

PENGARUH LAMA PENDINGINAN SANTAN TERHADAP KUALITAS MINYAK GORENG KELAPA

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ABSTRAK

Minyak goreng kelapa adalah salah satu produk olahan dari kelapa yang dilakukan dengan mengendapkan santan, kemudian melalui proses pemanasan sehingga menghasilkan minyak goreng kelapa. Penelitian ini bertujuan untuk mengetahui pengaruh lama pendinginan santan terhadap kualitas minyak goreng kelapa meliputi sifat fisik, sifat kimia dan organoleptik minyak goreng kelapa. Penelitian ini dirancang dengan menggunakan Rancangan Acak Lengkap (RAL). Data hasil penelitian dianalisis dengan analisis keragaman (*Analysis of variance*) dan uji signifikan dengan uji Beda Nyata Jujur (BNJ) pada taraf 5% dengan perlakuan faktor tunggal yaitu lama pendinginan santan, dengan perlakuan sebagai berikut: P0 = Kontrol 8 jam (Suhu ruang), P1 = 2 jam, P2 = 4 jam, P3 = 6 jam, P4 = 8 jam. Hasil penelitian ini menunjukkan bahwa perlakuan lama pendinginan santan berpengaruh secara nyata terhadap sifat kimia (kadar air, kadar FFA, dan bilangan penyabunan) dan sifat organoleptik uji skoring (warna) serta sifat organoleptik uji hedonik (aroma) tetapi tidak berpengaruh nyata terhadap sifat fisik (warna) dan sifat organoleptik uji skoring (rasa, endapan, aroma) serta sifat organoleptik uji hedonik (rasa, warna). Semakin lama pendinginan santan bilangan penyabunan semakin menurun, sedangkan kadar air dan kadar FFA semakin lama pendinginan santan kadar FFA semakin tinggi. Dari hasil sifat kimia dan sifat organoleptik dapat dilihat bahwa untuk hasil yang terbaik pada penelitian ini pada perlakuan P1 dengan lama pendinginan 2 jam. Pada perlakuan P1 dengan hasil sifat kimia kadar air 0,29%, kadar FFA 0,38% dan bilangan penyabunan 194,92 g dan untuk hasil sifat organoleptik dengan rasa khas minyak kelapa, tidak terdapat endapan, berwarna bening dan mempunyai aroma yang tidak tengik.

Kata Kunci : Kelapa, Lama Pendinginan, Minyak Goreng Kelapa

- 1) Mahasiswa/Peneliti
- 2) Dosen Pembimbing Utama
- 3) Dosen Pembimbing Pendamping

EFFECT OF COCONUT MILK COOLING TIME ON THE QUALITY OF COCONUT COOKING OIL

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ABSTRACT

Coconut cooking oil is a processed product derived from coconut through the separation of coconut milk, followed by a heating process to obtain coconut cooking oil. This research aims to investigate the influence of coconut milk cooling time on the quality of coconut cooking oil, including its physical, chemical, and organoleptic properties. The study was designed using a Completely Randomized Design (CRD). The research data were analyzed using Analysis of Variance (ANOVA) and tested for significance using the Honestly Significant Difference (HSD) test at the 5% level. The single-factor treatment in this research was the duration of coconut milk cooling, with the following treatments: P0 = Control (8 hours at room temperature), P1 = 2 hours, P2 = 4 hours, P3 = 6 hours, P4 = 8 hours. The results of this study indicate that the chilling time of coconut milk has a significant effect on its chemical properties (moisture content, Free Fatty Acid (FFA) content, and saponification value) as well as its organoleptic properties in the scoring test (color) and hedonic test (aromatic value). However, it has little effect on the physical properties (colour) and organoleptic properties (taste, sediment, fragrance) of the scoring test and the hedonic test (taste, colour). As the chilling time of coconut milk increases, its saponification value decreases while its moisture and FFA contents rise. This study's treatment P1 with a 2-hour cooling period yielded the best results based on chemical and organoleptic properties. Treatment P1 resulted in the chemical properties of 0.29% moisture content, 0.38% FFA content, and 194.92 saponification value, as well as organoleptic properties of characteristic coconut oil flavour, absence of sediment, transparent colour, and non-rancid aroma.

Keywords: Coconut, Cooling Time, Coconut Cooking Oil

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