Ferawati, S.Pt., M.P.

INOVASI PRODUK PANGAN

BERBASIS KEFIR

INOVASI

PRODUK PANGAN BERBASIS KEFIR

Ferawati, S.Pt., M.P.

KBM INDONESIA

PENERBIT KBM INDONESIA

adalah penerbit dengan misi memudahkan proses penerbitan buku-buku penulis di tanah air Indonesia, serta menjadi media *sharing* proses penerbitan buku.

INOVASI PRODUK PANGAN BERBASIS KEFIR

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i. Setiap Orang yang dengan tanpa hak melakukan pelanggaran hak ekonomi sebagaimana dimaksud dalam Pasal 9 ayat (1) huruf i untuk Penggunaan Secara Komersial dipidana dengan pidana penjara paling lama 1 (satu) tahun dan/atau pidana denda paling banyak Rp 100.000.000 (seratus juta rupiah).

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KATA PENGANTAR

Puji dan syukur penulis panjatkan kepada Tuhan Yang Maha Esa atas limpahan rahmat dan karunia-Nya sehingga buku berjudul "**Inovasi Produk Pangan Berbasis Kefir**" ini dapat disusun dan diselesaikan dengan baik.

Seiring dengan berkembangnya ilmu pengetahuan dan teknologi, kefir tidak lagi terbatas sebagai minuman tradisional, tetapi telah berkembang menjadi beragam inovasi produk seperti es krim, yogurt campuran, minuman sinbiotik, roti, keju, dan produk makanan lainnya. Buku ini disusun sebagai bentuk kontribusi ilmiah dalam memperkaya literatur mengenai pemanfaatan kefir dalam pengembangan produk pangan modern. Harapannya, buku ini dapat menjadi referensi akademik bagi mahasiswa dan dosen dibidang teknologi pangan serta pelaku industri yang ingin mengeksplorasi kefir sebagai bahan baku potensial dalam produk inovatif.

Penulis menyadari bahwa buku ini masih memiliki kekurangan. Oleh karena itu, masukan dan saran dari para

pembaca sangat diharapkan demi perbaikan edisi selanjutnya. Semoga buku ini dapat memberikan manfaat dan inspirasi dalam pengembangan pangan fungsional berbasis kefir di masa mendatang.

Padang, Juni 2025

Penulis

DAFTAR ISI

BAB 3

BAB 4

BAB 5

DAFTAR TABEL

DAFTAR GAMBAR

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Kefir + Jus strawberry	25% (w/v)	↑Antioxidant activity ↑Palatability	Kabakcı *et al.,* (2020)

Sumber: Aiello *et al.,* 2020.

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PROFIL PENULIS

Ferawati, S.Pt, MP, lahir di Maninjau, 14 Nopember 1983 merupakan dosen dibidang Teknologi Pengolahan Hasil Ternak pada Program Studi Peternakan Kampus Payakumbuh, Universitas Andalas. Penulis menyelesaikan pendidikan S1 di Fakultas Peternakan Universitas Andalas pada tahun 2005 dan S2 Ilmu Ternak di Program Pascasarjana Universitas Andalas pada tahun 2011. Penulis mengampu beberapa matakuliah, yaitu Ilmu dan Teknologi Susu, Mikrobiologi, Mutu dan Keamanan Pangan Hasil Ternak, Pangan dan Gizi Hasil Ternak, Teknologi Hasil Ikutan Ternak dan Bioteknologi Hasil Ternak. Setiap tahunnya penulis secara konsisten dan berkelanjutan melakukan penelitian dan pengabdian kepada masyarakat di bidang pangan hasil ternak terutama kefir serta telah dipublikasikan pada jurnal

nasional dan internasional. Dari penelitian tersebut telah menghasilkan beberapa paten sederhana (*granted*) diantaranya adalah Metode Pemisahan Whey dan Curd Kefir Susu Sapi (IDS000004182), Proses pembuatan pupuk organik cair (POC) kefir (IDS000005378), Metode pembuatan kefir susu sapi dengan penambahan bubuk bawang dayak (*Eleutherine bulbosa*) untuk meningkatkan efek terapeutik (IDS000005626). Selain itu penulis bersama tim juga telah menulis beberapa buku ajar dan buku referensi yaitu Susu : Potensi Pangan Probiotik (2018), Bakteri Asam Laktat dari Bekasam dan Aplikasi pada Produk Susu Kambing Fermentasi (2021), Teknologi Kefir (2022), Fungsional Kefir (2023), Manfaat Kefir bagi Kesehatan (2023), Water Kefir (2023).