

ABSTRAK

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SUBSTITUSI TEPUNG TERIGU DENGAN UMBI PORANG DAN PENAMBAHAN KACANG TANAH PADA ROTI MANIS

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(xv + 68 halaman; 28 gambar; 11 tabel; 15 lampiran)

Roti manis adalah satu dari banyaknya kategori roti dengan cita rasa manis dan tekstur lembut dengan atau tanpa adanya isian. Menggunakan tepung terigu sebagai bahan utama dalam membuat roti manis dapat diganti dengan tepung lokal, seperti tepung umbi porang. Namun, kandungan protein pada tepung umbi porang rendah, sehingga diperlukan penambahan bahan lainnya seperti kacang tanah untuk meningkatkan kadar protein roti manis. Penelitian ini bertujuan untuk menentukan komposisi kimia tepung umbi porang serta menentukan pengaruh rasio substitusi tepung terigu dan tepung umbi porang dan kacang tanah terhadap kadar protein dan karakteristik roti manis. Tahap pertama penelitian berupa pembuatan tepung umbi porang dan penelitian tahap kedua berupa pembuatan roti manis yang memiliki rasio substitusi tepung terigu dengan tepung umbi porang 100:0, 90:10, 80:20, 70:30, 60:40, 50:50 serta penambahan kadar kacang tanah 2.5%, 5%, juga 7.5%. Penelitian tersebut memberikan hasil bahwa tepung umbi porang memiliki kadar air 8.21%, kadar protein 2.78%, kadar lemak 4.67%, kadar abu 2.22%, kadar karbohidrat 81.13%, *lightness* 57.34, kadar kalsium oksalat 31.73 mg, kadar serat pangan 50.83%, dan kadar serat pangan larut 18.92%. Substitusi tepung terigu dan tepung umbi porang dengan penambahan kadar kacang tanah berbeda yang semakin tinggi dapat menurunkan volume pengembangan roti manis, tetapi dapat meningkatkan kadar protein, kadar air, *hardness*, dan *cohesiveness* roti manis. Formulasi roti manis yang paling baik yaitu roti manis yang mempunyai rasio substitusi tepung terigu serta tepung umbi porang (90:10) dengan penambahan 7.5% kacang tanah, dengan kadar protein tertinggi yaitu sebesar 13.06%. Tekstur roti terbaik agak tidak keras menurut hasil uji skoring dan sedikit disukai panelis menurut hasil uji hedonik.

Kata kunci : kacang tanah, roti manis, substitusi, tepung umbi porang

Referensi : 57 (1995 – 2021)

ABSTRACT

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SUBSTITUTION OF WHEAT FLOUR WITH PORANG TUBER AND ADDITION OF PEANUTES IN SWEET BREAD

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Sweet bread is a category of bread that has a sweet taste and soft texture with or without filling. The use of wheat flour as the main ingredient for making sweet bread can be replaced with local flour, such as porang tuber flour. However, the protein content in porang tuber flour is low, so it is necessary to add other ingredients such as peanuts to increase the protein content of sweet bread. The purpose of this study was to determine the chemical composition of porang tuber flour and to determine the effect of the substitution ratio of wheat flour with porang tuber flour and peanuts on the protein content and characteristics of sweet bread. The first stage of the research was making porang tuber flour and the second stage was making sweet bread with a substitution ratio of wheat flour with porang tuber flour 100:0, 90:10, 80:20, 70:30, 60:40, 50:50 also addition of peanut content of 2.5%, 5%, and 7.5%. The results showed that porang tuber flour contains 8.21% water content, 2.78% protein content, 4.67% fat content, 2.22% ash content, 81.13% carbohydrate content, 57.34 lightness, 31.73 mg calcium oxalate content, 50.83% dietary fiber content, and fiber content. soluble food 18.92%. Substitution of wheat flour and porang tuber flour with the addition of different levels of different peanuts can reduce the volume of development of sweet bread, but can increase protein content, water content, hardness, and cohesiveness of sweet bread. The best sweet bread formulation is sweet bread with a substitution ratio of wheat flour and porang tuber flour (90:10) with the addition of 7.5% peanuts, with the highest protein content of 13.06%. The texture of the best bread is not hard according to the results of the scoring test and the panelists prefer it a little according to the results of the hedonic test.

Keywords : peanuts, porang tuber flour, substitution, sweet bread

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