ABSTRAK

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KARAKTERISTIK FISIKOKIMIA DAN SENSORI KUKIS DENGAN VARIASI RASIO TEPUNG TERIGU DAN TEPUNG DAUN SINGKONG
Skripsi, Fakultas Sains dan Teknologi (2021)

(xiv + 58 halaman; 16 gambar; 14 tabel; 13 lampiran)

Kukis merupakan salah satu jenis kue kering berbasis terigu yang banyak dikonsumsi oleh masyarakat. Namun, kukis diketahui memiliki kandungan serat dan protein yang rendah. Pada penelitian ini, daun singkong akan melalui proses pengeringan, penggilingan, dan pengayakan hingga dihasilkan tepung daun singkong dengan nilai rendemen sebesar 27,99 ± 0,43 %, kadar air 8,41 ± 0,04 %, kadar protein 28,94 ± 0,13 %, dan kadar serat pangan 39,89 ± 0,09. Tujuan dari penelitian ini adalah untuk menentukan rasio terpilih antara tepung terigu (TT) dan tepung daun singkong (TDS) (TT:TDS 10:0, TT:TDS 9:1, TT:TDS 8:2, TT:TDS 7:3 dan TT:TDS 6:4) untuk menghasilkan kukis dengan karakteristik fisik, kimia, dan sensori yang baik. Hasil menunjukkan bahwa kukis dengan rasio TT:TDS 7:3 merupakan kukis dengan formulasi terpilih dengan kadar protein sebesar 10,24 ± 0,11 %, kadar serat pangan 15,98 ± 0,05 %, *bake loss* 17,73 ± 1,34 %, *spread ratio* 4,60 ± 0,06, *percent spread* 77,05 %, *hardness* 3512,47 ± 126,68 g. Kukis dengan formulasi terpilih memiliki nilai skoring aroma 5,83 ± 1,17, skoring rasa 5,88 ± 1,24, skoring tekstur berpasir 4,80 ± 1,30, skoring kekerasan 4,88 ± 0,97, hedonik aroma 3,40 ± 1,46, hedonik rasa 3,23 ± 1,48, hedonik tekstur berpasir 4,75 ± 1,54, hedonik kekerasan 5,35 ± 0,83, dan hedonik penerimaan keseluruhan 4,28 ± 1,43. Kukis dengan formulasi terpilih memiliki kadar air dan kadar lemak masing-masing sebesar 4,89 ± 0,05 % dan 28,38 ± 0,14 %.

Kata kunci : Daun singkong, kukis, protein, serat, tepung daun singkong

Referensi : 72 (1995-2020)

ABSTRACT

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PHYSICOCHEMICAL AND SENSORY CHARACTERISTICS OF COOKIES WITH VARIATIONS RATIO OF WHEAT FLOUR AND CASSAVA LEAVES FLOUR

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(xiv + 58 pages; 16 figures; 14 table; 13 appendices)

Cookies are a type of flour-based pastry that is widely consumed by the public. However, cookies are known to have a low fiber and protein content. In this study, cassava leaves were made into flour through drying, milling, and sieving. Cassava leaf flour had a yield value of 27.99 ± 0.43 %, a moisture content of 8.41 ± 0.04 %, a protein content of 28.94 ± 0.13 %, and a dietary fiber content of 39.89 ± 0.09 %. The aim of this study is to determine the preferred ratio of wheat flour (TT) and cassava leaves flour (TDS) (TT:TDS 10:0, TT:TDS 9:1, TT:TDS 8:2, TT:TDS 7:3 dan TT:TDS 6:4) to produce cookies with a good physical, chemical, and sensory characteristics. The results showed that cookies TT:TDS 7:3 was chosen as the preferred formulation. Cookies with the preferred formulation had a protein content of 10.24 ± 0.11 %, dietary fiber content of 15.98 ± 0.05 %, bake loss 17.73 ± 1.34 %, spread ratio 4.60 ± 0.06, percent spread 77,05 % and hardness 3512.47 ± 126.68 g. Cookies with preferred formulation had aroma scoring of 5.83 ± 1.17, taste scoring of 5.88 ± 1.24, sandy texture scoring of 4.80 ± 1.30, hardness scoring of 4.88 ± 0.97, aroma hedonic of 3.40 ± 1.46, taste hedonic of 3.23 ± 1.48, sandy texture hedonic of 4.75 ± 1.54, hardness hedonic of 5.35 ± 0.83, and overall acceptance hedonic of 4.28 ± 0.97. Cookies with the preferred formulation had moisture content and fat content of 4.89 ± 0.05 % and 28.38 ± 0.14 % respectively.

Keywords : Cassava leaves, cassava leaves flour, cookies, fiber, protein

References : 72 (1995-2020)