

RINGKASAN

Es krim merupakan produk pangan semi padat yang dibuat melalui proses pembekuan campuran susu, lemak, gula, penstabil, pengemulsi, dan bahan penambah cita rasa sehingga menghasilkan tekstur lembut serta rasa yang disukai berbagai kalangan. Seiring berkembangnya inovasi pangan, bahan dasar es krim tidak hanya menggunakan susu sapi, tetapi juga susu nabati seperti susu kacang tanah. Pemanfaatan kacang tanah dalam pembuatan es krim diharapkan dapat meningkatkan nilai tambah pangan lokal sekaligus mendukung upaya pencegahan stunting melalui penyediaan pangan bergizi.

Penelitian ini bertujuan 1) mengetahui pengaruh penambahan saus karamel terhadap karakteristik sensori (rasa, aroma, warna, dan kesukaan) es krim susu kacang tanah, 2) mengetahui pengaruh penambahan CMC (*Carboxymethyl Cellulose*) terhadap karakteristik sensori (tekstur) es krim kacang tanah dan 3) mengetahui apakah ada perbedaan signifikan antara formulasi dalam hal penerimaan panelis. Saus karamel digunakan untuk meningkatkan cita rasa, aroma, dan warna produk, sedangkan CMC berfungsi sebagai penstabil agar tekstur es krim lebih lembut dan tidak cepat meleleh. Penelitian menggunakan Rancangan Acak Lengkap (RAL) faktorial dengan kombinasi saus karamel 10%, 20%, dan 30% serta CMC 0,3%, 0,4%, dan 05%.

Hasil penelitian menunjukkan bahwa penambahan saus karamel dan CMC memberikan pengaruh nyata terhadap parameter warna, rasa, dan tingkat kesukaan, tetapi tidak memberikan pengaruh nyata terhadap aroma dan tekstur es krim kacang tanah. Sampel terbaik diperoleh pada sampel (K3C2) dengan konsentrasi saus karamel 30% dan CMC 0,4%. Es krim tersebut memiliki karakteristik sebagai berikut: warna 2,24; aroma 3,16; tekstur 4,32; rasa 4,12; kesukaan 4,20

Kata Kunci : CMC (*Carboxymethyl Cellulose*), es krim kacang tanah, karakteristik sensori, pangan fungsional, saus karamel

SUMMARY

Ice cream is a semi-solid food product made by freezing a mixture of milk, fat, sugar, stabilizers, emulsifiers, and flavorings to create a smooth texture and flavor that is enjoyed by many. With the advancement of food innovation, ice cream is no longer limited to cow's milk, but also includes plant-based milks such as peanut milk. The use of peanuts in ice cream production is expected to increase the added value of local food products while supporting stunting prevention efforts through the provision of nutritious food.

This study aimed to: 1) determine the effect of adding caramel sauce on the sensory characteristics (taste, aroma, color, and preference) of peanut milk ice cream; 2) determine the effect of adding CMC (Carboxymethyl Cellulose) on the sensory characteristics (texture) of peanut ice cream; and 3) determine whether there are significant differences between the formulations in terms of panelist acceptance. Caramel sauce is used to enhance the product's flavor, aroma, and color, while CMC acts as a stabilizer to ensure a smoother, more durable ice cream texture. The study used a factorial Completely Randomized Design (CRD) with combinations of 10%, 20%, and 30% caramel sauce and 0.3%, 0.4%, and 0.5% CMC.

The results showed that the addition of caramel sauce and CMC significantly affected color, flavor, and preference, but did not significantly affect the aroma and texture of the peanut ice cream. The best sample was (K3C2) with a caramel sauce concentration of 30% and CMC of 0.4%. This ice cream had the following characteristics: color 2.24; aroma 3.16; texture 4.32; flavor 4.12; and preference 4.20.

Keywords: *caramel sauce, CMC (Carboxymethyl Cellulose), functional food, peanut ice cream, sensory characteristics*