PENGARUH RASIO UBI JALAR : TEPUNG KETAN DAN VARIETAS UBI JALAR TERHADAP SIFAT FISIK, KIMIA, DAN TINGKAT KESUKAAN DODOL

INTISARI

Ubi jalar memiliki potensi sebagai bahan pangan fungsional yang kaya akan antioksidan. Indonesia merupakan penghasil terbesar keempat setelah China, Tanzania dan Nigeria. Namun, pengolahan produksi ubi jalar di Indonesia tergolong masih kurang. Ubi jalar dapat dikembangkan menjadi beragam produk agroindustri, salah satu contohnya yaitu diolah menjadi dodol. Keterbatasan pengetahuan produsen tentang pembuatan dodol yang baik dari fisik maupun kimia maka perlu dilakukan pengujian lebih lanjut.

Tujuan penelitian untuk mengetahui rasio ubi jalar : tepung ketan dan varietas ubi jalar yang terbaik serta karakteristik sifat fisik, kimia dan tingkat kesukaan dodol berdasarkan SNI. Peneltian ini menggunakan 3 varietas ubi jalar yaitu ubi jalar cilembu, ubi jalar putih, dan ubi jalar ungu dengan variasi rasio penambahan ubi jalar dan tepung ketan 50:50%, 70:30%, dan 90:10%. Analisis fisik yang dilakukan meliputi warna dan tekstur, analisis kimia meliputi kadar air, protein, kadar lemak, gula reduksi, gula total, dan uji tingkat kesukaan.

Hasil penelitian menunjukkan dodol ubi jalar ungu dengan rasio penambahan ubi jalar dan tepung ketan 50:50% paling disukai dengan hasil analisis warna lightness 63,73% kemerahan 4,32%, kuning 16,01%, tekstur 7,79N, kadar air 19,23%/bb, protein 4,31%, lemak 7,71%, gula reduksi 7,5%, gula total 12,97%, tingkat kesukaan 3,44%.

Kata Kunci : varietas , rasio, dodol, ubi Jalar, tepung ketan

EFFECT OF SWEET POTATO RATIO : GLUTINOUS RICE FLOUR AND VARIETY OF SWEET POTATO ON PHYSICAL, CHEMICAL PROPERTIES, AND PREFERENCE LEVEL OF DODOL

ABSTRACT

Sweet potato has potential as a functional food which is rich in antioxidants. Indonesia is the fourth largest producer after China, Tanzania and Nigeria. However, sweet potato production processing in Indonesia is classified as still lacking. Sweet potatoes can be developed into a variety of agro-industrial products, one of which is processed into dodol. The limited knowledge of producers about the manufacture of dodol that is both physical and chemical requires further testing.

The purpose of this study was to determine the best ratio of sweet potato: glutinous rice flour and sweet potato varieties as well as characteristics of physical, chemical and dodol preferences based on SNI. This research uses 3 varieties of sweet potato, namely Cilembu sweet potato, white sweet potato, and purple sweet potato with various ratio of addition of sweet potato and sticky rice flour 50: 50%, 70: 30%, and 90: 10%. Physical analysis conducted includes color and texture, chemical analysis includes water content, protein, fat content, reducing sugar, total sugar, and taste level tests.

The results showed purple sweet potato dodol with the ratio of addition of sweet potato and sticky rice flour 50: 50% was most preferred with the results of the color analysis of lightness 63.73% redness 4.32%, yellow 16.01%, texture 7.79N, water content 19 , 23% / bb, protein 4.31%, fat 7.71%, reducing sugar 7.5%, total sugar 12.97%, preferred level 3.44%.

Keywords: *variety, ratio, dodol, sweet potato, glutinous rice flour*