

PENGARUH PENAMBAHAN EKSTRAK JAHE EMPRIT (*Zingiber officinale* var *Amarum*)
TERHADAP AKTIVITAS ANTIOKSIDAN VIRGIN COCONUT OIL (VCO)

THE EFFECT OF ADDING EMPRIT GINGER (*Zingiber officinale* var *Amarum*) EXTRACT
ON ANTIOXIDANT ACTIVITY OF VIRGIN COCONUT OIL (VCO)

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ABSTRAK – Minyak kelapa murni (Virgin Coconut Oil) merupakan produk olahan kelapa yang melalui proses pengolahan secara singkat, sehingga dapat mempertahankan komponen alami dari kelapa. Tujuan penelitian ini untuk mengetahui pengaruh penambahan ekstrak jahe emprit yang berbeda dan penambahan jahe emprit yang tepat terhadap aktivitas antioksidan virgin coconut. Penelitian ini menggunakan rancangan acak lengkap (RAL) dengan perlakuan penambahan ekstrak jahe (%) : 0, 5, 10, 15 dan 20 dengan 3 kali ulangan sehingga diperoleh 15 satuan percobaan. Parameter yang diamati yaitu aktivitas antioksidan, warna, kadar air, asam lemak bebas, rendemen serta uji organoleptik (mutu hedonik aroma dan warna). Hasil penelitian menunjukkan bahwa penambahan ekstrak jahe emprit berpengaruh nyata terhadap aktivitas antioksidan, warna, kadar air, asam lemak bebas dan uji organoleptik. Hasil analisis penambahan ekstrak jahe emprit terbaik diperoleh pada perlakuan dengan penambahan ekstrak jahe emprit 10%, aktivitas antioksidan 80,68%, nilai warna ($L^* 93,87$, $a^* -7,77$, $b^* 18,77$), kadar air 0,06%, asam lemak bebas 0,12%, rendemen 12,93% dengan sifat uji organoleptik mutu hedonik warna agak kuning dan aroma agak khas jahe.

Kata kunci – aktivitas antioksidan, jahe emprit, virgin coconut oil

ABSTRACT – Virgin coconut oil is coconut oil that is processed without heating, so does not change the composition or characteristics of the oil. The aim of this research was to determine the effect of adding different emprit ginger extracts and the appropriate of emprit ginger on the antioxidant activity of virgin coconut. This research used a completely randomized design (CRD) with treatment adding of ginger extract (%): 0, 5, 10, 15 and 20 with 3 replications to obtain 15 experimental units. The parameters observed were antioxidant activity, color, water content, free fatty acids, yield and organoleptic tests (hedonic quality of aroma and color). The research results showed that the concentration of emprit ginger extract had a significant effect on antioxidant activity, color, water content, free fatty acids and organoleptic tests. The results of the analysis of adding the best of emprit ginger extract were obtained in the treatment with the addition of 10% emprit ginger extract, antioxidant activity 80.68%, color value ($L^* 93.87$, $a^* -7.77$, $b^* 18.77$), content water 0.06%, free fatty acids 0.12%, yield 12.93% with organoleptic test properties of hedonic quality, slightly yellow color and a slightly typical ginger aroma. Keyword – antioxidants activity, emprit ginger, virgin coconut oil

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