KARAKTERISTIK KIMIA, FISIK DAN TINGKAT KESUKAAN

COOKIES YANG DISUBSTITUSI TEPUNG ALMOND (*Prunus dulcis*)

INTISARI

Cookies atau kue kering merupakan salah satu makanan kering yang proses pematangannya dengan cara dipanggang. *Cookies* yang disubstitusi tepung almond diharapkan mampu mempengaruhi tingkat kesukaan terhadap *cookies* almond yang lebih sehat. Tujuan dari penelitian ini adalah menghasilkan *cookies* tersubstitusi tepung almond *(Prunus dulcis)* disukai panelis dan memiliki protein tinggi.

Pembuatan cookies dilakukan dengan bahan baku tepung almond, tepung terigu protein sedang, maizena, gula halus, kuning telur dan mentega. Desain penelitian menggunakan Rancangan Acak Lengkap dengan satu faktor yaitu penambahan tepung almond (0%, 25%, 50%, 75%, 100%). Analisis yang dilakukan adalah kadar air, kadar abu, kadar protein, kadar lemak, karbohidrat, tekstur, warna dan tingkat kesukaan terhadap *cookies*. Data yang diperoleh dilakukan uji statistik dengan ANOVA, apabila terdapat perbedaan nyata maka diuji dengan DMRT pada tingkat kepercayaan 95%.

Hasil penelitian menunjukkan bahwa perlakuan terbaik pembuatan *cookies* ialah dengan penggunaan tepung terigu 75% dan tepung almond 25% yang memiliki skor kesukaan sebesar 4,20 (disukai oleh panelis). *Cookies* tersebut memiliki kadar air sebesar 8,51%, kadar abu 1,05%, protein 8,63%, lemak 24,30%, karbohidrat 57,48%, tekstur 22,41mJ dan intensitas *lightness* sebesar 69,75, *redness*/14,88 dan *yellowness* 23,24.

Kata Kunci: *cookies,* tepung almond, protein, tekstur, warna

CHARACTERISTICS OF CHEMICAL, PHYSICAL AND PREFERENCE LEVEL OF COOKIES SUBTITUTED WITH ALMOND (Prunus dulcis) FLOUR

ABSTRACT

Cookies or pastries are one of the dry foods whose maturation process is baked. Cookies substituted with almond flour are expected to influence the level of preference for healthier almond cookies. The purpose of this research is to produce cookies substituted with almond flour (prunus dulcis) which are preferred by panelists and have high protein.

Cookies are made with raw materials of almond flour, medium protein flour, cornstarch, powdered sugar, egg yolks and butter. The research design used a completely randomized design with one factor, namely the addition of almond flour (0%, 25%, 50%, 75%, 100%). The analysis carried out is water content, ash content, protein content, fat content, carbohydrates, texture, color and level of preference for cookies. The data obtained were statistically tested with ANOVA, if there was a significant difference then tested with DMRT at a 95% confidence level.

The results showed that the best treatment for making cookies was using 75% wheat flour and 25% almond flour which had a preference score of 4.20 (liked by the panelists). These cookies have a water content of 8.51%, ash content 1.05%, protein 8.63%, fat 24.30%, carbohydrates 57.48%, texture 22.41mJ and lightness intensity 69.75, redness 4 .88 and yellowness 23.24.

Keywords: cookies, almond flour, protein, texture, color.