SIFAT KIMIA, FISIK DAN TINGKAT KESUKAAN *COOKED-DRIED* GROWOL YANG DIBUAT DENGAN BERBAGAI VARIETAS UBI KAYU DAN VARIASI CARA PENDINGINAN

INTISARI

Ubi kayu merupakan sumber daya lokal yang dapat dimanfaatkan untuk ketersedian pangan, salah satunya dibuat growol sebagai pangan fungsional. Kandungan karbohidrat growol cukup tinggi sehingga potensial digunakan sebagai pangan alternatif dalam penganekaragamaan pangan berbasis sumber daya lokal. Tujuan dari penelitian ini adalah menghasilkan *cooked-dried* growol dengan menggunakan berbagai varietas ubi kayu dan variasi pendinginan.

Penelitian ini menggunakan rancangan acak lengkap dengan perlakuan varietas ubi kayu dan variasi pendinginan. Ubi kayu yang digunakan adalah varietas lokal dengan jenis Mentega dan Ketan yang didinginakan dalam suhu refigerasi dan suhu ruang. Analisis yang dilakukan adalah analisis kimia, fisik, dan uji sensoris atau organoleptik.

Hasil penelitian menunjukkan bahwa kadar air dan amilosa ubi kayu segar nilainya lebih tinggi dibandingkan kadar air dan amilosa setelah fermentasi, tetapi untuk kadar pati sebaliknya. Varietas ubi kayu dan variasi pendinginan tidak berbeda nyata terhadap kadar air growol kering dan berpengaruh nyata terhadap tekstur serta warna *cooked-dried* growol yaitu pada nilai *red, yellow* dan *brightness.* Varietas ubi kayu dan variasi pendinginan berpengaruh nyata terhadap tingkat kesukaan panelis terhadap aroma, rasa, kelunakan dan keseluruhan serta tidak berpengaruh nyata terhadap nilai warna dari *cooked-dried* growol yang dihasilkan. *Cooked-dried* growol dari ubi kayu varietas Ketan yang didinginkan dalam suhu refigerasi lebih disukai panelis. Uji proksimat dari growol yang paling disukai antara lain kadar air 57,87%, kadar abu 0,01%, kadar protein 1,38%, kadar lemak 0,89% dan karbohidrat *by different* sebesar 39,85%.

Kata kunci: Varietas Ubi Kayu, Variasi Pendinginan, *Cooked-dried* Growol

CHEMICAL AND PHYSICAL PROPERTIES AND PREFERENCE LEVEL OF COOKED-DRIED GROWOL MADE WITH VARIOUS CASSAVA VARIETIES AND COOLING METHODS

ABSTRACT

Cassava is a local resource that can be used for food availability, one of which is growol as functional food. The content of growol carbohydrates is high enough so that it is the potential to be used as alternative food in diversifying foods based on local resources. This study aims to produce growol cooked-dried with cassava varieties and cooling variations.

This research used a completely randomized design with cassava varieties and cooling variations treatment. Local variety of cassava used Butter and Sticky rice type that was cooled in refrigeration temperatur and room temperature. The analysis used is chemical analysis, physical analysis and sensory or organoleptic test.

The results showed that the moisture and amylose content of fresh cassava was higher than the water and amylose content after fermentation, but for the starch content, the opposite was true. Cassava varieties and cooling variations had real influence to dried growol water content however it had real influence to texture and color of growol cooked-dried, there were red, yellow and brightness value. Cassava varieties and cooling variations had real influence to panellist preference level of aroma, taste, softness and overall, although it had unreal influence to color value of growol cooked-dried result. Panellist was preferred growol cooked-dried from sticky rice variety which was cooled in refrigeration temperatur to others. Proximate test result of the most preferred growol were 57,87% water content, 0,01% ash content, 1,38% protein contet, 0,89% fat content and 39,85% carbohydrate content.

Keywords: Cassava Varieties, Cooling Variations, Growols *Cooked-dried*