

INTISARI

Growol merupakan makanan semi basah khas Kulonprogo dan sekitarnya berbahan dasar ubi kayu yang mempunyai umur simpan relatif singkat yaitu sekitar 3-5 hari. Untuk menambah daya simpan growol maka perlu adanya pengeringan growol. Masyarakat kurang menyukai growol karena baunya asam akibat fermentasi sehingga perlu adanya optimasi fermentasi dan bentuknya yang kurang menarik, sehingga perlu dicetak. Tujuan dari penelitian ini adalah untuk menghasilkan growol kering dengan lama fermentasi yang tepat dan bentuk growol kering yang disukai

Pembuatan growol dari ubi kayu yang telah dikupas kulitnya, kemudian fermentasi selama 2 dan 4 hari. Setelah perendaman, dicuci 2 kali, selanjutnya dipress, dikukus, dicetak dan dikeringkan. Analisis yang dilakukan meliputi kadar air, pati, amilosa, asam tertitrasi, pH dan pengujian fisik meliputi tekstur, warna dan uji kesukaan. Metode penelitian yang digunakan adalah Rancangan Acak Lengkap (RAL) pola faktorial dengan 2 faktor, faktor pertama lama fermentasi dengan variasi 2 hari dan 4 hari dan faktor kedua bentuk growol kering dengan variasi menyerupai beras ($\pm 0,5$ cm), kotak ($0,5 \times 0,5$ cm) dan panjang (± 1 cm). Data yang diperoleh dianalisis statistik metode Univariate dan ANOVA dan terdapat beda nyata antar faktor maka dilanjutkan uji *Duncan's Multiple Range Test* (DMRT).

Hasil penelitian menunjukkan bahwa lama fermentasi dan bentuk growol berpengaruh pada warna, tekstur dan tingkat kesukaan growol kering. Warna yang dihasilkan yaitu kuning dan teksturnya keras. Secara keseluruhan panelis menyukai bentuk growol kering yang menyerupai beras dengan lama fermentasi ubi kayu selama 4 hari dan nilai *Red* yaitu 0,45, *Yellow* yaitu 1,00 dan tekstur yaitu 39,19N.

Kata kunci : growol, lama fermentasi, bentuk growol, tekstur, warna

PHYSICAL AND CHEMICAL CHARACTERISTICS AND ACCEPTABILITY OF DRY GROWOL WITH VARIATIONS OF FERMENTATION TIME AND FORM

Abstract

Growol is a semi-wet food typical of Kulonprogo and its surroundings which are made from cassava which has a relatively short shelf life of around 3-5 days. To increase growol storability, drying is required. The community does not like growol because it smells sour due to fermentation, so fermentation optimization is needed. Beside, the shape is less attractive, so it needs to be molded. The purpose of this study was to produce dry growol with the right fermentation time and preferred growol shape.

Growol production starts from peeling cassava, then fermenting it for 2 and 4 days. After soaking, the cassava is washed twice, then pressed, steamed, molded and dried. The analysis carried out included water content, starch, amylose, titrated acid, pH and physical testing including texture, color and preference test. The research method used Complete Random Design (CRD) factorial pattern with 2 factors, the first, factor of fermentation time with variations of 2 days and 4 days, and the second factor, in the shape of dry growol variations which resembled the shape of rice (± 0.5 cm), square (0.5x0.5cm) and length (± 1 cm). The data obtained were analyzed using statistical methods of Univariate and ANOVA and there were significant differences between factors then continued with Duncan Multiple Range Test (DMRT) test.

The results showed that the fermentation time and growol shape had an effect on the color, texture and preference level of dry growol. The color produced is yellow and its texture is hard. Overall, the panelists liked the shape of dry growol that resembled rice with the length of cassava fermentation for 4 days and the value of Red 0.45, Yellow 1.00 and texture 39.19N.

Keywords: growol, fermentation time, growol shape, texture, color