

PENGARUH PENAMBAHAN BROKOLI TERHADAP SIFAT FISIK, KIMIA DAN TINGKAT KESUKAAN MIE BASAH

INTISARI

Mie merupakan salah satu makanan yang sangat digemari oleh masyarakat. Tepung terigu sebagai komponen utama pada pembuatan mie basah memiliki kandungan karbohidrat yang tinggi, sehingga perlu inovasi mie basah yang mengandung vitamin dan antioksidan. Brokoli merupakan salah satu familia dari *Brassicaceae* yang mengandung fitokimia yang baik. Kandungan vitamin C, serat dan senyawa fenolik pada brokoli lebih tinggi dibandingkan dengan sayuran lain. Tujuan penelitian ini adalah mengetahui formula terbaik dari penambahan bubur brokoli dalam pembuatan mie basah sehingga menghasilkan mie basah brokoli yang paling disukai.

Analisis yang dilakukan pada mie basah brokoli meliputi analisis sifat fisik yaitu uji tekstur dan uji warna. Analisis kimia yang meliputi analisis kandungan vitamin C, analisis kandungan fenolik total, analisis kadar air, analisis kadar protein, analisis kadar abu dan analisis kadar lemak serta uji kesukaan. Rancangan percobaan yang digunakan adalah rancangan acak lengkap (RAL) 1 faktor yaitu konsentrasi bubur brokoli sebanyak 20%, 25% dan 30%. Penelitian ini dilakukan dengan dua *batch* dan dua kali pengulangan. Hasil yang diperoleh dilakukan analisis varian (ANOVA) pada tingkat kepercayaan 95%. Apabila terdapat beda nyata pada masing-masing perlakuan dilanjutkan dengan uji *Duncan Multiple Range Test* (DMRT).

Hasil penelitian menunjukkan bahwa penambahan bubur brokoli pada mie basah mempengaruhi sifat fisik, kimia dan tingkat kesukaan. Hasil yang diperoleh menunjukkan bahwa mie basah dengan penambahan bubur brokoli konsentrasi 25% merupakan mie basah brokoli yang paling disukai. Mie basah brokoli tersebut memiliki sifat kimia meliputi kandungan vitamin C sebesar 58,34 mg/100g, kandungan fenolik total sebesar 156,94 mg GAE/100g, kadar air sebesar 65,49%, kadar protein sebesar 6,26%, kadar abu sebesar 0,57% dan kadar lemak sebesar 0,88%.

Kata kunci: Mie Basah, Tepung Terigu, Brokoli, Bubur Brokoli.

THE EFFECT OF BROCCOLI ADDITION ON THE PHYSICAL, CHEMICAL PROPERTIES AND PREFERENCE LEVEL OF WET NODDLE

ABSTRACT

Noddle is one of the most favorite foods that are very popular among people. Wheat flour is the main component in the production of wet noddle which has high carbohydrate content, so that new innovation for wet noddle product that contain vitamin and antioxydant is necessary. Broccoli is a vegetable of family *Brassicaceae* that contains many beneficial phytochemical compounds. The content of vitamin C, fibers and phenolic compound of broccoli are higher than the other vegetables. The research aims to find the best formula of the addition of broccoli porridge in the manufacture of wet noddle to produce the most preferred broccoli wet noddle.

In this study, we analyzed the physical properties such as texture and color test of broccoli wet noddle. We also performed chemical analysis of broccoli wet noddle for vitamin C, total phenolic, water, protein, ash and fat content. The consument preference analysis was applied to know the most preferred broccoli wet noddle. The design of this experiment is completely randomized design with 1 factor that is the broccoli porridge concentration with percentage 20%, 25% and 30%. In this research, we performed two batches and two replications. The data were analyzed using the variant analysis (ANOVA) at the level of confidence 95% and followed by *Duncan Multiple Range Test* (DMRT) post-hoc test if there's significance difference in each treatment.

The results showed that the addition of broccoli porridge on the wet noodle affected the physical properties, chemical properties and level of preference. The results show that the wet noddle with the addition 25% concentration of broccoli porridge is the most preferred broccoli wet noddle. The chemical properties of broccoli wet noddle analysis show 58,34 mg/100g of vitamin C content, 156,94 mg GAE/100g of total phenolic content, 65,49% of water content, 6,26% of protein content, 0,57% of ash content and 0,88% of fat content.

Key: Wet noddle, Wheat flour, Broccoli, Broccoli porridge.