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PENGARUH PERBANDINGAN TEPUNG UBI JALAR UNGU DAN TEPUNG KEDELAI TERHADAP KARAKTERISTIK *COOKIES*

The Effect of Ratio Purple Sweet Potato Flour and Soybean Flour to The Characteristics of Cookies

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ABSTRACT

This study aims to determine the effect of purple sweet potato flour and soybean flour to the characteristics of cookies produced and the ratio of purple sweet potato flour and soybean flour so that it can produce cookies with the best characteristics. The experimental design used was Completely Randomized Design with the ratio of purple sweet potato flour and soybean flour which consists of 6 levels: 100%:0%; 90%:10%; 80%:20%; 70%:30%; 60%:40%; and 50%:50%. The treatment was repeated 3 times to obtain 18 units of experiment. The data obtained were analyzed by variance and if the treatment had an effect on the observed variable then continued with The Duncan Multiple Range Test. The research showed that 70% of purple sweet potato flour with 30% of soybean flour produced the best cookies with characteristics of water content 3.37%, ash content 1.43%, protein content 12.73%, lipid content 24.89%, carbohydrate content 57.58%, antioxidant activity 10.09%, color rather liked, rather liked and very crispy texture, taste liked, aroma liked, and overall acceptance liked.

***Keywords** : wheat flour, cowpea, cowpea sprout flour, cookies*

PENDAHULUAN

Cookies adalah salah satu jenis biskuit yang dibuat dari adonan lunak, berkadar lemak tinggi, relatif renyah bila dipatahkan dan penampang potongannya bertekstur kurang padat (Anon., 1992). Biasanya *cookies*

Bahan utama pembuatan *cookies* secara umum adalah terigu, sedangkan untuk bahan tambahannya adalah telur, gula halus, dan lemak. Kebutuhan terigu Indonesia tersebut terpenuhi dengan impor gandum karena Indonesia bukan negara penghasil gandum, hal ini berdampak pada meningkatnya impor

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KADAR PROTEIN, TEKSTUR, DAN SIFAT ORGANOLEPTIK *COOKIES* YANG DISUBSTITUSI TEPUNG GANYONG (*Canna edulis*) DAN TEPUNG KACANG KEDELAI (*Glycine max L.*)

Levels of Protein, Texture and Characteristics of Organoleptic Cookies That Substituted By Ganyong Flour (Canna Edulis) And Soybean Flour (Glycine Max L.)

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ABSTRACT

Product diversification of ganyong processed is needs to be done to improve the receipt. The addition of soy is intended to increase the levels of protein. This study aimed to get cookies formulations which substituted by ganyong flour and best soy flour based on the levels of protein, texture, and characteristic of organoleptic. This study used randomized design and completely with a factor, randomized design, with six ganyong flour formulation treatments: soy flour (80: 0), (75: 5), (70:10), (65:15), (60:20), and (55:25), then analyzed the levels of protein, texture, and characteristics of organoleptic as well as the proximate analysis of the best formulation. Levels of protein data and texture were analyzed using ANOVA followed by a further test HSD while organoleptic test data were analyzed using the Friedman test and Wilcoxon test. The results of the highest levels of protein is 18.91% at 55:25 formulation, the texture of the most violent is 2894.66 gf at 55:25 formulation. As an organoleptic cookies that has been substituted by ganyong flour and soy flour in a variety of treatments still can be acceptable organoleptic so the best cookies are cookies that has the highest levels of protein, at 55:25 of 18.91%, levels of ash 2.10%, levels of fat 10.15%, levels of water 3.6% and amounted to 65.24% carbohydrate.

Keywords: cookies, ganyong flour, soy flour, protein, texture, organoleptic.

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COOKIES TEPUNG UBI JALAR ORANYE, TEPUNG KEDELAI, DAN *PUREE* PISANG SEBAGAI PMT BALITA GIZI KURANG

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ABSTRAK

Prevalensi *underweight* pada balita di Jawa Barat termasuk tinggi, yaitu 15,1%. PMT sejauh ini berhasil dalam meningkatkan status gizi balita. Formulasi PMT dengan menggunakan bahan dasar lokal dapat mendidik masyarakat agar lebih mandiri dan dapat memanfaatkan bahan pangan yang ada disekitarnya. Ubi jalar oranye tinggi betakaroten, kedelai sebagai sumber protein nabati, dan pisang sebagai *flavour* alami dapat disubstitusikan kedalam *cookies* sebagai PMT balita gizi kurang. Tujuan penelitian ini adalah untuk menganalisis pengaruh imbangan tepung ubi jalar orange, tepung kedelai, dan *puree* pisang terhadap daya terima *cookies* meliputi warna, rasa, aroma, tekstur, dan *overall*, serta mengetahui nilai gizi *cookies*. Desain penelitian ini adalah Eksperimental. Panelis yang digunakan adalah 30 panelis agak terlatih. Analisis statistik yang digunakan adalah uji Kruskal Wallis ($\alpha \leq 0,05$). Hasil uji daya terima menunjukkan bahwa formula yang paling disukai adalah *cookies* F1 (30% tepung ubi jalar oranye, 50% tepung kedelai, dan 20% *puree* pisang) yang mengandung 186 kkal, 7,5 gram protein, 7,5 gram lemak, dan 23,5 gram karbohidrat per takaran saji (40 gram *cookies)*. Hasil analisis statistik menunjukkan adanya perbedaan daya terima pada aspek rasa ($p = 0,002$) dan tekstur ($p = 0,003$).

Kata kunci: *Cookies,* Tepung Ubi Jalar Orange, Tepung Kedelai,

ABSTRACT

The prevalence of underweight in children under five in West Java is high, which is 15.1%. Supplementary feeding has been successful in improving the nutritional status of children. Supplementary feeding formulation by using local basic materials can educate the public to be more independent and be able to utilize food that is around them. Orange sweet potatoes, soybean, and banana are Indonesian local plants that

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PENGARUH SUBSTITUSI TEPUNG KEDELAI (*Glyine Max L.*) TERHADAP SIFAT ORGANOLEPTIK SOYBEANS COOKIES

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ABSTRACT

Background : *Cookies are one of the biscuit snack products which are made from low-protein wheat flour so that there are high carbohydrates and fats. In this research, we will discuss cookies with the substitution of soy flour which is serelia with a high content of vegetable protein. The purpose of this research was to determine the effect of soy flour substitution on the organoleptic properties of soybeans cookies which have low protein content into high protein cookies.*

Research Methods : *Type of true experiment research in the laboratory with a one-factor complete randomized design (CRD) consisting of 5 treatment levels which obtained 15 experimental units. Organoleptic tests use hedonic methods with 5 numerical scales.*

Research Result : *Based on the results of data analysis, there was no significant effect on the substitution of soy flour on organoleptic properties (Color, smell, tate and texture) of soybeans cookies (p > 0,05). The hedonic test results favored by panelists are in treatment t1 and t2, t3, t4, t5 included in the category of approaching likes*

Conclusion : *The results of he statistical test showed that there was no significant effect on the substitution of soy flour on the organoleptic properties of soybeans cookies. This mean that there is no significant effect on the substitution of soy flour on organoleptic properties of soybeans cookies. So this research shows that the substitution of 15%-35% soy flour can be used in making soybeans cookies.*

ABSTRAK

Latar Belakang : *Cookies merupakan salah satu produk jajanan biskuit yang berbahan dasar tepung terigu rendah protein sehingga terdapat karbohidrat dan lemak yang tinggi. Pada penelitian ini akan dibahas mengenai cookies dengan substitusi tepung kedelai yang merupakan serelia dengan kandungan sumber protein nabati tinggi. Tujuan pada penelitian ini*

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