

BAB V

KESIMPULAN DAN SARAN

5.1 Kesimpulan

1. Kadar garam dari fermentasi sayur asin akan mempengaruhi kecepatan perubahan aroma produk hasil fermentasi dari aroma manis air tajin menjadi aroma asam-alkohol.
2. Waktu fermentasi akan mempengaruhi perubahan warna produk menjadi hijau kecoklatan dan aroma produk fermentasi menjadi menjadi aroma asam-alkohol.
3. Waktu fermentasi dan kadar garam tidak mempengaruhi perubahan tekstur pada hasil fermentasi sayur asin.
4. Penurunan nilai pH selama 14 hari fermentasi akan mencapai nilai 3,2-3,9 dan dipengaruhi oleh variasi kadar garam dan waktu fermentasi.
5. Hasil pertumbuhan LAB selama 14 hari fermentasi akan mencapai 7-8 log (CFU/mL) dan dipengaruhi oleh variasi kadar garam dan waktu fermentasi.
6. Meskipun kadar garam dan waktu fermentasi mempengaruhi kematangan sayur asin, kadar garam memiliki pengaruh yang kurang signifikan dibandingkan dengan waktu fermentasi pada produk akhir sayur asin.

5.2 Saran

1. Melakukan identifikasi bakteri untuk mengetahui bakteri apa yang tumbuh saat fermentasi sayur asin berlangsung.
2. Adanya perbandingan uji organoleptik dengan menggunakan panel dan menggunakan alat-alat dalam laboratorium seperti *texture analyzer* agar hasil memiliki sifat lebih *scientific*.
3. *Range* analisis pada waktu fermentasi untuk pengukuran pH dan peningkatan jumlah LAB harus lebih sering terutama di 1 minggu pertama. Dengan jarak waktu fermentasi yang terlalu jauh nilai penurunan pH dan peningkatan jumlah LAB hanya terlihat kecenderungannya. Detail penurunan pH dan peningkatan jumlah LAB paling banyak terjadi di 1 minggu pertama sebelum terjadi perlambatan penurunan nilai pH dan kenaikan jumlah lab setelah 1 minggu.
4. Lebih baik kalau ada perbandingan dengan sawi asin tanpa menggunakan air tajin.

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