ABSTRAK

Es krim merupakan salah satu produk olahan susu yang sangat digemari oleh masyarakat di seluruh dunia. Bila kandungan lemak susu terlalu rendah, membuat es lebih besar dan teksturnya lebih kasar. Maka dari itu es krim diberi tambahan pangan berupa pengemulsi dan stabilisator. Bahan penstabil pada es krim berfungsi menjaga air di dalam es krim agar tidak membeku besar dan mengurangi kristalisasi es. Namun kenyataannya kebutuhan stabilizer di Indonesia masih bergantung pada impor dari negara-negara Eropa, Amerika, Australia, dan Cina dengan harga yg mahal. Oleh karena itu diperlukan alternatif pengganti bahan penstabil yang relatif murah yaitu ekstrak air jamur Shiitake. Penelitian ini adalah penelitian kuantitatif.Pengambilan data menggunakan metode RAL yang terdiri dari 4 perlakuan yang diulang sebanyak 5 kali. Variabel bebas dalam penelitian ini adalah ekstrak air jamur shiitake 4 konsentrasi (0%, 1%, 2%, 3%). Variabel terikat dalam penelitian ini adalah viskositas, kadar air, nilai pH, dan sifat organoleptik. Berdasarkan dari hasil pengamatan uji fisikokimia es krim dengan penambahan ekstrak air jamur shiitake berpengaruh signifikan (P<0, 05) terhadap viskositas, kadar air es krim tetapi tidak berpengaruh signifikan (P>0, 05) terhadap nilai pH es krim. Berdasarkan dari hasil pengamatan uji organoleptik es krim dengan penambahan ekstrak air jamur shiitake berpengaruh signifikan (P<0, 05) terhadap warna dan rasa es krim tetapi tidak berpengaruh signifikan (P>0, 05) terhadap tekstur es krim.

Kata Kunci : Jamur Shiitake, Es Krim, Penstabil

ABSTRACT

Ice cream is a dairy product that is very popular with people around the world. If the milk fat content is too low, it makes the ice larger and rougher in texture. Therefore, ice cream is usually given food additives in the form of emulsifiers and stabilizers. The stabilizer in ice cream functions to keep the water in the ice cream from freezing large and reducing ice crystallization. But in reality the need for stabilizer in Indonesia still depends on imports from European countries, America, Australia and China at high prices. Therefore, an alternative to a relatively inexpensive stabilizer is needed, namely shiitake mushroom water extract. This research is a quantitative study. Data collection used the RAL method which consisted of 4 treatments which were repeated 5 times. The independent variable in this study was shiitake mushroom water extract at 4 concentrations (0%, 1%, 2%, 3%). The dependent variables in this study were viscosity, water content, pH value, and organoleptic properties. Based on the results of observations of the physicochemical test of ice cream with the addition of shiitake mushroom water extract, it had a significant ($P<0.05$) effect on viscosity, the water content of ice cream but had no significant effect ($P>0.05$) on the pH value of ice cream. Based on the results of observations of the organoleptic test of ice cream with the addition of shiitake mushroom water extract, it had a significant effect ($P<0.05$) on the color and taste of ice cream but had no significant effect ($P>0.05$) on the texture of ice cream.

Keyword: Shiitake Mushroom, Ice Cream, Stabilizer