



PENDAYAGUNAAN *WHEY* HASIL PENGOLAHAN KEJU YANG DIFORTIFIKASI TEH HITAM *ORTHODOX* SEBAGAI PANGAN FUNGSIONAL

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Abstrak. Terjadinya Covid-19 dan meningkatnya penyakit degeneratif menjadi alasan sebagian orang banyak mengonsumsi pangan fungsional. Pangan fungsional saat ini mulai banyak dikembangkan, salah satunya berasal dari produk susu fermentasi yaitu keju. Produk keju dapat ditingkatkan lagi kualitasnya melalui fortifikasi teh hitam *orthodox*. Teh hitam *orthodox* mengandung total fenol 297,12 mgGAE/g, total flavonoid 541,81 mgQE/g, dan aktivitas antioksidan sebesar 84,85%, sehingga dinilai memiliki banyak keunggulan, yaitu dapat berperan sebagai sumber antioksidan dan pewarna alami. Namun, hingga kini masih banyak yang belum memanfaatkan hasil pengolahan keju. Berdasarkan pengolahannya *whey* keju memiliki nilai yang potensial untuk dikembangkan sebagai minuman fungsional yang kaya akan nilai gizi, termasuk sumber probiotik. Tujuan dari penelitian ini yaitu untuk merangkum hasil penelitian terkait fortifikasi teh hitam *orthodox* pada keju dan pendayagunaan *whey* hasil pengolahan keju sebagai inovasi pangan fungsional berbasis susu fermentasi.

Kata kunci: antioksidan, keju, pangan fungsional, teh hitam *orthodox*, *whey*

Abstract. The occurrence of Covid-19 and the increase in degenerative diseases are the reasons why some people consume a lot of functional food. Currently, many functional foods are being developed, one of which comes from fermented milk products, namely cheese. The quality of cheese products can be further improved through fortification of orthodox black tea. Orthodox black tea contains total phenols of 297.12 mgGAE/g, total flavonoids of 541.81 mgQE/g, and antioxidant activity of 84.85%, so it is considered to have many advantages, namely that it can act as a source of antioxidants and natural dyes. However, until now there are still many who have not utilized the results of cheese processing. Based on its processing, cheese *whey* has potential value to be developed as a functional drink that is rich in nutritional value, including a source of probiotics. The aim of this research is to summarize the results of research related to the fortification of orthodox black tea in cheese and the utilization of *whey* resulting from cheese processing as a functional food innovation based on fermented milk.

Keyword: antioxidants, cheese, functional foods, orthodox black tea, *whey*