"Subtitusi Susu Kedelai (*Glycine Max (L.) Merrill*) Terhadap Susu Sapi Pada Es Krim Ubi Ungu (*Ipomoea Batatas L*)"

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ABSTRAK

Es krim merupakan produk beku yang merupakan hasil campuran dari beberapa bahan baku seperti susu, gula, penstabil dan bahan tambahan lainnya. Tujuan penelitian ini adalah untuk mengetahui pengaruh subtitusi susu kedelai pada pembuatan es krim ubi ungu terhadap daya terima dan kandungan kadar protein dan kadar antosianin. Metode penelitian yang digunakan bersifat eksperimental, dengan 3 macam perlakuan subtitusi susu kedelai dan susu sapi yaitu P1 (50%:50%), P2 (60%:40%), P3 (0%:30%). Pengumpulan data mutu hedonik dan hedonik pada penelitian ini dilakukan uji organoleptik yang meliputi aspek warna, aroma, tekstur, rasa, dan juga tingkat kesukaan secara keseluruhan, oleh 30 panelis. Analisis pada penelitian ini menggunakan Uji *Analysis Of Variance.* Hasil pengujian organoleptic didapat pengaruh terhadap penambahan susu kedelai dalam aspek warna, aroma, dan tekstur. Produk yang terpilih adalah pada perlakuan P2 (60%:40%) dengan skor warna 3,97 (suka), aroma 3,41 (suka), tekstur 4,00 (suka), rasa 3,69 (suka), dan tingkat kesukaan secara keseluruhan 3,79. Kandungan protein pada produk terpilih sebesar 2,57%, dan kandungan antosianin sebesar 31,83 mg/100 gr. Es krim ubi ungu dengan substitusi 60% susu kedelai dan 40% susu sapi dapat dijadikan alternatif camilan sehat bagi anak-anak maupun dewasa, khususnya yang intoleransi laktosa, serta berpotensi mendukung pemenuhan gizi masyarakat karena kandungan protein nabati dan antosianinnya, sementara pengembangan produk ke depan dapat dilakukan dengan menambahkan variasi bahan pangan lokal seperti buah atau rempah alami untuk memperkaya rasa dan menutupi aroma langu khas kedelai.

Kata kunci: Ubi ungu, susu kedelai, sifat organoleptic, protein, antosianin

"Substitution of Soy Milk (Glycine Max L.) Merrill) for Cow's Milk in Purple Sweet Potato Ice Cream (Ipomoea Batatas L.)"

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ABSTRACT

Ice cream is a frozen product that is a mixture of several raw materials such as milk, sugar, stabilizers and other additives. The purpose of this study was to determine the effect of soy milk substitution in the manufacture of purple sweet potato ice cream on the acceptability and content of protein and anthocyanin levels. The research method used was experimental, with 3 types of soy milk and cow's milk substitution treatments, namely P1 (50%:50%), P2 (60%:40%), P3 (0%:30%). The collection of hedonic and hedonic quality data in this study was carried out by organoleptic tests covering aspects of color, aroma, texture, taste, and also the overall level of preference, by 30 panelists. The analysis in this study used the Analysis of Variance Test. The results of the organoleptic test obtained the effect of the addition of soy milk in the aspects of color, aroma, and texture. The selected product was in treatment P2 (60%:40%) with a color score of 3.97 (like), aroma 3.41 (like), texture 4.00 (like), taste 3.69 (like), and overall preference level of 3.79. The protein content of the selected product was 2.57%, and the anthocyanin content was 31.83 mg/100 gr. Purple sweet potato ice cream with a substitution of 60% soy milk and 40% cow's milk can be an alternative healthy snack for children and adults, especially those with lactose intolerance, and has the potential to support the fulfillment of community nutrition due to its vegetable protein and anthocyanin content, while future product development can be done by adding variations of local food ingredients such as fruit or natural spices to enrich the taste and cover the typical unpleasant aroma of soybeans.

Keywords: *Purple sweet potato, soy milk, organoleptic properties, protein, anthocyanin*