

**PEMBUATAN KEJU LUNAK KACANG MERAH  
(*Phaseolus vulgaris* L.) DENGAN PROSES FERMENTASI  
MENGUNAKAN *Lactobacillus acidophilus***

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**ABSTRAK**

Kacang Merah (*Phaseolus vulgaris* L.) memiliki kadar karbohidrat paling tinggi dibandingkan kacang lainnya, selain itu kadar proteinnya setara dengan kacang hijau dan kadar lemaknya jauh lebih rendah dibandingkan kacang kedelai dan kacang tanah. Pemanfaatan kacang merah belum terlalu banyak dalam bidang pangan di Indonesia, biasanya kacang merah hanya direbus saja dan dijadikan *topping* dalam makanan. Keju lunak (*softcheese*) kacang merah dapat menjadi inovasi pangan baru yang dapat dinikmati oleh semua kalangan terutama untuk penderita *lactose intolerant*. Pada penelitian ini dilakukan pembuatan keju dengan variasi perbandingan kacang merah : air sebanyak 1:3, 1:4 dan 1:5 (<sup>b/v</sup>) dan diuji kadar proteinnya. Perbandingan 1:3 memiliki kadar protein paling tinggi kemudian dilakukan inkubasi pada susu kacang merah yaitu 4 jam, 6 jam dan 8 jam. *Softcheese* terbaik memiliki kandungan protein sebesar 6,05%, lemak 0,36% dan kadar air sebanyak 76,27%. Selain itu, diamati pula kandungan gula total, gula reduksi, asam laktat, pH sebelum dan sesudah proses fermentasi, dimana gula total, gula reduksi dan pH menurun, sedangkan kadar asam laktat mengalami kenaikan. Hasil uji mikroba kontaminan *Salmonella* dan *E. coli* menunjukkan hasil negatif untuk ketiga sampel. Hasil organoleptik menunjukkan bahwa keju (1:3) dengan lama inkubasi 6 jam paling disukai oleh panelis.

Kata kunci: kacang merah, keju lunak, *L. acidophilus*.

**THE PROCESS OF MAKING RED BEAN SOFT CHEESE  
(*Phaseolus vulgaris* L.) WITH FERMENTATION  
USING *Lactobacillus acidophilus***

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**ABSTRACT**

*Red bean (*Phaseolus vulgaris* L.) contains the highest carbs among the other bean. The protein of red beans are the same with the protein in green beans but the fat content on red beans are lower than soybeans and peanuts. In Indonesia, the utilization of red beans in food sectors is not too much, it usually processed by boiling or it used to topping on food. Red bean softcheese can be a new variety of food that be able to enjoyed by different types of people, especially people with lactose intolerant. In this study, red bean was processed into red bean's milk from the nuts and water with the variety of ratio 1:3, 1:4 and 1:5 (<sup>b/v</sup>) and it's protein is tested by kjehdal method followed by a long stage of fermented in red bean's milk. The result is i 1:3 has the highest protein and then thr processes continue with fermentation process during 4 hours, 6 hours and 8 hours. The best softcheese contain 6,05% protein, 0,36% fat and 76,27% water content. Moreover, total sugar, reduction sugar, pH, lactic acid concentration before and after the fermentation were also being observed, in which there was a decreases on concentration of total sugar, reduction sugar and pH whereas the lactid acid concentration was increases. The result of microbes test of Salmonella, E. coli and coliforms mikrobek are negatif. The organoleptic test showed that red beans softcheese ratio 1:3 which fermented 6 hours the most preferred by 31 panelists.*

*Keywords: red beans, softchessee, L. acidophilus.*

