

ABSTRACT

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Title : *Product Trial Panna Cotta with Coconut Milk as Cream and Milk Substitute*

Panna cotta is an Italian dessert made from cream and milk which are thickened with gelatin and then molded. This dessert is very well known for its deliciousness, but unfortunately, based on estimates, 65% of the world's population suffers from lactose intolerance, thus making the cream and milk in panna cotta difficult to digest (Leonardi, Gerbault, Thomas, & Burger, 2012). Therefore, this product trial aims to create panna cotta that could be consumed by people with lactose intolerance without causing any negative side effects by substituting cream and cow's milk with coconut milk, a lactose-free ingredient typically used in Indonesian cuisine. The research was conducted using organoleptic testing which includes both hedonic and discrimination testing which were analyzed using the paired sample T-test method. The results showed that coconut milk could be used to substitute cream and milk to make panna cotta and that the most-liked ratio is 75% coconut milk and 25% water. Consumption of coconut milk panna cotta did not cause any symptoms of lactose intolerance; hence, the product could be considered as an alternative to milk-based panna cotta.

Keyword: Coconut Milk, Panna Cotta, Lactose Intolerance, Product Trial