

RINGKASAN

Mengkudu (*Morinda citrifolia L.*) adalah tanaman asli Indonesia yang hidup liar di sekitar kawasan pantai sampai ketinggian 500 meter dpl (di atas permukaan laut), di pinggir hutan, di pinggir jalan, di ladang dan di sekitar aliran air. Mengkudu sudah dimanfaatkan di Indonesia sejak dahulu sebagai tanaman obat. Beberapa tahun belakangan ini, tanaman mengkudu (*Morinda citrifolia L.*) mendapatkan perhatian cukup besar karena beberapa fakta empiris serta bukti penelitian ilmiah yang menunjukkan bahwa buah mengkudu memiliki khasiat untuk mengobati banyak penyakit degeneratif seperti kanker, tumor dan diabetes. Beberapa penelitian yang telah dilakukan menunjukkan bahwa hampir semua bagian tanaman mengkudu terkandung zat kimia dan nutrisi yang bisa berguna bagi kesehatan. Mengkudu berpotensi dikembangkan sebagai pangan fungsional. Pengembangan produk yang berasal dari mengkudu sangat berpotensi, namun yang menjadi masalah adalah baunya yang tidak sedap. Buah mengkudu yang masak, selain mengandung senyawa yang berkhasiat sebagai obat, juga terdapat asam antara lain asam askorbat, asam kaproat dan asam kaprilat yang menghasilkan bau busuk yang tajam dan menyengat. Penelitian ini dilaksanakan di Laboratorium THP Fakultas Pertanian UISU.

Penelitian menggunakan rancangan acak lengkap (RAL) faktorial dengan dua (2) ulangan. Faktor I : Jumlah Gula (G) yang terdiri atas empat taraf : G₁ (45%), G₂ (50%) G₃ (55%), dan G₄ (60%). Faktor II : Jenis Aroma (A) yang terdiri atas empat taraf : A₁ (tanpa aroma), A₂ (aroma jahe), A₃ (aroma pandan), A₄(aroma kulit jeruk). Parameter yang diamati meliputi Kadar air, kadar abu, TSAS, aroma dan rasa. Hasil penelitian : Kadar air tertinggi 8,931% (G₁), dan 8,173% (A₁), kadar abu tertinggi 0,983% (G₄), dan 0,793% (A₁), TSS tertinggi 74,825 °brix (G₄), dan 62,500 °brix (A₃), aroma tertinggi 3,675 (G₁), dan 3,600 (A₃), rasa tertinggi 3,450 (G₃), dan 3,450 (A₃). Untuk memperoleh serbuk mengkudu yang bermutu baik disarankan menggunakan jumlah gula sebanyak 55% dan menggunakan jenis aroma pandan.

Kata Kunci :Gula, Jenis Aroma, Mengkudu

SUMMARY

Mengkudu (*Morinda citrifolia L.*) is a plant native to Indonesia that lives wildly around coastal areas up to an altitude of 500 meters above sea level, on forest edges, on roadsides, in fields and around watercourses. Mengkudu has been used in Indonesia for a long time as a medicinal plant (recorded in the reign of the Kings and the Sunans) and as a boundary of land ownership. In recent years, the holiness plant (*Morinda citrifolia L.*) has received considerable attention due to several empirical facts as well as scientific research evidence that shows that the fruit of mengkudu has the property to treat many degenerative diseases such as cancer, tumors and diabetes. Several studies that have been carried out have shown that almost all parts of the plant contain chemicals and nutrients that can be useful for health. Mengkudu has the potential to be developed as a functional food. Product development that comes from holiness has great potential, but the problem is that it smells bad. Ripe fruit, in addition to containing compounds that are efficacious as medicine, there are also acids including ascorbic acid, caproic acid and caprylic acid which gives a sharp and pungent stench. This research was carried out at the THP Laboratory of the Faculty of Agriculture, UISU.

The study used a factorial complete randomized design (RAL) with two (2) tests. Factor I : Jumlah Sugar (G) which consists of four levels: G₁ (45%), G₂ (50%), G₃ (55%), and G₄ (60%). Factor II : Type of Aroma (A) which consists of four levels: A₁ (without aroma), A₂ (ginger aroma), A₃ (pandan aroma), A₄ (orange peel aroma). Observed parameters include a-grade ir, ash content, TSAS, aroma and taste. The results of the study: The highest moisture content was 8.931% (G₁), and 8.173% (A₁), the highest ash content was 0.983% (G₄), and 0.793% (A₁), the highest TSS was 74.825 °brix (G₄), and 62,500 °brix (A₃), highest aroma 3,675 (G₁), and 3,600 (A₃), highest taste 3.450 (G₃), and 3,450 (A₃). To obtain a good quality powder, it is recommended to use 55% sugar and use the pandanus aroma type.

Keywords : Sugar, Types of Aromas, Holiness