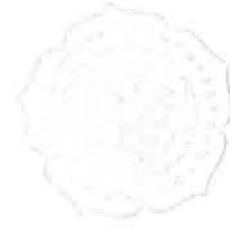


BAB V

KESIMPULAN DAN SARAN



5.1 Kesimpulan

Berdasarkan hasil yang diperoleh dari penelitian Studi Pengolahan Pepaya menjadi *Fruit Leather*, khususnya dalam rentang suhu pengeringan 40°C hingga 80°C dan ketebalan 5 mm dan 7 mm, dapat ditarik beberapa kesimpulan sebagai berikut:

1. Waktu *blanching* optimal untuk buah pepaya adalah 30 detik.
2. Tekstur *fruit leather* yang baik memiliki nilai *cohesiveness* relatif tinggi, *hardness* relatif rendah, dan *adhesiveness* yang relatif rendah.
3. Apabila ditinjau secara visual, *fruit leather* dengan tekstur terbaik memiliki nilai dari parameter *hardness* sebesar 7.875 g; *adhesiveness* sebesar 0 mJ; dan *cohesiveness* sebesar 1.06 g. *Fruit leather* ini memiliki suhu pengeringan 40°C dengan ketebalan 5 mm.
4. Apabila ditinjau sesuai kandungan nutrisi, *fruit leather* dengan kandungan vitamin A dan vitamin C terbaik dikeringkan pada suhu 60°C dengan ketebalan 7 mm.
5. Derajat Aw minimum diperoleh dari *fruit leather* yang dikeringkan pada suhu 80°C dengan ketebalan 5 mm, namun semua produk yang dihasilkan memiliki nilai Aw yang memenuhi standar *US Food and Drug Administration*.
6. Semakin tinggi suhu pengeringan dan semakin tipis *fruit leather*, kadar air pada *fruit leather* berkurang secara lebih signifikan.
7. Produk *fruit leather* telah memenuhi standar dari *Codex Alimentarius*.
8. Produk *fruit leather* yang dihasilkan memiliki nilai vitamin A dan vitamin C yang lebih tinggi dibandingkan *fruit leather* komersial "Fruitaday", dimana dengan mengkonsumsi sekitar 3 x 10 gram *fruit leather* pepaya produk penelitian sudah dapat memenuhi kadar vitamin A dan vitamin C yang dibutuhkan oleh tubuh tiap harinya.

5.2 Saran

Saran yang dapat diberikan untuk peneliti berikutnya adalah:

1. Setelah *fruit leather* selesai dibuat, sebaiknya segera dianalisa untuk menghindari kualitas nutrisi *fruit leather* yang semakin menurun. Jika tidak memungkinkan,

maka penyimpanan *fruit leather* harus diperhatikan agar tidak terkontakkan dengan cahaya, udara, panas, serta dijaga agar tetap kering.

2. Sebaiknya menggunakan *fruit leather* komersial (misalnya “Fruitaday”) sebagai pembandingan atau referensi dalam penentuan parameter tekstur yang terbaik, ketebalan, kandungan nutrisi, hingga nilai Aw.
3. Sebaiknya kekenyalan dari tekstur *fruit leather* di antara variasi ketebalan diuji. Diharapkan *fruit leather* yang baik bersifat kenyal (tidak keras) dan tidak mudah patah saat dikonsumsi.
4. Apabila hendak dikomersialisasikan, *fruit leather* dengan *market position* (*middle up*) sebagai makan sehat dengan kandungan nutrisi tinggi dapat didukung dengan optimalisasi proses produksi dan pengemasan yang optimum pula.



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