

PENGARUH PENAMBAHAN BUAH BIT (*Beta vulgaris L.*) DAN BUBUK SARI KACANG MERAH (*Phaseolus vulgaris L.*) PADA PEMBUATAN BOBA

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ABSTRAK

Pendahuluan: *Boba* merupakan *topping* minuman yang didasarkan teh, susu, ataupun jus. Berdasarkan data survei, didapatkan hasil responden menyukai minuman menggunakan *topping boba* sebanyak 71%. Target pasar minuman ini adalah remaja yang menyukai minuman manis. Remaja merupakan salah satu kelompok rawan terkena anemia, didapatkan hasil prevalensi anemia di Indonesia dengan umur 15-24 tahun sebesar 32%. Anemia dapat dicegah dengan cara konsumsi makanan mengandung zat besi, contoh bahan makanan yang mengandung zat besi adalah buah bit dan kacang merah dapat dijadikan sebagai bahan tambahan pada produk boba kemudian akan menjadi produk yang mengandung zat besi dan diharapkan dapat membantu remaja anemia. Penelitian ini bertujuan untuk menganalisis karakteristik mutu, daya terima, dan zat gizi pada produk boba.

Metode: Desain penelitian ini *eksperimental* dengan metode Rancangan Acak Lengkap 2 faktor terdiri dari 3 taraf perlakuan. Penelitian dilakukan pada 40 responden yang merupakan panelis tidak terlatih. Analisis data statistik dengan *Friedman Test* dan dilanjutkan dengan uji *Wilcoxon*.

Hasil: Hasil analisis organoleptik, hedonik, dan kadar abu didapatkan perlakuan F3 lebih unggul dengan penambahan buah bit 80g dan bubuk sari kacang merah 20g. Hasil uji kadar air didapatkan perlakuan F1 lebih besar dengan penambahan buah bit 60g dan bubuk sari kacang merah 40g. Hasil uji kadar zat besi didapatkan perlakuan F2 lebih unggul dengan penambahan buah bit 70g dan bubuk sari kacang merah 30g.

Kesimpulan: berdasarkan penelitian hasil analisis sensori terdapat perbedaan yang signifikan pada aroma, warna, rasa, dan tekstur. Hasil analisis kesukaan panelis diperoleh perlakuan F3 paling disukai. Hasil uji zat kadar air terbesar didapatkan perlakuan F1, uji kadar abu terbesar didapatkan perlakuan F3, dan uji kadar zat besi terbesar didapatkan perlakuan F2 sebesar 2,55mg/ 100g.

Kata Kunci : Boba, Buah Bit, Kadar Zat Besi, Sari Kacang Merah

THE EFFECT OF ADDING BEET FRUIT (*Beta vulgaris* L.) AND RED BEAN ESSENCE POWDER (*Phaseolus vulgaris* L.) IN BOBA MAKING

ABSTRACT

Boba is a drink topping based on tea, milk or juice. Based on survey data, it was found that 71% of respondents liked drinks using boba toppings. The target market for this drink is teenagers who like sweet drinks. Adolescents are a group prone to anemia, the prevalence of anemia in Indonesia aged 15-24 years was 32%. Anemia can be prevented by consuming foods containing iron, for example food ingredients containing iron are beets and red beans which can be used as additives in boba products which will then become products that contain iron and are expected to help anemic adolescents. This study aims to analyze the characteristics of quality, acceptability, and nutrition in boba products. The design of this study was experimental using a completely randomized design with 2 factors consisting of 3 treatment levels. The research was conducted on 40 respondents who were untrained panelists. Statistical data analysis with the Friedman Test and continued with the Wilcoxon test. The results of the organoleptic, hedonic, and ash content analysis showed that the F3 treatment was superior with the addition of 80g of beets and 20g of red bean extract. The results of the water content test showed that the F1 treatment was greater with the addition of 60g beetroot and 40g red bean extract powder. The results of the iron content test showed that the F2 treatment was superior with the addition of 70g beetroot and 30g red bean extract powder. Based on the research results of sensory analysis there are significant differences in aroma, color, taste and texture. The results of the panelist preference analysis showed that the F3 treatment was the most preferred. The test results for the largest moisture content were found in the F1 treatment, the largest ash content test was obtained in the F3 treatment, and the largest iron content test was obtained in the F2 treatment of 2.55 mg/100 g.

Keywords: Boba, Beet Fruit, Iron Content, Red Bean Juice