



Teknologi Pembuatan Yoghurt

Yogurt Processing Technology

Inventor : Sri Usmiati dan Abubakar
Balai Besar Penelitian dan Pengembangan
Pasca Panen Pertanian
Indonesian Center for Agricultural
Post Harvest Research and Development

Salah satu produk olahan susu yang digemari masyarakat kota saat ini adalah susu prebiotik, yaitu yoghurt atau susu fermentasi. Yoghurt susu dibuat menggunakan campuran starter *Streptococcus thermophilus* (ST) dan *Lactobacillus bulgaricus* (LB). *S. thermophilus* merupakan bakteri berbentuk bulat yang bersifat termodurik dan *L. bulgaricus* mempunyai suhu pertumbuhan 45°C dan pH 5,5.

Yoghurt merupakan hasil teknologi pengolahan susu yang bernilai gizi tinggi dan sangat baik dikonsumsi oleh penderita *Lactose Intolerance*.

Pembuatan yoghurt bervariasi namun tujuannya adalah menghilangkan bakteri patogen dan mengurangi kadar air. Proses pengolahannya harus higienis agar diperoleh produk yang berkualitas. Hasil penelitian menunjukkan bahwa, perbandingan starter ST : LB 1:1 sebanyak 3% menghasilkan yoghurt dengan keasaman dan pH yang baik dan mutunya sesuai dengan SNI 01-2981-1992.

Manfaat :

- Mengurangi *Lactose Intolerance* yaitu gangguan pencernaan (diare, kembung, kram perut).
- Sumber probiotik yang berguna bagi kesehatan.

One of the dairy products that popular in the cities is a probiotic milk, such as yogurt or fermented milk. Milk yogurt is made by adding a starter, mixture of *Streptococcus thermophilus* (ST) and *Lactobacillus bulgaricus* (LB). *S. thermophilus* is a spherical bacterium that is thermo uric. *L. bulgaricus* require a temperature of 45 ° C and pH of 5.5 for growth.

Yogurt is a dairy processing product that has high nutritional value and is good to be consumed by people having *Lactose intolerance* problem.

The recipe for producing yoghurt varies but the main goal is the same that is to eliminate the pathogenic bacteria and reduce the water content. A process of producing yogurt must be hygienic in order to obtain a good quality product. The composition of 1: 1 between ST : LB will produce higher yogurt of 3 % with good acidity and pH according to SNI 01-2981-1992.

The benefits of consuming yoghurt are:

- (1) reduced *Lactose intolerance* causing diarrhea, bloating, and abdominal cramping, and (2) source of probiotic that is good for health .