

ABSTRACT

Dea Lambertha (00000006811)

EFFECT OF RATIO OF AVOCADO FRUIT PUREE TO MARGARINE ON PHYSICOCHEMICAL AND SENSORY CHARACTERISTICS OF BROWNIES FORMULATED WITH DIFFERENT TYPES OF FLOUR

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Avocado (*Persea americana*) puree contains predominantly monounsaturated fatty acids oleic acid which can lower LDL cholesterol and are beneficial when consumed in moderation. The aim of this research was to make brownies that was low in saturated fat and give nutritional benefits by substituting the margarine with avocado puree. Brownies was made using five ratio of avocado puree to margarine which were 0:1, 1:3, 1:1, 3:1, and 1:0 on three different types of flour (cake flour, all-purpose flour, and bread flour) and two types of baking method (oven and microwave oven). Brownies formulation of each types of flour in each baking method were selected based on the physical properties which were firmness, volume expansion, L* value, and °hue. In total of six formulations, sensory evaluation of scoring test and hedonic test were done. The result of sensory evaluation shows that there were no significant difference between brownies made with cake flour and ratio 1:3 with its control for both baking method. These two brownies were also has the highest acceptance compared to others. However considering the baking time, brownies baked in microwave oven was more recommended.

Keywords: Cholesterol, avocado puree, brownies, fat substitute, microwave oven baking

References: 31 (1999-2017)