat bertahan selama 7 hari sehingga diperlukan pengolahan lanjutan agar kebutuhan gizi yang terdapat pada buah naga dapat dipertahankan dan memperpanjang daya simpannya. Salah satu bentuk olahan dari buah naga yaitu menjadi stik buah naga. Pemanfaatan daging menjadi sebuah produk masih sangat terbatas dan terbilang tidak banyak variasi produk yang dilakukan oleh masyarakat. Oleh karena itu potensi untuk meningkatkan nilai ekonomis buah naga yang kaya akan antioksidan perlu dilakukan penelitian pembuatan olahan baru yaitu stik buah naga. Penelitian ini dilakukan untuk mengetahui aktivitas antioksidan, warna, kadar air, tekstur dan sensoris dengan menggunakan 3 perbandingan konsentrasi buah naga dan suhu pemasakan stik buah naga. Adapun konsentrasi buah naga yang dipakai yaitu 0%, 15% dan 30%, sedangkan suhu yang dipakai yaitu 150°C dan 160°C. Dari hasil penelitian ini didapatkan hasil perlakuan variasi buah naga berpengaruh nyata terhadap aktivitas antioksidan, sensoris aroma, warna, tekstur, rasa dan keseluruhan stik buah naga. Perlakuan variasi suhu dapat memberikan pengaruh nyata terhadap kadar air, warna L (*lightness*), warna a (*redness*), sensoris tekstur, rasa dan keseluruhan stik buah naga. Interaksi antara buah naga dengan suhu (Buah naga*suhu) berpengaruh nyata terhadap tekstur *cohesiveness*, sensoris tekstur, rasa dan keseluruhan stik buah naga.

Kata kunci : Antioksidan, buah naga, stik

ABSTRACT

One of the problems with dragon fruit is the high stock of dragon fruit at harvest time, but consumer demand is relatively constant so that the price of dragon fruit is decreasing. These problems need to be anticipated so that the price of dragon fruit does not continue to decline so as not to harm farmers, namely by carrying out further processing into a product. Dragon fruit can be used as a variety of delicious and highly nutritious preparations that have high economic value. Processing of dragon fruit into various kinds of preparations needs to be done because the water content of red dragon fruit is quite high, namely 90% with a shelf life at room temperature that can only last for 7 days so further processing is needed so that the nutritional needs of dragon fruit can be maintained and extend its shelf life. One of the processed forms of dragon fruit is to become dragon fruit sticks. The use of meat as a product is still very limited and there are not many product variations made by the community. Therefore, the potential to increase the economic value of dragon fruit which is rich in antioxidants needs to be researched on the manufacture of new products, namely dragon fruit sticks. This research was conducted to determine the antioxidant activity, color, moisture content, texture and sensory using 3 comparisons of dragon fruit concentration and ripening temperature of dragon fruit sticks. The dragon fruit concentrations used were 0%, 15% and 30%, while the temperatures used were 150°C and 160°C. From the results of this study, it was found that the treatment of dragon fruit variations had a significant effect on antioxidant activity, sensory aroma, color, texture, taste and overall dragon fruit sticks. Treatment of temperature variations can have a significant effect on water content, color L (lightness), color a (redness), sensory texture, taste and overall dragon fruit sticks. The interaction between dragon fruit and temperature (Dragon fruit*temperature) significantly affects the cohesiveness texture, sensory texture, taste and overall dragon fruit sticks.

Keywords: Antioxidant, dragon fruit, stick