

## V. KESIMPULAN DAN SARAN

### 5.1. Kesimpulan

1. Perbedaan konsentrasi ekstrak air ubi jalar ungu memberikan pengaruh nyata terhadap sifat fisik (sineresis, *water-holding capacity*, tekstur (*firmness*), dan viskositas) dan sifat organoleptik kesukaan terhadap rasa dan warna yoghurt ABD.
2. Penambahan ekstrak air ubi jalar ungu pada konsentrasi 5% dapat mengurangi sineresis, meningkatkan WHC, meningkatkan tekstur (*firmness*, *cohesiveness*, dan konsistensi) dan viskositas.
3. Penambahan ekstrak air ubi jalar ungu pada konsentrasi 20% dapat meningkatkan nilai organoleptik kesukaan terhadap warna yogurt ABD berkisar antara suka-sangat suka.
4. Penambahan ekstrak air ubi jalar ungu pada konsentrasi 5% dan 10% dapat meningkatkan nilai organoleptik kesukaan rasa yogurt ABD berkisar antara agak suka-suka.
5. Tidak terdapat perbedaan nyata antara penambahan ekstrak air ubi jalar ungu pada berbagai konsentrasi terhadap tekstur (*cohesiveness* dan konsistensi).

### 5.2. Saran

1. Perlu dilakukan penelitian lebih lanjut untuk mengurangi persentase sineresis dan meningkatkan persentase WHC pada yogurt yang diberi ekstrak air ubi jalar ungu, dapat dilakukan dengan menambahkan hidrokoloid sebagai bahan penstabil dan dapat mengganti ekstrak air ubi jalar ungu dengan *puree* ubi jalar ungu untuk mendapatkan yogurt yang lebih viskos.
2. Perlu dilakukan pengujian warna yogurt angkak biji durian ekstrak air ubi jalar ungu sebelum dan setelah fermentasi untuk melihat perubahan warna yang terjadi.

3. Perlu dilakukan penelitian lebih lanjut tentang cara menghilangkan rasa langu ubi jalar ungu.

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