

PENGARUH KETEBALAN DAN PENAMBAHAN GULA KELAPA TERHADAP SIFAT FISIK, KIMIA DAN TINGKAT KESUKAAN GROWOL INSTAN

INTISARI

Growol merupakan salah satu makanan khas Kabupaten Kulonprogo, Daerah Istimewa Yogyakarta. Growol dibuat dari singkong yang direndam kemudian dikukus. Konsumsi growol bagi masyarakat Kulonprogo merupakan pangan pengganti beras. Permasalahan yang timbul dari pengrajin growol adalah belum adanya standar pengolahan growol dan upaya pengolahan lebih lanjut menjadi produk yang tahan lama yang dimanfaatkan sebagai cadangan makanan pangan ketika kekurangan pangan. Penelitian ini bertujuan untuk memperpanjang umur simpan growol dan menghasilkan growol instan yang disukai.

Penelitian ini dilakukan dengan 1 tahap yaitu pembuatan growol instan. Metode yang digunakan dalam pembuatan growol instan yaitu metode Rancangan Acak Lengkap (RAL) pola faktorial dengan dua faktor yaitu ketebalan 0,5 ; 1 ; 1,5 ; 2 cm dan jenis growol (dengan penambahan gula kelapa, tanpa penambahan gula kelapa). Hasil penelitian menunjukkan growol instan manis dengan ketebalan 1 cm adalah growol instan yang paling disukai panelis dengan kadar gula reduksi 8,68% dan kadar air 3,30%.

Kata kunci : singkong, growol instan, pengeringan,

THE EFFECT OF THICKNESS AND COCONUT SUGAR ADDITION ON PHYSICAL, CHEMICAL PROPERTIES AND PREFERENCES LEVEL OF INSTANT GROWOL

ABSTRACT

Growol is one of the typical foods of Kulonprogo Regency, Yogyakarta Special Region. Growol is made from soaked cassava then steamed. Growol consumption for the people of Kulonprogo is a substitute for rice. The problem that arises from growol craftsmen is the lack of standard growol processing and further processing efforts into durable products that are used as food reserves when food shortages. Therefore, instant growol is made. This study aims to extend the growol shelf life and produce instant growol that is preferred.

This research was carried out with 1 step, that was the production of instant growol. The method used in making instant growol is a factorial completely Randomized Design Method (RAL) with two factors, that were thickness 0.5; 1; 1.5; 2 cm and growol types (with the addition of palm sugar, without the addition of palm sugar). The results showed that instant sweet growol with a thickness of 1 cm was an instant growol that was most preferred by panelists with a reduced sugar content of 8.68% and a moisture content of 3.30%.

Keywords: cassava, instant growol, drying,