

## ABSTRAK

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### **KAJIAN PUSTAKA TENTANG KARAKTERISTIK FISIKOKIMIA DAN SENSORI *COOKIES* DENGAN PENAMBAHAN BERBAGAI BAHAN PANGAN TINGGI SERAT**

Skripsi, Fakultas Sains dan Teknologi (2022)

(xiv + 35 halaman; 5 tabel; 2 gambar; 2 lampiran)

*Cookies* merupakan produk pangan berbahan dasar tepung terigu yang disukai masyarakat. Namun, *cookies* memiliki kandungan serat pangan yang tergolong rendah. Indonesia kaya akan sumber daya alam hayati tinggi serat, tetapi banyak diantaranya yang belum dimanfaatkan secara optimal. Penambahan berbagai bahan pangan tinggi serat pada *cookies* diharapkan dapat meningkatkan asupan serat masyarakat Indonesia. Tujuan dari kajian pustaka adalah menentukan pengaruh penambahan berbagai bahan pangan tinggi serat khususnya umbi, sereal, buah, sayur, kacang-kacangan, biji-bijian, dan *by-product* terhadap karakteristik fisikokimia dan sensori *cookies*. Kajian pustaka disusun berdasarkan hasil-hasil penelitian yang dipublikasikan di jurnal terindeks Scopus dan terakreditasi Sinta. Hasil kajian pustaka menunjukkan bahwa penambahan berbagai bahan pangan tinggi serat memengaruhi karakteristik fisikokimia dan sensori *cookies*. Penambahan berbagai bahan pangan tinggi serat meningkatkan kualitas nilai gizi *cookies* khususnya kadar serat pangan sebesar 4,38-15,18%. Penambahan berbagai bahan pangan tinggi serat juga dapat meningkatkan *hardness* serta menurunkan *thickness* dan *spread ratio*. Tingkat penerimaan panelis terhadap warna, aroma, rasa, dan tekstur *cookies* menurun jika dibandingkan dengan *cookies* kontrol. Secara keseluruhan, *cookies* dengan penambahan berbagai bahan pangan tinggi serat dapat diterima oleh panelis.

Kata Kunci : *cookies*, karakteristik fisikokimia, sensori, serat pangan

Referensi : 48 (2012-2021)

## **ABSTRACT**

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### **LITERATURE REVIEW ON PHYSICOCHEMICAL AND SENSORY CHARACTERISTICS OF COOKIES WITH THE ADDITION OF HIGH-FIBRE FOOD COMMODITIES**

Thesis, Faculty of Science And Technology (2022)

(xiv + 35 pages; 5 tables; 2 figures; 2 appendices)

Cookies are food products made from wheat flour that are liked by the public. However, cookies have a relatively low dietary fibre content. Indonesia is rich in natural resources high in fibre, but many of them have not been used optimally. The addition of high-fibre food commodities in cookies is expected to increase the fiber intake of the Indonesian people. The purpose of the literature review is to determine the effect of adding high-fibre food commodities, especially tubers, cereals, fruits, vegetables, nuts or seeds, and their by-products on the physicochemical and sensory characteristics of cookies. The literature review is based on research results published in Scopus indexed journals and Sinta accredited. The results of the literature review showed that the addition of high-fibre food commodities affected the physicochemical and sensory characteristics of cookies. The addition of high-fibre food commodities increased the quality of the nutritional value of cookies, especially the fibre content of 4,38-15,18%. The addition of high-fibre food commodities can also increase hardness and reduce thickness and spread ratio. The level of panellists' acceptance of the colour, aroma, taste, and texture of cookies decreased when compared to control cookies. Overall, cookies with the addition of high-fibre food commodities were acceptable to the panellists.

Keywords : cookies, dietary fibre, physicochemical characteristics, sensory

Reference : 48 (2012-2021)