

**PENGARUH WAKTU FERMENTASI AKHIR (*FINAL PROOFING*)
TERHADAP KUALITAS FISIK DAN ORGANOLEPTIK *JAPANESE MILK BREAD***

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ABSTRAK

Penelitian ini bertujuan untuk mempelajari pengaruh waktu fermentasi akhir (*final proofing*) pada pembuatan *Japanese Milk Bread*. Penelitian ini dilakukan di Laboratorium Roti dan Kue Program Studi Tata Boga, Universitas Negeri Jakarta pada bulan Februari 2019 sampai dengan Januari 2020 dengan menggunakan metode eksperimen. Perbedaan waktu fermentasi akhir yang digunakan adalah 50 menit, 60 menit, dan 70 menit. Penilaian kualitas dilakukan dengan uji skoring terhadap aspek eksternal dan internal yaitu bentuk, warna kulit, karakteristik kulit, pori, warna remah, tekstur, rasa, dan aroma kepada panelis agak terlatih yaitu mahasiswa Program Studi Pendidikan Tata Boga, Universitas Negeri Jakarta yang berjumlah 45 orang. Hasil uji organoleptik dan analisis fisik terhadap produk *Japanese Milk Bread* dengan perbedaan waktu fermentasi akhir memiliki nilai yang baik dari aspek eksternal maupun internal. Nilai terbaik pada aspek eksternal terdapat pada fermentasi akhir 70 menit dengan kategori penilaian bentuk mengembang, warna kulit putih kekuningan, karakteristik kulit mendekati tipis. Sementara aspek internal, pori mendekati halus, warna remah mendekati putih kekuningan, tekstur mendekati lembut, terasa susu dan berearoma susu. Analisis fisik volume terbesar mendapat rata-rata 151,6 cm³ serta persentase pengembangan 279,17%. Dimensi tinggi mendapat rata-rata 5,99 cm dan pengamatan pori memperoleh hasil rata-rata tidak terdapat pori yang ukurannya lebih dari 1 cm. Hasil uji Kruskal-Wallis pada $\alpha=0,05$ menunjukkan bahwa tidak terdapat pengaruh waktu fermentasi akhir terhadap kualitas organoleptik *Japanese Milk Bread*. Namun berdasarkan pengamatan analisis fisik peneliti merekomendasikan *Japanese Milk Bread* dengan waktu fermentasi akhir 70 menit adalah waktu fermentasi akhir terbaik.

Kata kunci: *Japanese Milk Bread*, waktu fermentasi akhir, kualitas

THE EFFECT OF FINAL PROOFING TIME ON PHYSICAL AND ORGANOLEPTIC QUALITY OF JAPANESE MILK BREAD

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ABSTRACT

This research aims to study the effect of final proofing time on making Japanese Milk Bread. This research was conducted at the Laboratory of Bread and Cake, Culinary Program, State University of Jakarta, from February 2019 to January 2020 using the experimental method. The difference in the final fermentation time used is 50 minutes, 60 minutes, and 70 minutes. Quality assessment is carried out by scoring tests on external and internal aspects, namely shape, skin color, skin characteristics, pores, crumb color, texture, taste, and aroma to the somewhat trained panelists namely students of Catering Education Study Program, Jakarta State University, amounting to 45 people. Organoleptic test results and physical analysis of Japanese Milk Bread products with differences in final fermentation time have the proper value from external and internal aspects. The best value on the external aspect is found in the final fermentation of 70 minutes with the rating category of fluffy shape, yellowish-white skin color, skin characteristics close to thin. While the internal aspect, the pores approach smooth, the color of crumbs approaches yellowish-white, the texture approaches soft, feels milky, and has a milky flavor. The most significant physical volume analysis got an average of 151.6 cm³, and the development percentage was 279.17%. High dimensions get an average of 5.991 cm, and observations of pores get hail on average there are no pores whose size is more than 1 cm. Kruskal-Wallis test results at $\alpha = 0.05$ indicate that there was no effect of the final fermentation time on the organoleptic quality of Japanese Milk Bread. However, based on observations of physical analysis, the researchers recommend that Japanese Milk Bread with a final fermentation time of 70 minutes is the best final fermentation time.

Keywords: Japanese Milk Bread, final proofing, quality