PENGARUH VARIASI KETEBALAN DAN PENAMBAHAN COKLAT TERHADAP SIFAT FISIK,KIMIA DAN TINGKAT KESUKAAN JENIS GROWOL (Original dan Manis)

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INTISARI

Growol merupakan makanan fermentasi tradisional yang terbuat dari singkong dengan rasa asam, jenis makanan ini dibuat di daerah Kulon progo. Bau, rasa, dan bentuk growol kurang disukai konsumen ,maka dilakukan diversifikasi pangan menjadi growol coklat yang merupakan inovasi produk turunan Growol dengan variasi isi growol. Tujuan penelitian ini adalah Menghasilkan produk turunan growol menjadi produk Cemilan yang disukai dengan penambahan coklat dengan sifat fisik dan kimia yang lebih baik dan mengetahui pengaruh variasi ketebalan dan penambahan coklat terhadap sifat fisik, kimia, dan tingkat kesukaan jenis growol coklat (Original dan Manis).Proses pengolahan growol coklat meliputi pencetakan growol original dan manis dengan variasi ketebalan 0,5 cm, 1,0 cm , 1,5 cm, dan 2,0 cm, pengoven selama 10 menit, kemudian peleburan coklat batangan, setelah itu pelapisan growol mengunakan coklat yang sudah meleleh dan di dinginkan di freezer selama 10 menit. Rancangan percobaan yang digunakan adalah Rancangan Acak Lengkap (RAL) dengan 2 faktor yaitu jenis growol (Original dan Manis) dan variasi ketebalan.Variasi ketebalan dan jenis growol dengan penambahan coklat berpengaruh terhadap kadar air, kadar abu, kadar lemak, karbohidrat,tingkat kesukaan dan tekstur,kecuali variasi ketebalan tidak berpengaruh terhadap warna pada growol coklat. Hasil penelitian terbaik berdasarkan uji kesukaan yaitu growol coklat jenis original dengan varaisi ketebalan 0,5 cm dan growol coklat manis dengan variasi ketebalan 2,0 cm. Growol coklat original terbaik memiliki kandungan kadar air 27,98%, kadar abu 0,42% , protein 1,81%, lemak 2,08% dan karbohidrat 67,71% dan growol coklat manis terbaik memiliki kandungan kadar air 37,19%, , kadar abu 0,69%, protein 1,19%, , lemak 6,36% dan karbohidrat 54,67%.

Kata kunci : growol coklat, jenis growol , proses pengolahan.

EFFECT OF THICKNESS VARIATION AND ADDITION OF CHOCOLATE TO PHYSICAL PROPERTIES,CHEMISTRY AND FAVORITE LEVEL OF BROWN GROWOL (original and sweet)

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ABSTRACT

Growol is a traditional fermented food made from cassava with sour taste, this type of food is made in the Kulon Progo area. Smell, taste, and growol form are less preferred by consumers, so food diversification is made into brown growol which is an innovation of Growol derivative products with variations in growol content. The aim of this study was to produce growol derivative products into preferred snack products with the addition of chocolate with better physical and chemical properties and determine the effect of variations in thickness and addition of chocolate to the physical, chemical, and level of preference chocolate growol (Original and Sweet). Chocolate growol processing includes forming original and sweet growol with variations in thickness of 0.5 cm, 1.0 cm, 1.5 cm, and 2.0 cm, oven for 10 minutes, then melting the chocolate bars, after that growol coating using chocolate which has been melted and cooled in the freezer for 10 minutes. The experimental design used was Completely Randomized Design (RAL) with 2 factors, that are growol types (Original and Sweet) and thickness variation. Variations in thickness and types of growol with the addition of chocolate affect water content, ash content, fat content, carbohydrate, level of preference and texture, except thickness variation does not affect the color of the chocolate growol. The best results of this study are based on the preference test, that are the original type of chocolate growol with thickness of 0.5 cm and the sweet type of chocolate growol with thickness variation of 2.0 cm. The best original chocolate growol has 27.98% water content, 0.42% ash content, 1.81% protein, 2.08% fat and 67.71% carbohydrates and the best sweet chocolate growol has 37.19% water content, 0.69% ash content, 1.19% protein, 6.36% and 54.67% carbohydrate.

Keywords: chocolate growol, growol type, processing.