

# KARAKTERISTIK MUTU PUDING DENGAN PERVANDINGAN TEPUNG AGAR-AGAR DAN OKRA HIJAU

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**ABSTRAK:** Penelitian ini bertujuan untuk mengetahui perbandingan antara jus okra dan juga tepung agar-agar yang digunakan serta persentase dari kedua bahan tersebut dalam pembuatan pudding. Dengan perbandingan antara tepung agar-agar dan jus okra adalah 90:10, 80:20, 70:30, 60:40, dan 50:50. Masing-masing resep dilakukan dengan 3 (tiga) kali ulangan. Berdasarkan hasil penelitian perlakuan perbandingan antara tepung agar-agar dan jus okra berpengaruh nyata terhadap kekuatan gel, kadar air, kadar abu, kadar lemak, kadar protein, kadar karbohidrat, kadar serat kasar, aktivitas anti oksidan, hedonik, dan mutu hedonik. Perlakuan terbaik adalah perbandingan antara tepung agar-agar dan sari okra yaitu 50:50 dengan hasil uji kekuatan gel 501.1 bloom, kadar air 84.3%, kadar abu 0.73%, kadar protein 2.93%, kadar lemak 0.33%, kadar karbohidrat 11.71%, kadar serat kasar 26.88%, dan aktivitas antioksidan 3.93 µg/mL, dengan pudding berwarna putih kehijauan, aroma yang tidak langu, rasa yang manis dan tekstur yang lembut.

**Kata Kunci:** okra, pudding, agar-agar

**ABSTRACT:** *This study aims to determine the comparison between okra juice and agar-agar flour used and the percentage of the two ingredients in making pudding. With the ratio between gelatin powder and okra juice is 90:10, 80:20, 70:30, 60:40, and 50:50. Each recipe is done with 3 (three) repetitions. Based on the results of the research, the comparison treatment between agar-agar and okra juice had a significant effect on gel strength, water content, ash content, fat content, protein content, carbohydrate content, crude fiber content, anti-oxidant activity, hedonic, and hedonic quality. The best treatment was the ratio between gelatin flour and okra extract, namely 50:50 with gel strength test results 501.1 bloom, water content 84.3%, ash content 0.73%, protein content 2.93%, fat content 0.33%, carbohydrate content 11.71%, crude fiber content of 26.88%, and anti-oxidant activity of 3.93 µg/mL, with a greenish-white pudding, a pleasant aroma, a sweet taste and a soft texture*

**Keywords:** okra, pudding, jelly